

UOK Wellbeing Hub – Newhaven

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Walk-in Welcome Session 11am – 2pm		Social Space 10am – 11am		
			Arts, Crafts & Games 11am – 12pm		
			Script Reading 10.30am – 11.30m 6 and 20 August		
			Music Appreciation 10.30am – 11.30am 13 and 27 August		
			Online Group 11am – 12 noon		
	2 – 4pm Fabric Crafts with Lynn		Client Planning Group 12noon - 1pm 6 August		

Social Space	Walk-in Welcome Session	Peer Group	Client planning group/ ‘Have Your Say’	External provider
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			2 – 4pm Card Making with Lynn		
	Have Your Say Session 2.30 – 3.30pm 11 August		Peer Group: Coping Skills for Wellbeing 2:30 – 4pm Starts: 13 August (Registration required)		

Social Space	Walk-in Welcome Session	Peer Group	Client planning group/ 'Have Your Say'
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