

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Promenade Environmental Art Trail</b> Location: Meet outside Eastbourne Train Station Date: 7th April Time: 10.30am *weather dependent	<b>Walk &amp; Picnic in the Park</b> Hampden Park (meet outside Lakeside Tea Chalet) Date: 8th April Time: 11am *weather dependent <b>Recovery Planning</b> Dates: 1st, 15th & 22nd, 10.00 - 11am <b>Client Community Meeting</b> Date: 15th April 11am -- 12pm <b>Care for the Carers</b> Date: 29th April 11am — 12.30pm *Registration required <b>Meditation &amp; Wellness</b> Date: 1st April 12.30 - 3pm *registration required <b>Printing Course</b> Dates: 22nd, 29th 1.30—3pm *registration required	<b>Groups are operated in the community</b> <b>Café Group</b> Age concern Eastbourne Junction Rd, BN21 3QY Dates: 2nd, 9th, 16th 10:30am—11:30am  <b>Let's talk Mental Health</b> Age concern Eastbourne Junction Rd, BN21 3QY Dates: 2nd & 9th 11.30am - 12.30pm *booking required  <b>Walking Group</b> Hampden Park (meet outside Lakeside Tea Chalet) Dates: 23rd & 30th April 10:30 - 12 noon	<b>Groups are operated in the community</b>  For other Wellbeing Centre timetables, please contact your recovery worker or visit: <a href="https://www.southdown.org/services/wellbeingcentres/">https://www.southdown.org/services/wellbeingcentres/</a>	<b>Arts &amp; Crafts</b> Dates: 4th , 11th & 25th 10.30am - 12pm  <b>Easter Crafts</b> Dates: 4th & 11th 10.30 - 12pm  <b>Music Group</b> Dates: 4th, 11th, 25th 1 - 2:30pm
	<b>New Referral Drop-in</b> Dates: 14th & 28th 10am — 11am  <b>Autism Support Group</b> Dates: 14th April 1pm - 2pm  <b>Hearing Voices Group</b> Date: 28th April 1pm - 2pm  <b>Games &amp; Warm Space</b> Dates: 14th & 28th 2pm– 3pm				

**Please note:** If you need support, information, or you are struggling to cope, please feel free to call our centre during our opening times and a member of staff will be happy to help when they are available. **We are closed on Bank Holidays. Good Friday 18th & Easter Monday 21st**

- New Referral Drop in** - For new referrals and/ or external services to find out more about the Wellbeing Service and how we can support you.
- Promenade Environmental Art Trail** - Meet outside Eastbourne Train Station Contemporary Art that explores Eastbourne's unique landscape; The Sea, The Downs, The Levels and The Architecture.. \*weather dependant
- Autism Support Group** - A peer-led safe space to talk openly, share challenges, seek and share support with each other
- Hearing Voices Group** - A peer-led safe space to talk openly, share challenges, seek and share support with each other
- Games Group & Warm Space** - Come and play cards, scrabble, chess, kerplunk and other games with peers, use Wellbeing Centre resources, or bring your own activity and enjoy a nice hot drink at the Wellbeing Centre.
- Walk & Picnic in the Park** - Meet outside Lakeside Tea Chalet in Hampden Park. Join your peers and recovery workers for a nice stroll around the park before stopping for some light refreshments provided by the Eastbourne Wellbeing Centre. \* weather dependant
- Recovery Planning** - Work alongside your peers and staff to create your own wellness action plan.
- Client Community Meeting** - An opportunity for current clients to hear about the latest updates from the Wellbeing Service and to share your feedback about the service, centre, timetable and resources.
- Meditation & Wellness** - An introductory class covering the basics of each type of meditation. Focus on aligning the body, meditation exercises for beginners, Chi Kung, mindfulness and many other techniques. \*registration required
- Printing Course** - Creative Crafts for wellbeing. Experiment with a range of different printmaking techniques and materials across the 5 weeks. No art experience needed just come and have fun being creative.
- Care for the Carers Support Group** - For those who care for someone else with a mental health condition, who would not be able to cope without support. Contact James Baker from Care for the Carers: jamesb@cftc.org.uk
- Lets Talk Mental Health** - Themed group. Peer and recovery worker led space to share experiences and coping skills. 2nd April - Healthy Coping Skills, 9th April - Healthy boundaries in relationships. \*Registration required
- Arts & Crafts** - Open to all abilities - create, draw, design, make, mend, sew, knit or paint your way to positive wellbeing! Bring your own activity
- Easter Crafts** - Create your own gifts and crafts for Easter. Resources provided.
- Music Group** - Enjoy music and explore how it can be used to support your emotional wellbeing or use Wellbeing Centre resources provided