

# Newhaven Wellbeing Centre Timetable

Open: Monday to Friday - 10am-3pm

July 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Community Drop In</b> 10.30am - 12pm  <b>Centre closed 21st</b>	<b>Experiments with Printing</b> Date: 1st and 8th Sign up required 10am - 12.30pm  <b>Community drop in</b> Date: 15th, 22nd and 29th 10.30 - 12	CENTRE CLOSED	<b>Games, Knit and Natter</b> 10.30am - 12pm  <b>Hearing Voices Group</b> Date: 10th 11am - 12pm  <b>LGBT + Group</b> Date: 24th 11am - 12pm	<b>Script Reading and Improv Group</b> 10.30am - 12pm
Afternoon	<b>Music Appreciation</b> 1pm - 2.30pm	<b>Art Group</b> 1pm - 3pm	CENTRE CLOSED	<b>Support Circle</b> 1pm - 2pm  <b>New Referral Drop in</b> <b>Date: 3rd &amp; 31st</b> 2pm - 3pm  <b>ONLINE Community drop-in</b> 2pm - 3pm (run by Wellbeing Centre staff)  *Ask staff for link/codes to access	<b>UOK Client Update meeting</b> Date: 18th July  12:30 pm- 1.30pm Hosted by: Stuart Reid  <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

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