

# Neighbourhood Wellbeing Service

Hastings | May 2026

**Southdown**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Walk-in Welcome Session</b> 11am – 2pm Starts 18 May		<b>Client Led Peer Group</b> 11am – 12:30pm	<b>Online Group</b> 11am – 12noon	<b>Art Group</b> 11am – 1pm
		<b>Drop-in and chat</b> (Existing clients only) 1 – 2pm	<b>Wellness recovery action planning (WRAP)</b> 10.30am – 1.30pm 21 May and 28 May (two weeks of six)	
		<b>Games Group</b> 2 – 3pm		
<b>Art and Craft</b> 2 – 3pm	<b>Neighbourhood Wellbeing Group</b> 2:30 – 4pm Starts 19 May			
<b>Drop in and chat</b> (Existing clients only) 3 – 4pm				
<b>No sessions on 25 May due to Bank Holiday</b>				

## 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

