

Newhaven Wellbeing Centre Timetable

Open: Monday to Friday - 10am-3pm

October 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Community Drop In 10.30am - 12pm Closed 13th	Introduction to watercolours Dates: 7th, 14th. Sign Up Required 10am - 12.30pm Community Drop In Date: 21st, 28th 10:30am - 12pm	CENTRE CLOSED	Games, Knit and Natter 10.30am - 12pm Hearing Voices Group Date: 2nd October 11am - 12pm LGBTQI+ Group Date: 9th 11am - 12pm	Script Reading and Improv Group 10.30 - 12pm
Afternoon	Music Appreciation 1pm - 2.30pm	Art Group 1pm - 3pm	CENTRE CLOSED	Support Circle 1pm - 2pm Cake and chat involvement group Date: 23rd 2.15pm - 3.15pm	Card Group 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