

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|--|--|---|--|
| Morning | New Referral Drop-in Dates: 7th, 14th, 28th 10am — 11.00am | Heathfield Community Date: 1st 10am — 12.15pm Heathfield Community CTR | 5 Ways to Wellbeing Dates: 2nd, 9th, 23rd, 30th 10am — 11am | Out and About Date: 3rd—Uckfield Date 10th—Lewes Speak to staff for details | Mindful Colouring Dates: 4th, 11th, 25th 10am — 11:30am |
| | Community Support Group Dates 7th, 14th, 28th 11am — 12pm | Lets Talk - Managing Anger Date: 8th 11.45am –12.45pm | Anxiety Group Dates: 2nd, 9th, 23rd, 30th 11.30am — 12.30pm | Garden Group Dates 17th: 10.15pm– 11.15pm | Bipolar Support Group Date: 4th 11.45am — 12.45pm |
| | Client Community Meeting Date:7th 12pm- 12:30pm | Easter Make and Take Date: 15th 10:30am—12.30pm | Complaints Meeting with Rebecca Sharma Date: 2nd 12.45pm—2.15pm | Nature Group Date: 17th 11.45pm –12:45pm | Hearing Voices Group Date 11th 11.45-12.45pm |
| Afternoon | Men's Support Group Dates: 14th 1.15pm — 2.15pm | Puzzle and Connect Date: 8th & 22nd 1.30pm– 2.45pm | Mood Boosting Meals Dates 30th 11.30am –12.30pm *Registration required | Qwell sign-up support Date: 24th 11.30am—12.30pm | Relaxation Date: 4th, 11th 1:30 pm — 2:30pm |
| | Expressive Art Dates: 7th & 28th 1.15pm — 2.15pm | Glass Workshops Date: 29th . Speak with staff *Registration required | Continues in May—4 week course | Autism Group Date:24th 1.30pm –2.30pm | Creative Warm Space Date: 25th 12:30pm—1:30pm |
| | <p>Please note: If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by phone or asking if they have availability to see you in person. Centre closed for Bank Holidays Good Friday 18th & Easter Monday 21st</p> | | | | |

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New Referral Drop in - Recovery Worker led space to find out more about our service and how we might support you.

Community Support Group - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

Men's Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Expressive Art - Co-produced group with staff and clients exploring different forms of art to relax and to help manage overthinking

Heathfield Community Drop-In - Recovery Worker led social group exploring topics that impact our lives and wellbeing

Lets talk series— Managing Anger on the 8th April help and support to better ways to manage anger.

Puzzle and Connect— Jigsaw puzzles in a group

Glass workshop— crafting using glass, with a trained tutor. *Booking required. Speak to staff for details.

Mood boosting meals—how to select and prepare foods that naturally uplift your spirits, reduce stress, and promote overall wellness. *Booking

Client Community Meeting - Recovery Worker led session to hear your feedback on the centre, service, and timetables.

Nature Group— Discussing forms of nature in a Fun informative Group

QWELL—Introducing the QWELL Mental health App.

5 Ways to Wellbeing - Recovery Worker led group to explore ways to manage your mental health using this model.

Anxiety Group - Recovery Worker led group to learn skills and tools to help manage your anxiety.

Autism Group— A peer-led safe space to share challenges, seek, and offer support to each other

Mindful Coloring - Recovery Worker led group: spend time colorings in from our large selection of books or bring your own.

Bipolar Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Hearing Voices Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Relaxation - Recovery Worker led group to explore mindfulness, meditation, and tools to help relax before the weekend.

Creative Warm Space— A place where clients can gather to be creative and a sense of community, comfort and support.