

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Craft for Wellbeing <i>Client Led</i> 10:15am - 12pm	Music Appreciation/Quiz 11th, 18th September 11am - 12pm	Positive News/Activity 10-30am - 12pm	Creative Stories for Wellness 11am - 12-30pm
Afternoon		Monthly Wellness with Peer Group 24th September 1-30pm - 2-30pm	Centre Closed	Relaxation & Mindfulness 1-45pm - 2-45pm	New Referral Drop In 6th September 2pm - 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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 @eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN