

Open: Monday, Wednesday, Thursday & Friday 10am - 3pm, Tuesday in the community 10am to 12pm

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community support drop in 10am-12.30pm</p> <p>Exploring Nature through Art 11th, 18th & 25th 10.30am-1pm</p> <p>Photography Group 1pm-2.30pm</p> <p>Weaving workshop 25th Nov 1.30pm-3pm</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>The building is open for members of the "Thinking Well" Service only</p> </div> <p>Walking group 10am-11.30am *Ask staff for Meeting point in the community</p>	<p>Community support drop in 10am-12.00pm</p> <p>Quiz 10am-11am</p> <p>Hearing voices 12.pm– 1pm *registration required</p> <p>Yoga 1pm-2pm Ask staff for dates</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Peer Group 11am-12pm</p> <p>Art group 10.30am-12.30pm</p> <p>Client led Gardening group 1.30pm- 2.30pm *Weather dependant</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Creative poetry group 10.30am-12pm Starts 8th Nov</p> <p>New Referral Drop in 11am-12pm</p> <p>Walking Group 1.15pm-2.45pm *Ask staff for Meeting point in the community</p>

If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by asking if they have availability to see you in person or over the phone. ***We are closed on Bank Holidays CLIENT MEETING 28TH NOVEMBER 12.30PM**

Address: 73a London Road, Bexhill, TN39 3LB

@eastsussexwellbeingcentres

Phone: 01424 215548

Email: bexhillwellbeingcentre@southdown.org

www.southdown.orgwellbeingCentresESCN