


# Neighbourhood Wellbeing Hub – Eastbourne

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am - 2pm <b>Walk-in Welcome Session</b>			11am – 12noon <b>Online Group</b>	10.30am – 12noon 12 June – 31 July <b>Peer Group: Living with Anxiety and Over Thinking</b> (Registration required)	
6 July 2.30-3.30pm <b>Client Planning Group</b>	19 May – 7 July 2.30-4pm <b>Peer Group: Preparing for Change</b> (Registration required)			Start date: 7 August 10am - 1.30pm <b>Peer Group: Depression Support – Light Ahead</b> (Registration required)	
				2 – 4pm <b>Arts, Crafts &amp; Games</b>	
<p><b>Staying Well</b> Monday to Friday 5:00 – 10:30pm / Saturday and Sunday 3:00 – 10:30pm</p>					

Social Space	Walk-in Welcome Session	Neighbourhood Wellbeing Group	Online Group	Client Planning Group	 
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# Community locations – Eastbourne

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Start date: 28 July 5.30-7pm</p> <p><b>Peer Group: Preparing for Change</b> (Registration required) <b>Location: The Recovery Cafe</b></p>	<p><b>Community Walk</b> 11am – 1pm Speak to staff for location</p> <p>Start date: 22 July 2.30-4pm</p> <p><b>Peer Group: Peaceful Connections for Seniors</b> (Registration required) <b>Location: Friend’s Meeting House</b></p> <p>Start date: 29 July 4-7pm</p> <p><b>Walk-in Welcome Session</b> <b>Location: The Recovery Cafe</b></p>			

Social Space	Walk-in Welcome Session	Neighbourhood Wellbeing Group	 
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