

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: 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	<u>Wellbeing Centre Community Activities:</u> 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

Phone: 01323 405 330 Address: 8 Saffrons Road, Eastbourne, BN21 1DG

Email: eastbournewellbeingcentre@southdown.org

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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: 17th June– 2nd August 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Social Drop in 10am-12pm</p> <p>'One You' Health Coaching 9am – 12pm *Please ask staff to refer</p>	<p>Social Drop in 10am-12pm</p> <p>Help with Benefits and Budgets Surgeries 9am -4pm Fortnightly *Please ask staff to refer</p> <p>Music Group 11am – 12.30pm</p>	<p>Social Drop in 8.30am-10am</p> <p>Unfortunately on the 19th June we will not be hosting social drop-in 8:30-10am.</p> <p>Peer Specialist Drop In (Recovery focused) 10am-12pm</p>	<p>The centre is open for members of 'Thinking Well' Service.</p>	<p>Social Drop in 10am-12pm</p>
Afternoon	<p>5 Ways to Wellbeing 12.30pm – 3pm Start: 10th June 5 x weeks *Please ask staff to refer</p> <p>Community Meeting Date: 15th July 12.30pm-2pm</p> <p>Positive Outlook Workshop 12.30pm – 3pm Start: 22nd July 2 x week sessions *Please ask staff to refer</p>	<p>Creative Writing Group 1pm – 2.30pm</p> <p>Young Person's Group 1pm- 2.30pm</p>	<p>New Referral Drop in 12pm-1pm</p> <p>The Centre is open for members of the 'Thinking Well' Service' after 1pm</p>	<p>Wellbeing Centre Community Activities:</p> <p>Walking Group Meet at Metro Bank- Terminus Road. 1pm-2:30pm* *Last Thursday of the month (27th June / July 25th), will start: 11.30am, for a longer walk.</p> <p>Café drop in. 2:30pm -4pm The pantry Cafe Age concern, Venton Centre. Junction Rd. Eastbourne BN21 3QY</p>	<p>Quiz 12pm – 12.50pm</p> <p>Art & Crafts Group 1pm – 3pm</p> <p>Work & Wellbeing Surgeries 1pm -3pm every 3rd Friday of the month *Please ask staff to refer</p> <p>New Members Meet & Greet Every 1st Friday of the month. 12pm – 1pm</p>

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