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Bexhill Wellbeing Centre Timetable

May 2024

Open: Monday/Wednesday/Thursday 10am - 3pm, Tuesday in the community & Friday 10am to 12.30pm

Monday	Tuesday	Wednesday	Thursday	Friday
Themed		Themed community drop	Community support	Community support drop in
community drop in (craft)/ 10am-12.30pm	The building is open for members of the "Thinking Well" Service only	in (quiz) 10am-12.00pm Mindfulness colouring	drop in 10.30am-12.30pm Peer Group 11am-12pm	10.30am-12.30pm
New Referral Drop in	(all day)	11am-12.00pm	Exploring Nature through Art	
1pm-2pm	Walking group 10am-11.30am	Hearing voices 12.pm– 1pm	2nd, 9th, 16th 23rd May 10.30am-1pm	
Games group Board games pro-	*Ask staff for Meeting point in the community	*registration required	Client led Art group 10.30am-12.30pm	
vided 1pm-2pm		Yoga	Client led Gardening group 1.30pm- 2.30pm	
		1pm-2.30pm 1st,8th,15th & 22nd May	*Weather dependant	

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, we will be closed on the 6th and 27th May

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