

Hastings Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

December 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New referral drop in 10.30am-11.30am Themed Peer Group 11am-12.30pm	Games Group 11.30am-1pm Relaxation and Mediation 1.15pm-2.15pm (front room)	Walking Group 11am-12.30pm 	Quiz 10.30am-11am *cafe Working with colour 7th & 14th Dec 10.30am-1pm HARC Benefits advice drop in 10.30am-12.30pm Every 2 weeks, check dates with team	Community Support Drop in 11am-12.30pm Young persons drop in 1pm-2pm
Afternoon	Mindfulness Colouring 1.30pm-3pm	Knitting for wellbeing 1.30pm-3pm (activity room)		Christmas party 14th Dec 10.30am-1pm Buffet, quiz and carols	

In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. 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 , Christmas party 14th December 10.30am-1pm**

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