

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Community support drop in</b> 10am-12.30pm</p> <p><b>Eco Crafts</b> 2nd, 9th, 16th, 23rd &amp; 30th June 10.30am-1pm</p> <p><b>Photography Group</b> 1pm-2.30pm</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The building is open for members of the "Thinking Well" Service only</p> </div> <p>Telephone support available 10am-3pm</p>	<p><b>Community support drop in/Quiz</b> 10am-12.00pm</p> <p><b>Craft club</b> 11am-1pm</p> <p><b>Hearing voices</b> 11am-12pm 25th June</p> <p>*registration required</p> <p><b>Yoga</b> 1pm-2pm</p>	<p><b>Community support drop in</b> 10.30am-12.30pm</p> <p><b>Art group/art basics</b> 5th, 12th, 19th &amp; 26th June 10.30am-12.30pm</p> <p><b>Peer Group</b> 11am-12pm</p> <p><b>Singing for wellbeing</b> 2pm-3.15pm</p> <p><b>Client led Gardening group</b> 1.30pm- 2.30pm *Weather dependant</p> <p><b>ONLINE Community drop-in</b> 2pm-3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p>	<p><b>Community support drop in</b> 10.30am-12.30pm</p> <p><b>Creative poetry group</b> 10.30am-12pm</p> <p><b>New Referral Drop in</b> 11am-12pm</p> <p><b>Walking Group</b> 1.15pm-2.45pm</p> <p>*Ask staff for Meeting point in the community</p>

If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by asking if they have availability to see you in person or over the phone. **\*We are closed on Bank Holidays**

Address: 73a London Road, Bexhill, TN39 3LB

@eastsussexwellbeingcentres

Phone: 01424 215548

Email: [bexhillwellbeingcentre@southdown.org](mailto:bexhillwellbeingcentre@southdown.org)

[www.southdown.orgwellbeingCentresESCN](http://www.southdown.orgwellbeingCentresESCN)