

The Wellbeing Hub Preston Park

Tuesday 31st March – Saturday 4th April

Tuesday 31 st	Wednesday 1 st	Thursday 2 nd	Friday 3 rd	Saturday 4 th
Qigong 11:00 – 12:00pm	Games Group 11:00 – 12:30pm	Brighton Women's Centre 10:00 – 12:00pm	Good Friday Hub closed all day	Yoga 12:00 – 1:00pm
Walk & Talk 11:00 – 12:30pm	IT Tuition One-to-One 11:30 – 1:30pm	Women's Art Space 10:30 – 12:00pm		
Shiatsu One-to-One 12:00 – 4:00pm	Anchor Point 11:30 – 1:30pm	Art Afternoon 1:00 – 2:30pm		
Young Person's Group 1:00 – 3:00pm		Hearing Voices 1:30 – 2:30pm		
Fitness with Max 3:15 – 4:15pm		Yoga 3:15 – 4:15pm		

Staying Well

Monday to Friday 5:00 – 10:30pm / Saturday and Sunday 3:00 – 10:30pm

- Part of the social space offer
- Open to new and existing clients
- Delivered by external partners

Southdown



The Wellbeing Hub Preston Park

Tuesday 7th – Saturday 11th April

Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th	Saturday 11 th
Qigong 11:00 – 12:00pm	IT Tuition One-to-One 11:30 – 1:30pm	Brighton Women's Centre 10:00 – 12:00pm	Colouring Group 11:00 – 12:00pm	Yoga 12:00 – 1:00pm
Walk & Talk 11:00 – 12:30pm	Roots & Resilience 12:30 – 1:30pm	Women's Art Space 10:30 – 12:00pm	Open Access 11:00 – 2:00pm	
Shiatsu One-to-One 12:00 – 4:00pm	Gardening Group 2:00 – 4:00pm	Art Afternoon 1:00 – 2:30pm	Art Space 11:00 – 2:00pm	
Sound Bath 12:30 – 2:00pm	Silent Book Club 3:00 – 4:15pm	Hearing Voices 1:30 – 2:30pm	Dancing for Fun 12:00 – 1:00pm	
Fitness with Max 3:15 – 4:15pm		Yoga 3:15 – 4:15pm	Qigong 3:00 – 4:00pm	

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The Wellbeing Hub Preston Park

Tuesday 14th – Saturday 18th April

Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th	Saturday 18 th
Qigong 11:00 – 12:00pm	Games Group 11:00 – 12:30pm	Brighton Women's Centre 10:00 – 12:00pm	Colouring Group 11:00 – 12:00pm	Yoga 12:00 – 1:00pm
Walk & Talk 11:00 – 12:30pm	IT Tuition One-to-One 11:30 – 1:30pm	Women's Art Space 10:30 – 12:00pm	Open Access 11:00 – 2:00pm	
Shiatsu One-to-One 12:00 – 4:00pm		Art Afternoon 1:00 – 2:30pm	Art Space 11:00 – 2:00pm	
Fitness with Max 3:15 – 4:15pm		Hearing Voices 1:30 – 2:30pm	Creative Writing 11:30 – 12:30pm	
		Yoga 3:15 – 4:15pm	Singing for Fun 12:00 – 1:00pm	
			Young Person's Group 1:00 – 3:00pm	
			Qigong 3:00 – 4:00pm	

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The Wellbeing Hub Preston Park

Tuesday 21st – Saturday 25th April

Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th	Saturday 25 th
Qigong 11:00 – 12:00pm	IT Tuition One-to-One 11:30 – 1:30pm	Brighton Women's Centre 10:00 – 12:00pm	Colouring Group 11:00 – 12:00pm	Yoga 12:00 – 1:00pm
Walk & Talk 11:00 – 12:30pm	Roots & Resilience 12:30 – 1:30pm	Women's Art Space 10:30 – 12:00pm	Open Access 11:00 – 2:00pm	
Shiatsu One-to-One 12:00 – 4:00pm	Silent Book Club 3:00 – 4:15pm	Art Afternoon 1:00 – 2:30pm	Art Space 11:00 – 2:00pm	
Walk-In Welcome Session 12:15 – 3:15pm		Hearing Voices 1:30 – 2:30pm	Dancing for Fun 12:00 – 1:00pm	
Fitness with Max 3:15 – 4:15pm		Yoga 3:15 – 4:15pm	Qigong 3:00 – 4:00pm	

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The Wellbeing Hub Preston Park

Tuesday 28th April – Saturday 2nd May

Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 1 st	Saturday 2 nd
Qigong 11:00 – 12:00pm	Games Group 11:00 – 12:30pm	Brighton Women's Centre 10:00 – 12:00pm	Colouring Group 11:00 – 12:00pm	Yoga 12:00 – 1:00pm
Walk & Talk 11:00 – 12:30pm	IT Tuition One-to-One 11:30 – 1:30pm	Women's Art Space 10:30 – 12:00pm	Open Access 11:00 – 2:00pm	
Shiatsu One-to-One 12:00 – 4:00pm	Anchor Point 11:30 – 1:30pm	Art Afternoon 1:00 – 2:30pm	Art Space 11:00 – 2:00pm	
Walk-In Welcome Session 12:15 – 3:15pm		Hearing Voices 1:30 – 2:30pm	Creative Writing 11:30 – 12:30pm	
Fitness with Max 3:15 – 4:15pm		Yoga 3:15 – 4:15pm	Singing for Fun 12:00 – 1:00pm	
			Qigong 3:00 – 4:00pm	

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