

Newhaven Wellbeing Centre Timetable

May 2025

Open: Monday to Friday - 10am-3pm

	Monday	Tuesday	Wednesday	Thursday	Friday
	Community Drop In	Felting	Games, Knit and Natter Group	Hearing Voices Group	Relaxation Group
Morning	10:30 - 12pm	10am - 12pm	10.30am - 12pm	15th	10.30am - 12pm
				11am - 12pm	
			Music Appreciation 10.30am - 12pm		
				New Referral Drop in	
				8th and 22nd	
				11am - 12pm	
	CLOSED 5TH AND 26TH				
				LGBT + Group	
				29th	
				11am - 12pm	
	Wellness Toolbox	Art Group	Art and Mindfulness	Support Circle	Card Group
	1pm - 2.30pm	1pm - 3pm	7th, 14th, 21st	1pm - 2pm	1pm - 3pm
			12.30 - 3pm		
				ONLINE Community drop-in	
			S : 16	2pm-3pm (run by Wellbeing Centre staff)	
			Social Group	(run by Weilbeilig Centre stuff)	
			28th	*Ask staff for link/codes to ac-	
			1pm - 3pm	cess	

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.

Address: Summerhayes, Marshall Lane, Newhaven, East Sussex, BN9 9RB Phone: 01273 517641 Email: newhavenwellbeingcentre@southdown.org

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