

Hastings Wellbeing Centre Timetable

March 2025

Open: Monday to Friday 10am - 3pm

		Monday	Tuesday	Wednesday	Thursday	Friday
		Community support	Community support	Walking Group	Community support	
		drop at Fellowship	drop at Fellowship	11am-12.30pm	drop at Fellowship	CLOSED
		of St Nicholas	of St Nicholas	Meet at the	of St Nicholas (FSN)	
	<u>3</u> .	(FSN) see address	(FSN) see address	White Rock Ho-	See address over-	Telephone support
<u> </u>		overleaf	overleaf	tel	leaf	available 10am-3pm
		various Activities	Various Activities		Various Activities	
				Ask team for meeting		
		10.30am-2.30pm	10.30am-2.30pm	location	10.30am-2.30pm	
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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. *All sessions will take place at Fellowship of St Nicholas (FSN) Throughout March. See overleaf for address