



# Community Wellbeing Hubs



**We are really pleased to be working with our local community to offer more support to people in our area.**

**Our community support hubs bring together a range of local support in one place, making it easier to find help when you need it. Sessions take place at Hollingdean Community Centre and the Old Boat, with the same sessions available at both locations on different dates.**

**Here's what's coming up over the next few months.**

**OLD BOAT CORNER  
COMMUNITY CENTRE**



**Hollingdean  
Development Trust**

# HOLLINGDEAN

# WELLBEING HUB

12 pm - 2pm

**9**  
APRIL

**WOMENS HEALTH**

**11**  
MAY

**MENS HEALTH**

**11**  
JUNE

**EAR, EYE & ORAL HEALTH**

Monthly support available  
with

- Social Prescribing
- Community Pharmacy
- Digital Support

Hollindean Community  
Centre  
Thompson Road  
BN1 7GH



**Hollingdean**  
Development Trust



# OLD BOAT CORNER WELLBEING HUB

9am - 12pm

**29**  
APRIL

**WOMENS HEALTH**

**27**  
MAY

**MENS HEALTH**

**24**  
JUNE

**EAR, EYE & ORAL HEALTH**

Monthly support available  
with

- Social Prescribing
- Community Pharmacy
- Digital Support

**Old Boat Corner**  
**Carden Park, Carden Hill,**  
**BN1 8GN**

**OLD BOAT CORNER  
COMMUNITY CENTRE**

