

ESCN Peer Support Drop-ins September 2019

The ESCN Peer Service offers weekly recovery-focused drop-ins where you can talk with other people facing mental health challenges. The drop-ins offer creative and therapeutic activities and promote shared discussion around supportive strategies and tools to promote health and well-being.



Clients can be referred in through the [WBC referral process](#) or the Peer Service referral process.

All clients will need an initial assessment before attending.

If you would like more information on the Peer Service/drop-ins please contact:

Michelle.trunchion@southdown.org /Tel 07772 613945

Well-being Centre	Day/Time	Peer Specialist
Newhaven Summerhayes Marshall Lane, Newhaven BN9 9RB	Tuesday 10.30-12.30pm	Katie Pulling
Uckfield Uckfield Fire Station, 8 Bell Lane, Uckfield, TN22 5DQ Uckfield Well-being Centre Bellbrook Centre, Bellbrook Lane TN22 1QL	Wednesday 10.30 – 12pm Hearing Voices Group Thursday (Starting 5 th September for 6 weeks) 12.00 – 1.00pm	Miriam Owen
Lewes 47A Western Road, Lewes BN7 1RL	Tuesday 10.30-12.30pm	Sarah Leach
Eastbourne 8 Saffrons Road, Eastbourne BN21 1DG	Wednesdays 10.00-12.00pm	Geonille Jefferies
Hailsham Prospects House, 7/9 George Street, Hailsham, East Sussex, BN27 1AD	Fridays 1.00-3.00pm	Geonille Jefferies
Bexhill 73a London Road, Bexhill on sea TN39 3LB	Thursdays 12.00-2pm	

Hastings Carisbrooke House, Stockleigh Road, St Leonards on Sea TN38 0JP	Mondays 10.30-12.30pm Thursdays 10.30.12.00pm (New referrals – invitation only)	Debbie Cassim
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