

# Newhaven Wellbeing Centre Timetable

Open: Monday to Friday - 10am-3pm

August 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Community Drop In</b> 10.30 - 12pm          <b>CENTRE CLOSED 18th, 25th</b>	<b>Community Drop In</b> 10:30 - 12pm	<b>CENTRE CLOSED</b>	<b>Games, Knit and Natter</b> Date: 7th, 21st, 28th 10.30 - 12pm  Date: 14th 10am - 12pm  <b>Hearing Voices Group</b> Date: 7th 11am - 12pm  <b>LGBT + Group</b> Date: 21st 11am - 12pm	<b>Script Reading and Improv Group</b> 10.30 - 12pm          <b>CENTRE CLOSED 8th, 29th</b>
Afternoon	<b>Music Appreciation</b> 1pm - 2.30pm	<b>Art Group</b> 1pm - 3pm	<b>CENTRE CLOSED</b>	<b>Support Circle</b> Date: 7th, 21st, 28th 1pm - 2pm  Date: 14th 2pm - 3pm  <b>Community and Games afternoon with Fish and Chips!</b> Date: 14th August 1pm - 2pm	<b>Card Group</b> 1pm - 3pm

If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. \*We are closed on Bank Holidays

**Address:** Summerhayes, Marshall Lane, Newhaven, East Sussex, BN9 9RB

**Phone:** 01273 517641 **Email:** newhavenwellbeingcentre@southdown.org



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[www.southdown.org/wellbeingCentresESCN](http://www.southdown.org/wellbeingCentresESCN)