

Neighbourhood Wellbeing Service

Hailsham | May 2026

Southdown

Monday	Tuesday	Wednesday	Thursday	Friday
		Wellness Recovery Action Planning (WRAP) 10am – 1pm 20 and 27 May	Drop in and chat 10:30am – 1pm 7 May at Inglebrook From 14 May at Prospects House	
			Client Planning Meeting 12noon – 1pm 21 May	
			Online Group 1am – 12noon	
			Arts and Craft 2 – 4pm (7 and 14 May only)	
			Neighbourhood Wellbeing Group 2:30 – 4pm Starts 21 May	

Social Space

Neighbourhood Wellbeing Group

External Group