

Neighbourhood Wellbeing Hub – Eastbourne

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am - 2pm Walk-in Welcome Session			11am – 12noon Online Group	10.30am – 12noon 12 June – 31 July Peer Group: Living with Anxiety and Over Thinking (Registration required)	
6 July 2.30-3.30pm Client Planning Group	28 July – 6 October 1.30-3pm Peer Group: Preparing for Change Not running on 18 and 25 August			Start date: 7 August 10am - 1.30pm Peer Group: Depression Support – Light Ahead (Registration required)	
				2 – 4pm Arts, Crafts & Games	
Staying Well Monday to Friday 5:00 – 10:30pm / Saturday and Sunday 3:00 – 10:30pm					

Social Space	Walk-in Welcome Session	Neighbourhood Wellbeing Group	Online Group	Client Planning Group	Southdown 
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Community locations – Eastbourne

July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Community Walk 11am – 1pm Speak to staff for location Starts 16 September 2.30-4pm Peer Group: Peaceful Connections for Seniors (Registration required) Location: Friend’s Meeting House Start date: 29 July 4-7pm Walk-in Welcome Session Location: The Recovery Cafe			