

Community Connectors - Connect Well Programme – January to March 2020

Marlborough House, Warrior Square – 1st Floor

Contact Details: Caroline Castle caroline.castle@southdown.org



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| <p>Community Connectors Appointments 9am - 5pm, Room 1</p> <p>Breakeven Problem Gambling Counselling 9am - 5pm, Room 6</p> <p>Arts on Prescription Creative Workshops:</p> <ul style="list-style-type: none"> • Singing: 10am-12.30pm • Dance: 2pm - 4pm Meeting Room (weekly 13/01 - 9/03/20) <p>Health in Mind Low Mood Course 12Noon - 3pm Meeting Room (weekly 16/03 - 27/04/20)</p> | <p>Community Connectors Appointments 9am-5pm, Room 1</p> <p>Care for the Carers (CFTC) Counselling Sessions 10am – 1pm, Room 3</p> <p>One You Weight Management & Healthy Living - Behaviour coach - stop smoking, health checks 9am - 5pm, Room 4</p> <p>Possability People 1:1 Work Related Support 1pm – 3pm , Room 6</p> <p>Open for Parents Parental Support Training 9.30am - 12.30pm Meeting Room (weekly 14/01 - 10/03/20)</p> <p>Fellowship of St Nicholas (FSN) Mindfulness Course 2.30pm – 4.30pm Meeting Room (weekly 25/02 – 19/05/20)</p> | <p>Invest Service 1:1 Support Last Wednesday of each month Room 3</p> <p>One You Weight Management & Healthy Living - Behaviour coach - stop smoking, health checks 9am - 5pm, Room 4</p> <p>Open for Parents Drop In 12Noon - 4pm, Room 6 2nd Wed of month</p> <p>People in Partnership Consultation Events 8th & 22nd Jan 5th & 26th Feb 10am – 1.30pm Meeting Room</p> | <p>Hastings Advice and Representation Centre (HARC) Welfare Benefits Advice 10am – 1.30pm Room 4 fortnightly</p> <p>Child and Adolescent Mental Health Service 1:1 Clinic with children and their families 9am - 1pm, Room 5</p> <p>Breakeven Problem Gambling Counselling Sessions 9am - 5pm Room 6</p> <p>Physical Activity Courses, Workers Educational Association (WEA): <u>Weekly 09/01 - 13/02/20:</u></p> <ul style="list-style-type: none"> • Walk to Run 10.30am - 12Noon • Armchair Exercise 1pm - 3.30pm <p><u>Weekly 27/02 – 02/04/20:</u></p> <ul style="list-style-type: none"> • Walk to Run 10.30am - 12Noon • Zumba/Dance (TBC) 1pm - 3.30pm Meeting Room | <p>Community Connectors Appointments 9am-5pm Room 1</p> <p>Care for the Carers (CFTC) Counselling Sessions 10am - 1pm, Room 4</p> <p>CGL/Star Alcohol & Drugs Recovery Service 9am – 5pm (weekly from 17/01/20) Room 6</p> <p>Arts on Prescription Taster Sessions 10am-12.30pm Meeting Room (start 10/01/20)</p> <p>Mental Health Community Local Action Group Volunteer meeting (Quarterly)</p> |