

Monday	Tuesday	Wednesday	Thursday	Friday
Wellbeing centre closed	Wellbeing centre closed The building is open for members of the "Thinking Well" Service only (all day)	Open Access Session 10am-12pm *For members of the public Quiz 12.30pm-1.30pm Craft Group 12.30pm-2pm Yoga (external provider) 1pm-2pm 12th, 19th & 26th Nov *registration required, speak to a member of the team	Community support drop in 10.30am-12.30pm Art group 10.30am-12.30pm Peer Group 1pm-2.30pm ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access	Community support drop in 10am-11.30am Photography group 11.30am-12.30pm Walking Group 1.30pm-2.45pm *Ask staff for Meeting point in the community

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

www.southdown.orgwellbeingCentresESCN

Open Access: Members of the public can just come in, have a look around, ask questions, and if you'd like to join our groups, we'll look to complete a short needs assessment with you. If you're not ready to join, we'll offer information and signposting to other services.

Cake & Chat

Involvement group *see poster for info

2pm-3pm

5th November

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