November 2026

Neighbourhood Wellbeing Hub - Hailsham

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk-in welcome session. Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance. No referral is needed. 11am-2pm	Hub Closed	Hub Closed	**Social Activities group** Space to play games, do puzzles, Art & Craft, Chat with your peers **10.30am-12pm** **Creative space**. Space to be creative or follow a staff led Art activity. **12-1pm** **Online group** 11am-12pm	Hub Closed	Hub Closed
Social Activities Group 2-3pm Space to play games, do puzzles, Art & Craft, Chat with your peers. **Client planning meeting 2-3pm 16th November.**					

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

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Guided meditation for relaxation. **3-4pm**			**Peer group** **Coping Skills for wellbeing** 2.30pm-4pm TBC **(Registration required)**		

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