



Neighbourhood Wellbeing Service

Hastings | June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				Art Group 10:30am – 12noon
Walk-in Welcome Session 11am – 2pm	Neighbourhood Wellbeing Group: Preparing for Change 2:30 – 4pm Starts 2 June (Registration required)	Client Led Peer Group 11am – 12:30pm	Online Group 11am – 12noon	Quiz 12noon – 1pm
		Have Your Say Session 11am – 12noon 17 June	Wellness Recovery Action Planning (WRAP) 10:30am – 1:30pm 4, 11, 18 and 25 June (Registration required)	Drop-in and chat (Existing clients only) 12noon - 1pm
		Games Group 1 – 2pm		Neighbourhood Wellbeing Group: Living with Anxiety and Overthinking 2:30 – 4pm Start 19 June (Registration required)
Art and Craft 2 – 3pm		Drop-in and chat (Existing clients only) 2 - 3pm		
Drop in and chat (Existing clients only) 3 – 4pm				

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