

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Community support drop in 10am-12.30pm</p> <p>Photography Group 1pm-2.30pm</p> <p>Craft Club 1.30pm-3pm 12th May</p>	<div> <p>The building is open for members of the "Thinking Well" Service only</p> </div> <p>Walking Group 10am-11.30am Meet at the De La Warr front entrance</p>	<p>Community support drop in 10am-12.00pm</p> <p>Quiz 10am-11am</p> <p>Hearing voices 11am-12pm</p> <p>Last Wednesday of the month 28th May *registration required</p> <p>Yoga 1pm-2pm 16th April-21st May</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Art group 10.30am-12.30pm</p> <p>Peer Group 11am-12pm</p> <p>Wood Whittling Course 10.30am-1pm 8th May-22nd May *run by college</p> <p>Client led Gardening group 1.30pm- 2.30pm *Weather dependant</p> <p>ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p>	<p>Community support drop in 10.30am-12.30pm</p> <p>Creative poetry group 10.30am-12pm Only running on 16th & 30th May</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 We will be closed on Monday 5th and 26th May due to the bank holidays**

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