November 2026

UOK Wellbeing Hub – Newhaven

Monday	Tuesday	Wednesday	Thursday	Friday
	Linocut Printmaking 10am – 12.30pm **3 November – 8 December** A 6-week course delivered by East Sussex College. All abilities are welcome. Registration required **Hillcrest Community Centre** **Bay Vue Road, Newhaven BN9 9LH**		**Social Space** 11am – 12pm A safe, inclusive space to chat with peers. **Arts, Crafts & Games** 12pm – 1pm P lay games, do puzzles and chat with your peers **Hillcrest Community Centre** **Bay Vue Road, Newhaven BN9 9LH**	
	Walk-in Welcome Session 11am – 2pm Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance. No referral needed **Hillcrest Community Centre** **Bay Vue Road, Newhaven BN9 9LH**		**Online Group** 11am – 12 noon Join us online for a friendly group session. **Krafty Kats: Card Making** 2 – 4pm 5 & 12 November Craft session to make greeting cards. All abilities are welcome. **Hillcrest Community Centre** **Bay Vue Road, Newhaven BN9 9LH**	

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

Southdown UOK

November 2026

	Peer Group: Living with Anxiety and Overthinking 5:30 – 7pm **13 October – 1 December** Registration required **Hillcrest Community Centre** **Bay Vue Road, Newhaven BN9 9LH**			

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

Southdown UOK