

Monday	Tuesday	Wednesday	Thursday	Friday
Wellbeing centre closed	<p>Wellbeing centre closed</p> <div> <p>The building is open for members of the "Thinking Well" Service only (all day)</p> </div>	<p>Open Access Session 10am-12pm *For members of the public</p> <p>Quiz 12.30pm-1.30pm</p> <p>Craft Group 12.30pm-2pm</p> <p>Not running 17th Dec</p> <p>Yoga (external provider) 1pm-2pm 3rd, 10th & 17th Dec *registration required, speak to a member of the team</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Christmas party 18th Dec 11am-1pm</p> <p>Art group 10.30am-12.30pm</p> <p>Peer Group 1pm-2.30pm</p> <p>ONLINE Community drop-in 11am-12pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p>	<p>Community support drop in 10am-11.30am</p> <p>Photography group 11.30am-12.30pm</p> <p>Walking Group 1.30pm-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, we will be closed on 25th & 26th Dec.**

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

 @eastsussexwellbeingcentres

Phone: 01424 215548

Email: bexhillwellbeingcentre@southdown.org

www.southdown.orgwellbeingCentresESCN

Open Access: Members of the public can just come in, have a look around, ask questions, and if you'd like to join our groups, we'll look to complete a short needs assessment with you. If you're not ready to join, we'll offer information and signposting to other services.

Cake & Chat

Involvement group *see poster for info

Wednesday 10th December

2pm-3pm

Christmas party

18th December 11am-1pm

Christmas Quiz, buffet

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