

# Eastbourne Wellbeing Centre Timetable

Open: Mon/Tues/Fri 10am-3pm (Wed/Thurs in community/online)

## December 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New Referral Drop-in</b> Dates: 2nd, 9th & 16th 10am — 11am	<b>Non—festive appreciation</b> 3rd December 10:30 am—12:30pm	<b>Groups are operated in the community</b>	<b>Groups are operated in the community</b>	<b>Arts &amp; Crafts</b> 10.30am— 12 noon
	<b>Exploring Music &amp; Sound</b> Dates: 2nd ,16th & 23rd 11.30am—12.30pm	<b>Care for the Carers</b> Date: 10th Dec 11am — 12.30pm <i>*Registration required</i>	<b>Café Group</b> Age concern Eastbourne Junction Rd BN21 3QY Date: 4th , 11th & 18th 10:30am—11:30am	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>Client Community Meeting</b> Date: 13th Dec 12:30pm—1:30pm
Afternoon	<b>Autism Support Group</b> Date: 9th Dec 11.30—12.30pm	<b>Xmas Party</b> Date: 17th December 10:30am– 12:30pm			<b>Alternative Coping Skills</b> Date: 13th Dec 2pm—3pm
	<b>Experimental Sketchbook</b> Dates: 2nd & 9th 1pm -3:30pm <i>*booking required</i>	<b>Warm Space</b> Date: 24th & 31st 11am—1pm			<b>Hanukkah Festival of light</b> Date: 20th Dec 1pm— 2:00pm
	<b>Card Making</b> Date: 16th ,23rd & 30th 1:30pm– 2:30pm	<b>The Anatomy of Breathing</b> Date: 3rd Dec 1:30pm– 2:30pm			<b>Warm Space</b> Date: 6th & 27th 1pm-2pm

**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. **\* Please remember we are closed on Bank Holidays 25th & 26th December**

**Address:** Eastbourne Wellbeing Centre, Suites 1 & 2, The Printworks, 20 Wharf Road, Eastbourne, BN21 3AW

**Phone:** 01323 405330

**Email:** [eastbournewellbeingcentre@southdown.org](mailto:eastbournewellbeingcentre@southdown.org)



[@eastsussexwellbeingcentres](https://www.facebook.com/eastsussexwellbeingcentres)

[www.southdown.org/wellbeingCentresESCN](http://www.southdown.org/wellbeingCentresESCN)

**New Referral Drop in** - For new referrals and/ or external services to find out more about the Wellbeing Service and how provide support

**Exploring Music & Sound for Wellbeing**— Enjoy different sounds and explore how music can support your wellbeing

**Autism Support Group** - A peer-led space to talk openly, share challenges, seek and share support with each other

**Experimental Sketchbook**: explore different ideas and techniques learning how any idea is a good idea. Registration required.

**Card Making**- A fun space for you to enjoy some creativity away from day to day stressors. materials provided. You can bring your own art.

**Non- Festive Appreciation** —Get away for all the hype of December and appreciate who & what we do have in our lives.

**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

**Xmas Party**- All that you would expect . Fun, music, games, laughter.

**Warm Space** – Enjoy a warm space and hot drink with staff and other clients

**Anatomy of Breathing** - Explore and understand how breathing works and how we can learn to control it for our wellbeing

**Arts & Crafts** - Open to all abilities—create, draw, design, make, mend, sew, knit or paint your way to positive wellbeing! Bring your own activity or use Wellbeing Centre resources provided.

**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.

**Alternative Coping Skills**— Explore self- management tools and practices from around the world.

**Hanukka Festival of light**- What is Hanukkah and why is it celebrated—requested by client.