

Hailsham Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11.00am Men's Support Group Dates: 2nd Sept 1.00pm — 2.00pm Expressive Art Dates: 9th & 16th Sept 1.00pm — 2.00pm	Heathfield Community Centre Support Drop-in Date: 3rd Sept 10am — 12.15pm Location: Heathfield Community Hall Building confidence Dates: 10th & 17th Sept 1.30pm — 2.30pm Garden Group Dates: 10th & 17th Sept 12:30m — 1.30pm Wood Whittling Dates: 10th,17th,24th sept 10am — 12.30pm *Registration required	5 Ways to Wellbeing Dates: 4th,18th &25th 10am — 11am Anxiety Group Dates: 4th,18th & 25th 11.30am — 12.30pm Client Community Meeting Date: 11th Sept 11am –12pm Community Support Group Dates: 11th sept 10am — 11am	Butterfly Centre Ditchling Date: 5th sept Speak to staff *Registration required Exploring the Decades Date: 12th Sept 1pm-2pm Alfriston Date: 19th Sept Speak to staff *Registration required Creative Skill Share Date: 12th & 26th Sept 10.30-11.30	Mindful Colouring 10am — 11:30am 6th, 20th & 27th Bipolar Support Group Date: 6th Sept 11.45am — 12.45pm Community Support Group Dates: 20th sept 12pm — 1pm Relaxation Date: 6th & 20th Sept 1pm — 2pm
	Community Support Group Date: 2nd & 16th Sept 11am — 12.15pm				
Afternoon					

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**

Address: Prospects House, 7-9 George Street, Hailsham, BN27 1AD

Phone: 01323 442706

Email: hailshamwellbeingcentre@southdown.org



@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCNC

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.

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

Garden Group - Recovery Worker led group to share knowledge whilst maintaining the garden and linked craft activities.

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

Building Confidence- Exploring different methods and tools help build confidence and Self-esteem in a small friendly group.

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.

Out and About - Meet at the Hailsham Wellbeing Centre (please speak to staff).

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

Exploring the Decades - Recovery Worker led group to explore music, fashion, and trends through the decades (This month the 1970s)

Mindful Colouring - 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.

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

Creative Skill Share- Come along and join in sharing your skills with others, whilst socialising, please bring your own creative projects