November 2026

Community locations - Rye

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Social space Space to play games, do puzzles, Art & Craft, Chat with your peers **10.30am-12pm** **Tilling green community Centre Rye**				
	Peer Group Wellbeing for Worry **10.30-12pm** **Tilling Green Community Centre** **Date to be confirmed** ***Registration Required**		**Online group** 11am-12pm		
	Walk-in welcome session **Mental Health support coordinator** 11am-2pm **Tilling Green community centre** Drop in and chat with one of our Mental Health Support Coordinators.				

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

Southdown UOK

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	Get support, information, and guidance. No referral needed				

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

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