

Newhaven Wellbeing Centre Timetable

Open: Monday to Friday - 10am-3pm

March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cooking Group 10am - 12-30pm No cooking group 25th March	Community Support Drop in 10-30am - 1pm	Games, Quiz and Puzzle Grou 10-30am - 12pm Music Appreciation 10-30am - 12pm Baking Group 6th, 13th, 20th, 27th March 10am - 1pm	Hearing Voices Group 14th March 11am - 12pm New Referral Drop in (7th and 21st March) 10-30am - 11-30am Calmful Crafting 10:30am to 12pm	Positive Psychology Group 10-30am - 12pm CENTRE CLOSED ON 29th MARCH DUE TO BANK HOLIDAY
Afternoon	Peer Support Group 1-30pm - 3pm	Creative Art for Wellbeing 100pm - 3pm Exploring Autism Through Art 12th and 26th March 1pm - 2pm	Centre closed	Support Circle 1pm to 2pm Guided Meditation 14th March 2pm - 2:30pm	Drama group 8th and 22nd March 1pm - 2pm 1st and 15th March 1pm - 3pm Mindfulness 8th March 2-15pm - 2-45pm Card Group 1pm - 3pm

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.

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www.southdown.org/wellbeingCentresESCN