



Weekly timetable of activities and groups at Whitehawk Inn - Autumn 2022

<b>Activity:</b>	<b>When:</b>	<b>Frequency:</b>	<b>How to enrol:</b>	<b>Price:</b>	<b>Notes:</b>	<b>Where:</b>
Bereavement Support Group (BSG)	Wed 31/08/2022 10am -11am	Weekly	Call: 01273 682222 Email: whitehawk.inn@bht.org.uk	Free	Friendly and informal; see below for details	Whitehawk Inn
Computer Drop-In	Thu 08/09/2022 10am -12noon	Term time only	Call: 01273 682222 Email: whitehawk.inn@bht.org.uk	Free	Drop-In All abilities	Whitehawk Inn
Knitting Club	Tue 06/09/2022 10am – 12noon	Weekly	Call: 01273 682222 Email: whitehawk.inn@bht.org.uk	Free	Drop-In All abilities	Whitehawk Inn
Mindfulness & Meditation	Tue 06/09/2022 10am – 12noon	Term time only	Call: 01273 682222 Email: whitehawk.inn@bht.org.uk	Free	Drop-In All abilities	Whitehawk Inn
Creative Writing	Wed 07/09/22 2pm – 4pm	Weekly	Call: 01273 682222 Email: whitehawk.inn@bht.org.uk	Free	Drop-In All abilities	Whitehawk Inn

Drama Group	Fri 16/09/2022 11am – 1pm	Weekly	Call: 01273 682222 Email: whitehawk.inn@bht.org.uk	Free	Drop-In All abilities	Whitehawk Inn
Worry Tree Cafe	Fri 12/08/2022	Weekly	Call: 01273 682222 Email: whitehawk.inn@bht.org.uk	Free	Drop-In All welcome, Chat with local GP Practice Staff and refreshments	Whitehawk Inn

**Bereavement Support Group**  
at Whitehawk Inn  
Every Wednesday at 10 am.

- Friendly and informal,
- Meet others who are also grieving,
- Share ideas and receive support,
- Learn more about other groups at Whitehawk Inn,
- Free, weekly meet-up on Wednesdays.

Whitehawk Inn, Whitehawk Road, BN2 5NS  
whitehawk.inn@bht.org.uk  
01273 682222




**Free IT drop - in sessions**  
On Thursdays from 10:00 to 12 midday  
at Whitehawk Inn.

To find out more and register your interest  
please call 01273 682222  
or email  
whitehawk.inn@bht.org.uk

