November 2026

Neighbourhood Wellbeing Hub - Hastings

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk-in welcome session **Mental Health support coordinators** **11am-2pm** Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance. No referral needed **Not running 30th Nov**		**Social space** Space to play games, do puzzles, Art & Craft, Chat with your peers **10.30am-12.30pm**	**Online group** 11am-12pm	**Art Group** 10am-11.30am **Client Planning meeting** 11am-12pm **Quiz** 11.30am-12pm	**Weekend wellness group** **Support circle** 24th October 7th & 21st November & 5th Dec **10am-1pm** **Registration required**
Peer group **The wellbeing circle** 2pm-3.30pm **Starts 9th Nov** session 1 **16th Nov** Session 5 **(Registration required)**	**Peer Group** **The wellbeing circle** 2pm-3.30pm **10th Nov** Session 2 **17th Nov** Session 6	**Peer Group** **The wellbeing circle** 2pm-3.30pm **11th Nov** Session 3 **18th Nov** Session 7	**Peer Group** 2pm-3.30pm **12th Nov** Session 4 **19th Nov** Session 8	**Drop in & Chat** 12pm-1pm	

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

Southdown UOK

November 2026

		Walk-in welcome session **Mental Health support coordinators** **The Clifton Centre** **4pm-7pm** Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance. No referral needed			

Staying Well
Monday to Friday 5:00 – 10:30pm / Saturday and Sunday 3:00 – 10:30pm

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

Southdown UOK