

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

February 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Relaxation & Mindfulness 11am - 12.30pm	Craft for Wellbeing 10.15am - 12pm	Quiz Group 11am - 12pm	Skill Sharing and Positive News 6th, 20th, 27th 10.30am - 12:30pm Centre Closed 13th	Creative Stories for Wellness 11pm - 12.30pm
Afternoon	Bipolar Group 24th 1.45pm - 3pm	New Referral Drop In 18th 2pm - 2.45pm Monthly Wellness with Peer Group 25th 1.30pm - 2.30pm	Q&A with UOK about the Wellbeing Centres Hosted by: Stuart Reid (Lead Provider) Supported by: a Senior Southdown manager Date: 12th February Time: 12pm - 1pm	Games Group 6th, 20th, 27th 1.30pm - 2.45pm	

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. 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 asking if they have availability to see you in person or over the phone. ***We are closed on Bank Holidays**

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www.southdown.org/wellbeingCentresESCN