

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Craft Group 10am—11am Wellness with peer group 11am-12.15pm *registration required, speak to staff	Games Group/Drop in 10.30am-12.30pm Seasonal Sketchbooks 4th, 11th, 18th & 25th Nov 10am-12.30pm *run by college Relaxation/Mediation 12.30pm-1pm	Wellbeing Centre Closed Walk and Coffee Date: 26th Nov Time: 11am meet at Queen Victoria statue	Quiz 10.30am-11am Community support drop in 11am-12pm Meditation and wellness 1pm-3.30pm 6th, 13th, 20th & 27th Run by college	Wellbeing Centre Closed
Afternoon	Open Access 12.30pm-2.30pm *For members of the public	Knitting for wellbeing (client led) 2pm-3pm		ONLINE Community drop-in 2pm-3pm *Ask staff for link/codes to access	

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. **Please note we are closed bank holidays**



HARC Benefits advice drop in (Thursdays—6th & 20th Nov)

10.30am-12.30pm

Cake and Chat Involvement group

13th Nov

11am-12.00pm

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Address: Carisbrooke House, Stockleigh Road, St. Leonard's-On-Sea, TN38 0JP

Phone: 01424 435472 **Email:** hastingsandstleonardswellbeingcentre@southdown.org



@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN