

# Bexhill Wellbeing Centre Timetable (Updated: 23rd May 2019)

**Opening Times Monday – Friday 10am - 3pm – arrivals up to 30 minutes before activities start.**

In addition to the sessions offered in the timetable, we offer one-to-one appointments for advice and support.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Social Drop In</b> 10am – 12pm	<b>Social Drop In</b> 10am – 12pm	<b>Social Drop In</b> 10am – 12pm	<b>Social Drop In</b> 10am – 12pm	<b>Social Drop In</b> 10am – 12pm
<b>Walking Group</b> 11am-12.30pm Meet at De La Warr Pavilion (main entrance)	<b>Craft Group</b> 10.30am-12.30pm  <b>Yoga Practice 1pm – 2.30pm</b> <b>10 week Course</b> Adaptable for those needing a chair. Next course starts 1 <sup>st</sup> week of July- Please ask staff to refer	<b>Music Group</b> 1pm-2.30pm  <b>WRAP Course</b> <b>10am – 1pm 6 weeks</b> Wellness Recovery Action Planning <b>10<sup>th</sup> July – 14<sup>th</sup> Aug</b> Please ask staff to refer	<b>Art Group</b> 10.30am-12.30pm  <b>Peer Support Specialist Drop In</b> 12pm-2pm (Recovery focused)	<b>Quiz</b> 12pm-1pm  <b>Games group (Inc. pool)</b> 1pm-3pm
Surgeries				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>One You Health Coaching</b> 10am – 2.30pm Please ask staff to refer	<b>Help with Benefits and Budgets Southdown</b> 9.30 - 4.30pm Fortnightly Please ask staff for dates and to refer	<b>Work &amp; Wellbeing Drop-in - Southdown</b> (employment and support advice) 1pm-3pm – last Wednesday of the month	<b>HARC Hastings Advice and Representation Centre</b> 10-1pm Fortnightly Please ask staff for dates and to refer	<b>ICE Project Drop-in</b> 11am-1pm 2 <sup>nd</sup> Friday of the month Specialist information advice and support for friends and family (carers) supporting someone with a mental health issue

**Phone:** 01424 215 548 **Address:** 73a London Road, Bexhill, TN39 3LB **Email:** [bexhillwellbeingcentre@southdown.org](mailto:bexhillwellbeingcentre@southdown.org)

# Hailsham Wellbeing Centre Timetable revised 22<sup>nd</sup> May 2019

**Opening Times: Monday – Thursday, 10am – 2.30pm      Friday 10am – 3.00pm**

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning</b>	<b>Introduction for new clients session 10-11am</b>  <b>Art Group</b> 11-12.30pm  <b>Help with Benefits and Budgets</b> 9.30-4.30pm Drop in fortnightly – Please contact or speak to staff to book an appointment	<b>Heathfield Social Drop In</b> 10-12pm Fire Station High Street Heathfield	<b>Anti-stress Colouring Group</b> 10-11am  <b>Anxiety Support Group</b> 11.30 -12.30pm  <b>Drama Group</b> 12.30 -1.30pm	<b>Arts and Crafts</b> 10-11am  <b>Newspaper Discussion Group</b> 11.30 – 12.30pm	<b>Young Adults Group</b> meets at The Snug Café 11-12 1 <sup>st</sup> Friday of the month  <b>Relaxation Group</b> 12-1pm Prospect House, George Street, Hailsham BN27 1AD
	<b>Social Drop In 11.00-12.30pm</b> Square youth cafe	<b>Social Drop In 1pm-2.30pm</b> Square youth café	<b>Social Drop In 1pm-2.30pm</b> Square youth café	<b>Social Drop In 1.00-2.30pm</b> Square youth café	<b>Peer Specialist Support Drop in 1pm – 3pm</b> Speak to staff for more details
<b>Afternoon</b>	<b>Hearing Voices Group</b> 1-2pm  <b>Peer led Bowling Group</b> 2.15-3.30pm Freedom Leisure Centre	Please speak to staff about planned future courses. Managing Stress, June 11 <sup>th</sup> – 2 <sup>nd</sup> July WRAP Course (December)			

**Monday to Thursdays - 'The square Youth Café' BN27 1AQ**  
**Fridays - Prospects House, George Street, BN27 1AD**

**Email: [hailshamwellbeingcentre@southdown.org](mailto:hailshamwellbeingcentre@southdown.org)**  
**Phone: 01323 849844**

## Hastings/St Leonard's Wellbeing Centre Timetable

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

Please ensure you don't arrive more than 30minutes before your group/course starts.

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>Social Drop in</b> 10.00am-12.00pm cafe</p> <p><b>Peer Specialist Support Drop In</b> 10.30am-12.30pm Activity room</p>	<p>The centre is open for members of 'Thinking Well' Service. <b>Wellbeing Centre Community Activities:</b></p>	<p><b>Knit and Natter/social drop in</b> 10.00am-12.00pm Café</p> <p><b>LGBT Group</b> Occurs; First Wed of each month 11am – 1pm Please ask staff for details</p> <p><b>Weekly Group Catch up with staff support</b> 12.00pm-1.00pm cafe</p>	<p><b>HARC **</b> 10am-1pm fortnightly ** Please ask staff to refer</p> <p><b>Quiz</b> 10.30am-11.30am Cafe</p> <p><b>Social Drop in</b> 11.30am-1.30pm Cafe</p> <p><b>Mindfulness Course</b> 10.30am-12.00pm Activity room Starts 27<sup>th</sup> June for 8 weeks Please see staff to refer</p>	<p><b>Art Drop in session</b> 10am-12.00pm Café</p> <p><b>Art Course</b> 10.00am-12.00pm Activity Room Starts 14<sup>th</sup> June for 6 weeks Please see staff to refer</p>
	<p><b>New Referral Drop in</b> 12.00pm-1.00pm Reception room</p> <p><b>My Words for My Wellbeing</b> 1.00pm-3.00pm Activity room Please ask staff to refer</p>	<p><b>Walking Group</b> 1.30pm-3.00pm Meet at: Queen Victoria Statue</p>	<p><b>Chair Based Yoga</b> 2.00pm-3.00pm Activity room Please ask staff to refer</p> <p><b>Help with Benefits and Budgets Surgery</b> 9.30-4.30pm fortnightly* Please ask staff to refer</p>	<p><b>Client meeting</b> Last Thursday of month 1.30pm</p>	<p>The centre is open for members of "Thinking Well Service" from 1.00pm</p>

Phone: 01424 435 472 Address: Carisbrooke House, Stockleigh Road, St. Leonards On Sea, TN38 0JP.

Email: [HastingsAndStLeonardsWellbeingCentre@southdown.org](mailto:HastingsAndStLeonardsWellbeingCentre@southdown.org)

# Lewes Wellbeing Centre Timetable

revised 30<sup>th</sup> May 2019

\*Opening Times: **Tuesday 10am – 8pm**, **Wednesday and Friday 10am-3pm**. **Thursday 10am -11am at the Centre then group activities at the Lewes New School between 12pm and 3pm** – see next page for addresses, post codes and maps.

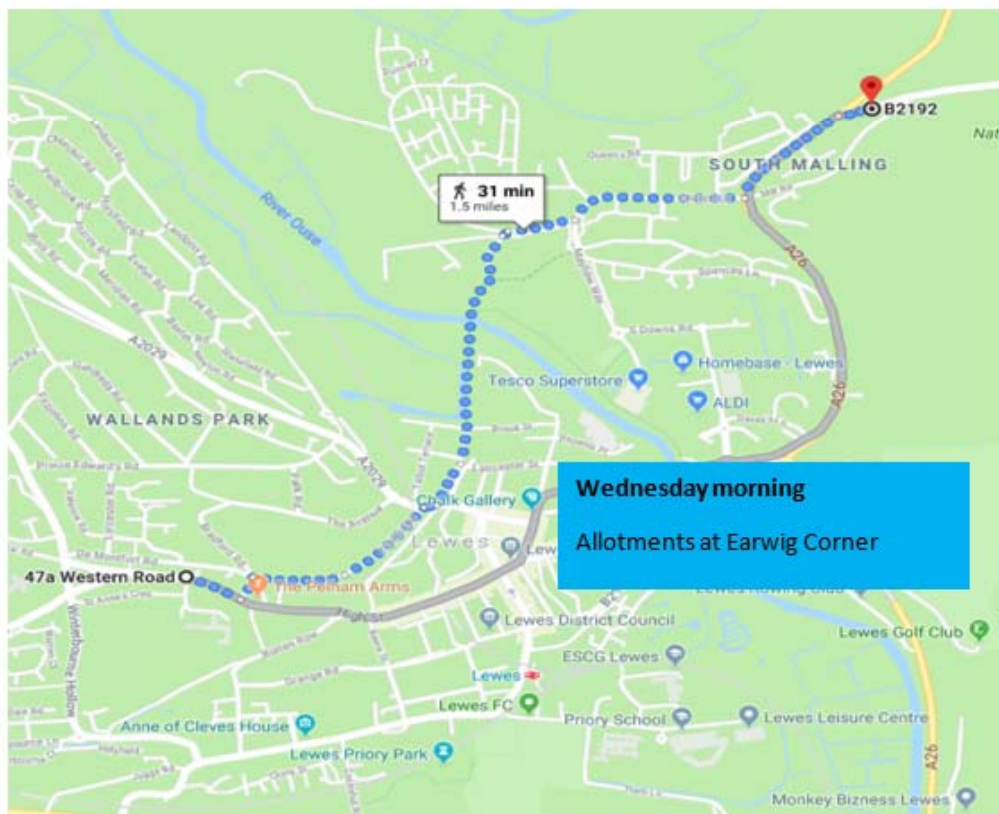
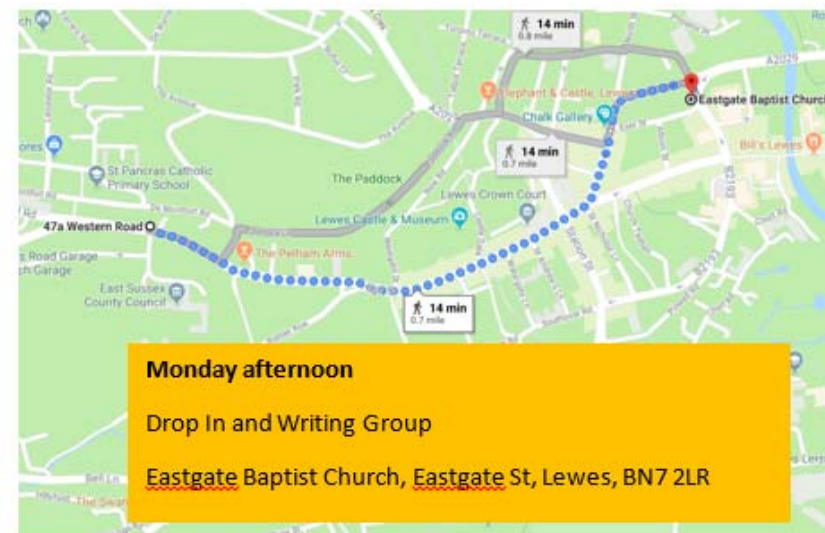
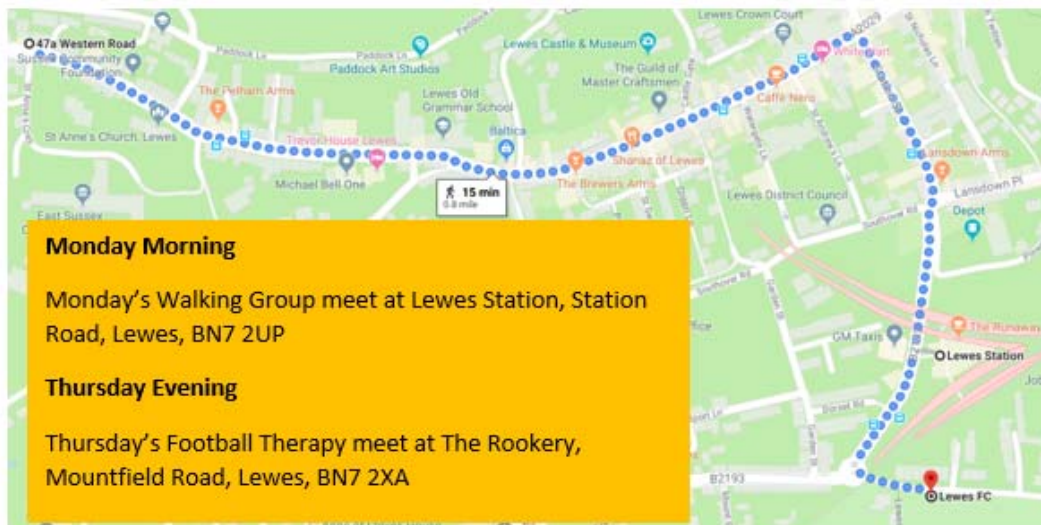
Please note: in addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Walk and Talk with Rob</b> 11.30am – 1.30pm Meet at Lewes train station	<b>Introduction for new clients session</b> 10am – 12pm  <b>Anti-Stress Colouring</b> 12pm – 1pm  <b>ICE Project drop in</b> 12pm – 2pm <i>3<sup>rd</sup> Tuesday of the month</i>	<b>Gardening Group (Earwig Corner Allotment)</b> 11.00am – 1.00pm <i>New time will be from Wednesday 3<sup>rd</sup> July</i>  <b>Jewellery Making</b> 11am – 1pm	<b>Help with Benefits and Budgets</b> 9am – 1pm  <i>Please speak to one of the team to arrange appointment</i>	<b>Cookery Group</b> 11am – 2pm  <b>Express with Art</b> 12pm – 1.45pm <i>Runs every other week</i>
	<b>Social Drop in</b> 2pm – 4pm Eastgate Baptist Church	<b>Social Drop In</b> 1pm – 3pm	<b>Social Drop In</b> 12pm – 2pm <i>4<sup>th</sup> Wednesday of each month – client meeting 12:30pm – 1:30pm</i>	<b>Social Drop In</b> 1pm – 3pm Lewes New School	<b>Social Drop In</b> 1pm – 3pm IT sessions with Rich 2pm – 3pm – <i>please book slot with one of the team</i>
Afternoon	<b>Creative Writing Group</b> 2pm – 4pm Eastgate Baptist Church Lewes	<b>Yogacise or Circuits (4 weeks of each on rotation)</b> 2pm – 3pm  <b>Drama Group</b> 3.30pm – 5pm	<b>Anxiety Group</b> 12.30pm – 1.30pm <b>(closed group)</b> <i>New Group beginning on 5<sup>th</sup> June</i>  <b>Flower Arranging</b> 2.30pm – 4.30pm <b>2 weeks only. 12<sup>th</sup> and 19<sup>th</sup> June, speak to one of the team to book</b>	<b>Singing Group</b> 12pm – 1pm Lewes New School  <b>Men's Group</b> 1.30pm – 2.30pm Lewes New School	<b>Work and Wellbeing Vocational Drop in</b> 1pm – 3.30pm <i>4<sup>th</sup> Friday of every month</i>  <b>Hearing Voices Group</b> 2pm – 3pm <i>(If interested please phone Sue Buckland on 01273 616440) or speak to one of the team</i>
	Evening		<b>Activities Group</b> 5.00pm – 8.00pm		<b>Football Therapy</b> 7pm – 8pm, The Rookery, Lewes Football Club

\*Please contact the centre first to be self-referred prior to engaging with Lewes Wellbeing Centre. Phone: 01273 472453

Email: [LewesWellbeingCentre@Southdown.org](mailto:LewesWellbeingCentre@Southdown.org) We look forward to hearing from you.

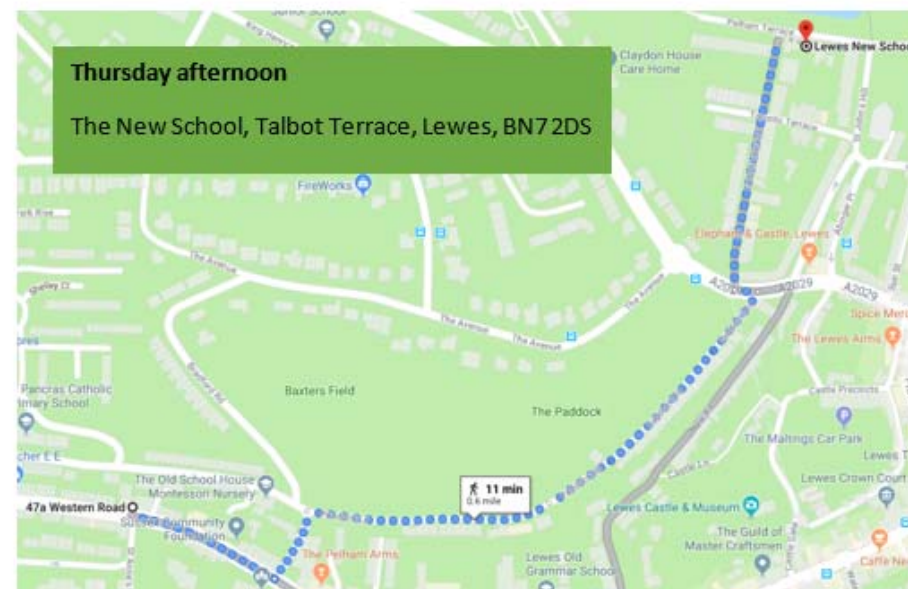
See next page for maps...



Centre address – 47a Western Road, Lewes, BN7 1RL

Phone number – 01273 472453

Email – [leweswellbeingcentre@southdown.org](mailto:leweswellbeingcentre@southdown.org)



# Newhaven Wellbeing Centre Timetable

revised 21/2/19

**Opening Times: Mon to Fri, 10am - 3pm (except for Thursdays, which are open 12-4pm)**

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Art Project</b> 11-1.00 Arts & Crafts Room- Jess  <b>Physical Exercise</b> 11-12noon TBC  <b>Men's Group</b> 12noon – 1pm Lounge - Simon	<b>Anti-stress Colouring and Zen Drawing Group</b> 10-11am Kitchenette, Client led  <b>Knit and Natter Group</b> 11-1pm Lounge Client led	<b>Mindfulness of Movement</b> 11-12.30pm Lounge, Nathan  <b>Hearing voices group</b> 12:30-2pm Art & Crafts Room Johnathan Starts 6 <sup>th</sup> March	<b>Grub Club</b> 9.30-12.00 Alternate Weeks starting 7 <sup>th</sup> March. Meet at Denton Island, Community Kitchen.  <b>Open 12-4pm</b>  <b>Clay Group</b> 12.30-2.00pm Art & Craft Room Client led	<b>Games Group</b> 11-12pm (1 <sup>st</sup> and 3 <sup>rd</sup> Friday of the month) Art & Craft Room, Client led  <b>Walk &amp; Talk with Ray</b> 11 -12.30pm  <b>Textiles Group</b> 12-2pm Kitchenette, Client led
	<b>1-3pm                      Social Group/ Drop in</b>	<b>1-3pm                      Social Group/Drop in</b>	<b>1-3pm                      Social Group/Drop in</b>	<b>1-3pm                      Social Group / Drop in</b>	<b>1-3pm                      Social Group/ Drop in</b>
Afternoon	<b>Craft Group</b> 1-3pm Arts & Craft Room, Client led	<b>Music Appreciation</b> 1-2.30pm Lounge Jess		<b>Origami group</b> 3-4pm Kitchenette, Client led  <b>Young adults group</b> 3-4pm (first Thursday of the month) Lounge	<b>Card making Group                      (Advanced)</b> 1pm -3pm Arts & Crafts Room Client led  <b>Drama Group</b> 1-3pm Lounge, Simon

\*Please contact the centre first to be self-referred prior to engaging with Newhaven Wellbeing Centre. Phone 01273 517641

Email: [NewhavenWellbeingCentre@Southdown.org](mailto:NewhavenWellbeingCentre@Southdown.org) We look forward to hearing from you.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Regular Drop-ins</b>	<p><b>Help with Benefits and Budgets</b> 9.30-4.30pm Drop in fortnightly*</p> <p><b>ICE Project Carer's Drop-in 12-2pm)</b> 2<sup>nd</sup> Monday each month</p>	<p><b>Employment Advice Drop in – Mark Hill</b> 10-2pm (2<sup>nd</sup> Tuesday every month, commencing</p>			<p><b>Peer Specialist Drop In</b> 1<sup>st</sup> and 3<sup>rd</sup> Fri of month at Hill Rise) (2<sup>nd</sup> and 4<sup>th</sup> Fri of the month at Wellbeing Centre) 10.30-12.30pm</p>
<b>Limited time events and courses</b>					

# Uckfield Wellbeing Centre & Crowborough Hub Timetable updated 03/06/2019

From 3<sup>rd</sup> June 2, 2019

Phone: 01825 760684

Email: [uckfieldwellbeingcentre@southdown.org](mailto:uckfieldwellbeingcentre@southdown.org)

Addresses: Crowborough Community Centre: Pine Grove, TN6 1FE Uckfield WBC: Bellbrook Centre, Bell lane, TN22 1QL

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	10:00am – 12:00pm; <u>Social Drop In</u>  <u>Book Club 6 weekly:</u> <small>(to be agreed by the group)</small>	10:00am – 12:00pm;  <u>Social Drop In</u>	10:00am - 1:00pm;  <u>Social Drop In</u>	CROWBOROUGH 10:00am – 3:00pm;  <u>Social Drop In</u>  • Meet in Café area at 10:00am then move into room at 11	10:00am – 11:00am;  <u>New Client Induction</u>
	12:00pm – 1:00pm; <u>Yoga with Grace</u>	11:00am – 12:30pm;	12:00pm – 1:00pm; <u>Community Meeting</u> <small>(First Wed of month)</small>	UCKFIELD 2:00pm – 4:30pm; <u>COURSE: Be Confident</u>  <small>From 6<sup>th</sup> June to the 27<sup>th</sup> June</small>  PLEASE BOOK  Confidence building	11:00pm - 1:00pm;  <u>Quiz and Games</u>
<b>Afternoon</b>	1:00pm – 3:00pm;  <u>Young Adults Drop In (16 – 30 years)</u>	<u>Walking Group</u>	1:30pm – 3:00pm;  <u>Qi Gong with Michael</u>		1:00pm – 3:00pm;  <u>Social Drop In</u>
<b>Surgeries, Clubs and Workshops</b>		CROWBOROUGH 2:00pm – 4:00pm;  <u>Client Led Social Drop In</u>	UCKFIELD 9:30am – 4:30pm (Fortnightly);  <u>Benefits and Budgets Drop In</u>	UCKFIELD 12:00pm – 2:00pm (2 <sup>nd</sup> Thursday in Month);  <u>ICE Project: Support for Mental Health Carers</u>	UCKFIELD 10:00am – 12:00pm (Coming soon);  <u>One You Surgery</u>
		UCKFIELD 5:00pm – 8:00pm;  <u>Volunteer Led Supper Group</u>			UCKFIELD 1:00pm – 4:00pm (3 <sup>rd</sup> Friday of month);  <u>Supported employment -Drop in or by appointment</u>