

Monday	Tuesday	Wednesday	Thursday	Friday
Wellbeing centre closed	The building is open for members of the "Thinking Well" Service only	Quiz 10am-11am Community support drop in 11am-12.30pm Craft club 11am-1pm Yoga 1pm-2pm *ask team for dates Cake & Chat Involvement group Dates: 1st Oct 2pm-3pm	Community support drop in 10.30am-12.30pm Art Group 10.30am-12.30pm Peer Group 11am-12pm ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access	Community support drop in 10.30am-12.30pm Photography group 10.30am-12pm Not running 24th Oct Walking Group 1.15pm-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**

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