

Eastbourne Wellbeing Centre Timetable

Opening Times for enquires: Mon/Tues/Fri: 10am-3pm (Wed: 8.30-1pm / Thurs: groups & activities are in the community)

Please note: in addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support

This timetable is between: 13th May – 17th May 2019

Monday (13 th may)	Tuesday (14 th may)	Wednesday (15 th may)	Thursday (16 th may)	Friday (17 th may)
We will be CLOSED	Social Drop in 10am-2pm	Social Drop in 8.30am-10am Peer Specialist Drop In (Recovery focused) 10am-12pm New referral Drop in 12pm-1pm The Centre is open for members of the 'Thinking Well' Service' after 1pm	The centre is open for members of 'Thinking Well' Service. Wellbeing Centre Community Activities: Walking Group 1pm-2.30pm Meet at Metro Bank- Terminus Road. Café drop in. 2.30pm -4pm The pantry Café, Age concern, Venton Centre, Junction Rd. Eastbourne BN21 3QY	Social Drop in 10am-2pm

Phone: 01323 405 330

Address: 8 Saffrons Road, Eastbourne, BN21 1DG

Email: eastbournewellbeingcentre@southdown.org

Come and take a look at our new centre!

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Please note: in addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support

This timetable is between: 20th May – 14th June 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Social Drop in 10am-12pm	Social Drop in 10am-12pm	Social Drop in 8.30am-10am	The centre is open for members of 'Thinking Well' Service.	Social Drop in 10am-12pm
	'One You' Health Coaching 9am – 12pm *Please ask staff to refer	Help with Benefits and Budgets Surgeries 9am -4pm Fortnightly * Please ask staff to refer	Peer Specialist Drop In (Recovery focused) 10am-12pm		
Afternoon	Art & Crafts Group 12pm – 2pm Relaxation 2pm – 2.40pm	Music Group 12pm – 1pm Creative Writing Group 1pm – 2:30pm	New referral Drop in 12pm-1pm The Centre is open for members of the 'Thinking Well' Service' after 1pm	Wellbeing Centre Community Activities: Walking Group Meet at Metro Bank- Terminus Road. 1pm-2.30pm Café drop in. 2.30pm -4pm The pantry Cafe Age concern, Venton Centre. Junction Rd. Eastbourne BN21 3QY	Quiz 12pm – 1pm Young Person's Group 1.30pm- 3pm

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