

# Newhaven Wellbeing Centre Timetable

Open: Monday to Friday - 10am-3pm

June 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Community Drop In</b> 10.30 - 12pm	<b>Experiments with Printing</b> Date: 3rd, 10th, 17th & 24th Sign up required 10am - 12.30pm	CENTRE CLOSED	<b>Games, Knit and Natter</b> 10.30 - 12pm  <b>Hearing Voices Group</b> Date: 12th 11am - 12pm  <b>LGBT + Group</b> Date: 26th 11am - 12pm	<b>Script Reading and Improv Group</b> 10.30 - 12pm
Afternoon	<b>Music Appreciation</b> 1pm - 2.30pm	<b>Art Group</b> 1pm - 3pm	CENTRE CLOSED	<b>Support Circle</b> 1pm - 2pm  <b>New Referral Drop in</b> <b>Date: 5th &amp; 19th</b> 2pm - 3pm	<b>Card Group</b> 1pm - 3pm

If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. \*We are closed on Bank Holidays

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@eastsussexwellbeingcentres

[www.southdown.org/wellbeingCentresESCN](http://www.southdown.org/wellbeingCentresESCN)