

Eastbourne Wellbeing Centre Timetable

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

September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in Dates: 10am — 11am Peer support Group Date: 30th Sept 11.30am — 12.30pm	Client Community Meeting Date: 3rd Sept 10—10.45am Relaxation & Mindful Colouring Dates: 3rd, 10th & 17th 11am—12 noon	Groups are operated in the community Walking Group Dates: 11th & 18th 10:30am — 12.00pm Hampden Park *weather permitting	Groups are operated in the community Out & About Groups Dates: TBC Hailsham Wellbeing Centre *Registration required. Contact Hailsham Wellbeing Centre staff.	Arts & Crafts 10.30am— 12 noon Games Group 1—2.30pm
	Autism Support Group Date: 2nd & 16th 11.30am — 12.30pm Exploring Music & Sound for Wellbeing Dates: 2nd & 16th 1.30pm — 2.30pm Positive hour Dates 23rd & 30th 1:30pm– 2:30pm	Care for the Carers Support Group Date: 24th Sept 11am — 12.30pm *Registration required Writing for Wellbeing Dates: 3rd, 10th & 17th 1pm—2.30pm			

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**

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

Phone: 01323 405330

Email: eastbournewellbeingcentre@southdown.org



@eastsussexwellbeingcentres

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 we can support you.

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

Exploring Music & Sound for Wellbeing— Peer support led. Enjoy music in a variety of wellbeing ways

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.

Relaxation & Mindful Colouring - A quiet, safe space, for you to enjoy some peace and tranquillity away from day to day stressors. Colouring books and pencils provided. You are welcome to bring your own activity as long as it can be completed quietly.

Care for the Carers Support Group - If you care for someone who would not be able to cope without your support, and you would like to attend this group, please contact a member of staff.

Writing for Wellbeing- A calm, quiet space to journal and write freely. Staff will provide writing prompts.

Walking Group - Come and join peers and recovery workers on a stroll in nature.

Out & About Group - Contact Hailsham Wellbeing Centre staff, and/ or refer to Hailsham Wellbeing Centre timetable.

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.

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

Games Group - Come and play cards, scrabble, chess, kerplunk and other games with peers. Games provided.