Southdown	

Mental Health

## **Newhaven Wellbeing Centre Timetable**

April 2025

Open: Monday to Friday - 10am-3pm

	Monday	Tuesday	Wednesday	Thursday	Friday
	Community Drop In	Felting	Games, Knit and Natter Group	LGBT + Group	Clay Group
	10.30 - 12pm	10.30am 12pm	10.30am - 12pm	6th	10.30am - 12pm
				11am - 12pm	
_				Hearing Voices Group	
Mori			Music Appreciation	17th	
Morning			10.30am - 12pm	11am - 12pm	
				New Referral Drop in	
				10th and 24th	
	C			11am - 12pm	Centre closed 18th
	Centre closed 21st				Centre closed 18th
	Wellness Toolbox	Experimental Weaving	Community Drop-in	Support Circle	Card Group
	1pm - 2.30pm	1st and 8th April	2nd, 9th and 16th	1pm - 2pm	1pm - 3pm
Ρf		12.30pm - 3pm	1.30pm - 3pm		
Afternoon					
000		Art Group	Art and Mindfulness		
		15th, 22nd and 29th	23rd and 30th April		
		1pm - 3pm	12.30pm - 3pm		

**Please note:** In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.

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