

# Hastings Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New referral drop in</b> 10.30am-11.30am  <b>Themed Peer Group</b> 11am-12.30pm *limited spaces  <b>Weaving group</b>	<b>Games Group</b> 11.30am-1pm     <b>Relaxation and Mediation</b> 1.15pm-2.15pm (front room)	<b>Walking Group</b> 11am-12.30pm   <b>WRAP</b> 10.30am-1.30pm *registration required 6th, 13th, 20th & 27th March	<b>Quiz</b> 10.30am-11am  <b>10am-12.30pm</b>  <b>Exploring Nature through Art</b> 10.30am-1pm 7th, 14th, 21st & 28th March  <b>Community support drop in</b> 11am-12.30pm  <b>HARC Benefits advice drop in</b> 10.30am-12.30pm Every 2 weeks, check dates with team	<b>Community Support Drop in</b> 11am-12.30pm     <b>Young persons drop in</b> 1pm-2pm
Afternoon	<b>18th March</b> 1.30pm-3pm	<b>Knitting for wellbeing</b> 1.30pm-3pm (activity room)			

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 , Please note we are closed on Friday 29th March due to a bank holiday**

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