

# Neighbourhood Wellbeing Service

Eastbourne | May 2026

**Southdown**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Walk-in Welcome Session</b> 11am – 2pm Starts 18 May		<b>Walking Group</b> 11am – 1pm Speak to staff for location	<b>Online Group</b> 11am – 12noon	<b>Arts &amp; Crafts / Games</b> 10 am – 12noon
				<b>Stories for Wellness</b> 1 – 2:15pm 1, 15 and 29 May
				<b>Music</b> 1 – 2:15pm 8 and 22 May
				<b>Mindfulness and Relaxation</b> 2:30 – 3:30pm
	<b>Neighbourhood Wellbeing Group</b> 2:30 – 4pm Starts 19 May			

## 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