

# Eastbourne Wellbeing Centre Timetable

**Opening Times for enquires:** Mon/Tues/Fri: 10am-3pm (Wed & Thurs: one to ones, 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: 5<sup>th</sup> August– 12<sup>th</sup> Oct 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>Social Drop in</b> 10am-12pm</p> <p><b>Community Meeting</b> Time:10.30am-12pm Dates: 16<sup>th</sup> September When a community meeting is on, it will be in replacement of Social Drop-in</p> <p><b>McMillian Coffee Morning</b> 10am-12pm Date: 23<sup>rd</sup> Sept</p>	<p><b>Social Drop in</b> 10am-12pm</p> <p><b>Help with Benefits and Budgets Surgeries</b> 9am -4pm Fortnightly *Please ask staff to refer</p>	<p><b>Peer Specialist Drop In</b> (Recovery focused) <u>At: 6 Saffrons Road, Lounge room.</u> 10am-12pm</p>	<p><b>The centre is open for members of 'Thinking Well' Service.</b></p> <p><b>On 22<sup>nd</sup> August &amp; 3<sup>rd</sup> October Eastbourne Wellbeing Centre will be taking day trips.</b></p> <p>All other groups/drop-in activities will be cancelled on the above dates. To find out more &amp; register on the day trip please speak to staff, as there is limited availability.</p>	<p><b>Social Drop in</b> 10am-12pm</p> <p><b>Community Meeting</b> Time:10.30am-12pm Dates: August 16<sup>th</sup> &amp; October 11<sup>th</sup> When a community meeting is on, it will be in replacement of Social Drop-in</p>
Afternoon	<p><b>New Referral Drop in</b> 12pm-1pm</p> <p><b>Music Group</b> 12.30pm – 2pm</p> <p><b>Gardening Project</b> 2.15pm – 3.15pm *Please ask staff for further information &amp; to refer yourself</p>	<p><b>WRAP course</b> Start:3<sup>rd</sup> September (6x weeks) 10am-1pm *Please ask staff to refer</p> <p><b>Creative Writing Group</b> 1pm – 2.30pm</p> <p><b>Young Person's Group</b> 1pm- 2.30pm</p>	<p><b>Café Drop in</b> Meet at Metro Bank on Terminus Road 12.30pm-2pm</p> <p><b>The Centre is open for members of the 'Thinking Well' Service' after 1pm.</b></p>	<p><b>Wellbeing Centre Community Activities:</b></p> <p><b>Walking Group</b> Meet at Metro Bank- Terminus Road. 1pm-2:30pm* *Last Thursday of the month (29<sup>th</sup> Aug / Sep 26<sup>th</sup>), will start: 11.30am, for a longer walk.</p> <p><b>Café drop in.</b> 2:30pm -4pm The pantry Cafe Age concern, Venton Centre. Junction Rd. Eastbourne BN21 3QY</p>	<p><b>Quiz</b> 12pm – 12.50pm</p> <p><b>Art &amp; Crafts Group</b> 1pm – 3pm</p> <p><b>Work &amp; Wellbeing Surgeries</b> 1pm -3pm every 3<sup>rd</sup> Friday of the month *Please ask staff to refer</p> <p><b>New Members Meet &amp; Greet</b> Every 1<sup>st</sup> Friday of the month. 12pm – 1pm</p>

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