

Hastings Wellbeing Centre Timetable

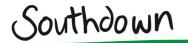
Dec 25

Open: Monday, Tuesday and Thursdays 10am - 3pm

	Monday	Tuesday	Wednesday	Thursday	Friday
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	Craft Group	Games Group/Drop in	Wellbeing	Quiz	Wellbeing
	10am—11am	10.30am-12.30pm		10.30am-11am	
			Centre		Centre Closed
	Wellness with peer		Closed	Camananita anno ant duam in	
Morning	group	Relaxation/Mediation		Community support drop in	
	11am-12.15pm *registration	12.30pm-1pm		11am-12pm	
ng	required, speak to staff				
				ONLINE Community drop-	
				in	
Afternoon				11am-12pm	
		Knitting for wellbeing		*Ask staff for link/codes to ac-	
	Open Access	(client led)		cess	
	12.30pm-2.30pm	2pm-3pm			
noc	*For members of the public				
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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. Please note we are closed bank holidays, we will be closed 24th, 25th & 26th December

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HARC Benefits advice drop in (Thursdays—4th & 18th Dec)

10.30am-12.30pm

Cake and chat involvement group

11th Dec

11am-12pm

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