



# Neighbourhood Wellbeing Hub – Hailsham

July 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11am-2pm</p> <p><b>Walk-in welcome session</b> Mental Health support coordinators</p>			<p>10.30am-12noon</p> <p><b>Social Activity Group</b></p> <p>Space to play games, do puzzles, gardening and chat with your peers</p>		
			<p>July 9   11:30am</p> <p><b>Client planning group</b></p>		
			<p>11am-12noon</p> <p><b>Online Group</b></p>		
			<p>12noon-1pm</p> <p><b>Creative Group</b></p>		
<p>2-4pm</p> <p><b>Social Activity Group</b></p> <p>Space to play games, do puzzles, Chat with your peers</p>			<p>Starts 27 August</p> <p>2:30-4pm</p> <p><b>Peer Group</b></p> <p>Anxiety support-Breathe together</p>		

Social Space	Walk-in Welcome Session	Neighbourhood Wellbeing Group	Online Group	Client Planning Group	 
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# Community location – Heathfield/Crowborough

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			11am-12noon Online group		
			11:30am-1pm Neighbourhood Wellbeing group		
			2-3pm Activity to be decided		

Social Space	Walk-in Welcome Session	Neighbourhood Wellbeing Group	Online Group	Client Planning Group	 
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