November 2026

Neighbourhood Wellbeing Hub - Bexhill

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Art Group 10am-11.30am		**Weekend wellness group** **Support circle** 7th 14th 21st & 28th November **10am-1pm** **Registration required**
			Drop in and Chat 11am-12pm		
			Online group 11am-12pm		
		Quiz 1.30pm-2.30pm	**Peer group** **Wellbeing and Worry** 1.15pm-3.45pm **(Registration required)**		
		Drop in and Chat 2.30pm-3.30pm			
		Yoga 3pm-4pm			
		Peer group **Burn out/stress** **Recharge circle**	**Walk-in welcome session** **Mental Health support coordinators**		

Social Space | **Walk-in Welcome Session** | **Peer Group** | **External provider** | **Staying Well**

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		5.30pm-7pm **(Registration required)**	4pm-7pm Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance. No referral needed **Not running 26th Nov**		

Social Space **Walk-in Welcome Session** **Peer Group** **External provider** **Staying Well**

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