



Neighbourhood Wellbeing Service

Eastbourne | June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Walk-in Welcome Session 11am – 2pm</p>		<p>Community Walk 11am – 1.30pm Speak to staff for location No walk on 3 June</p>	<p>Online Group 11am – 12noon</p>	<p>Neighbourhood Wellbeing Group: Living with Anxiety and Over Thinking 10.30am – 12noon Starts 12 June (Registration required)</p>
				<p>Arts, Crafts and Games 1 – 2.45pm</p>
<p>Have Your Say Session 2.30 – 3.30pm 15 June</p>	<p>Neighbourhood Wellbeing Group: Preparing for Change 2:30 – 4pm 19 May to 7 July (Registration required)</p>			<p>Music Appreciation 3 – 4pm 5 and 19 June</p>
				<p>Stories for Wellness 3 – 4pm 12 and 26 June</p>

Staying Well

Monday to Friday, 5:00 to 10:30pm | Saturday and Sunday, 3 – 10:30pm

Social Space

Walk-in Welcome Session

Neighbourhood Wellbeing Group

Staying Well