

# Hastings Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

March 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New referral drop in</b> 10.30am-11.30am	<b>Wellbeing for Men group</b> 11.30am-1pm	<b>Walking Group</b> 11am-12.30pm	<b>Quiz</b> 10.30-11am	<b>Community Support Drop in</b> 11am-12.30pm
Afternoon	<b>Mindfulness Colouring</b> 1.30-3pm	<b>Creative writing for pleasure 4 week course</b> 11.30am-1.30pm Dates: 28th February, 7th March, 14th, 21st & 28th. *registration required, speak with a member of the team		<b>Creative Group</b> 11am-12.30pm	<b>Exploring Mindfulness &amp; Creativity 5 weeks course</b> 10.30am-1pm Dates: 3rd, 10th, 17th, 24th & 31st March *registration required, speak with a member of the team
		<b>Knitting for wellbeing</b> 1.30-3pm		<b>HARC Benefits advice drop in</b> 10.30am-12.30pm 1st & 3rd Thursday of each month (2nd, 16th & 30th March)	
				<b>Bring your own craft group</b> 1.30pm-3pm	<b>Care boxes</b> 1pm-2.30pm

**Please note:** In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available. **CLIENT MEETING THURSDAY 23RD MARCH 11.30AM GUEST SPEAKER FROM MALLYDAMS**

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