## Eastbourne Wellbeing Centre Timetable

### Opening Times for Enquires:
- Mon/Tues/Fri: 10am-3pm
- Wed / Thurs: groups, 1:1 support & activities are in the community

In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centres during our opening times and a member of staff will be happy to provide assistance when they are available.

### This timetable is between: 6th Jan – 28th March 2020

<table>
<thead>
<tr>
<th>MORNING</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>NEW REFERRAL DROP IN</strong></td>
<td>Social Drop in 10am-12pm</td>
<td>Social Drop in 10am-12pm</td>
<td>Peer Specialist Drop In (Recovery focused) <strong>Community Meeting Dates:</strong> 13th Jan &amp; 9th March <strong>Time:</strong> 10.30am-12pm</td>
<td>10am</td>
<td>Social Drop in 10am-12pm</td>
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<tr>
<td><strong>MUSIC APPRECIATION GROUP</strong></td>
<td>World Interest Group 12.15pm-1.30pm</td>
<td>Games Group Starts: 18th Feb 1.45pm-2.45pm</td>
<td>Café Drop in. Meet at Metro Bank – Terminus Road. 12.30pm-1.30pm <strong>Drop in cancelled on 29th Jan</strong></td>
<td>The centre is open for members of ‘Thinking Well’ Service. <strong>Wellbeing Centre Community Activities:</strong> 10am</td>
<td><strong>Community Meeting Dates:</strong> 7th Feb <strong>Time:</strong> 10.30am-12pm</td>
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<td><strong>RELAXATION SESSIONS</strong></td>
<td>Mosaic Tile Workshop Start: 7th Jan (2weeks) 1.45pm-2.45pm</td>
<td><strong>Pottery Course</strong> Start: 8th Jan (4weeks) Time: 2-4pm At: Age Concern, 9 Brassy Parade <strong>Please ask staff to refer</strong></td>
<td><strong>First Aid Course On:</strong> 9th Jan (1 day only) 10.30am-12.30pm <em>Please ask staff to refer</em>*</td>
<td>Club quizzes 12pm-12.50pm</td>
<td><strong>Art &amp; Crafts Group</strong> 1pm - 3pm *10th Jan to 13th March there will be a tutor available. Speak to staff to get the session plan</td>
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<td><strong>YOUNG PERSON’S GROUP</strong> 2.15pm-3.15pm</td>
<td>Printing Course Start: 21st Jan (4weeks) 2pm-4pm <strong>Please ask staff to refer</strong></td>
<td><strong>Beginners Sewing Course</strong> Start: 4th March (4weeks) Time: 2-4pm At: Age Concern, 9 Brassy Parade <strong>Please ask staff to refer</strong></td>
<td><strong>Wellbeing Workshop Start:</strong> 16th Jan (3 week) 10.30am-12pm <strong>Please ask staff to refer</strong></td>
<td><strong>Work &amp; Wellbeing Surgeries</strong> 1pm -3pm every 3rd Friday of the month <em>Please ask staff to refer</em>*</td>
<td><strong>New Members Meet &amp; Greet</strong> Every 1st Friday of the month 12pm-1pm</td>
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<td><strong>BEGINNERS DRAWING COURSE</strong> At: DC3, Seaside BN21 3PL Starts: 4th Feb (6 weeks) Time: 12.30-2.30pm <strong>Please ask staff to refer</strong></td>
<td><strong>Beginners Drawing Course</strong> At: DC3, Seaside BN21 3PL Starts: 4th Feb (6 weeks) Time: 12.30-2.30pm <strong>Please ask staff to refer</strong></td>
<td><strong>5 Ways to Wellbeing Course Start:</strong> 27th February (5 Weeks) 10.30am-12.30pm <em>with Recovery College Registration</em>*</td>
<td><strong>Social Drop in.</strong> 1pm-3pm</td>
<td><strong>Social Drop in.</strong> 10am-12pm</td>
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**When a community meeting is on, it will be in replacement of Social Drop-in and/or groups that usually happen at the time.**

Contact information & maps of our community venues are on the back.
For information about community venues that we use, please see below for Maps/Addresses

At: Friends Meeting House
17 Wish Road, Eastbourne, BN21 4NX

At: Age Concern ‘Shed’
9 Brassy Parade, Brassy Ave, Eastbourne BN22 9NG
(The loop bus stops directly outside)

We are closed on:
Bank Holidays
& Jan 29th 2020
(staff development day)