

Bexhill Wellbeing Centre Timetable (Reviewed date: 22/03/19)

Opening Times for enquires: Monday – Friday, 10am - 3pm. 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	Social Drop in 10am-12pm	Social Drop in 10am-12pm	Social Drop in 10am-12pm	Social Drop in 10am-12pm	Social Drop in 10am-12pm
	<p>'One You' Health Coaching 10am Please ask staff to refer</p> <p>Walking Group 11am-12.30pm Meet at: De La Warr Pavilion (main entrance)</p>	<p>Craft Group 10.30am-12.30pm</p> <p>Help with Benefits and Budgets Surgeries 9.30-4.30pm Fortnightly * Please ask staff to refer</p> <p>Energy Sussex Drop-in Date: 29th Jan 2019 Location: Charter Centre 10am-12pm</p>	<p>Work & Wellbeing drop-in (employment and support advice). *last Wednesday of the month 1pm-3pm</p>	<p>Art 10.30am-12.30pm</p> <p>HARC ** 10-1pm; Fortnightly Please ask staff to refer</p> <p>New Referral Drop-in session 12.30pm-1.30pm</p>	<p>Quiz 12pm-1pm</p> <p>ICE Drop-in Every 2nd Friday of the month (Information for friends and family (carers) supporting someone with a mental health issue). 11am-1pm</p> <p>Shiatsu 12pm-2pm (Charge £5 for 15 mins) Please ask staff to refer</p>
Afternoon		<p>Yoga Sessions This group will also be adaptable for those needing a chair. Start date: 9th April (10x week course) 1pm-2.30pm Please ask staff to refer</p> <p>Dancing for Wellbeing This group will also be adaptable for those needing a chair. Start date: 16th April (6x week sessions) 1pm-2pm</p>	<p>Music Group 1pm-2.30pm</p>	<p>Peer Support Specialist Drop In 12pm-2pm (Recovery focused)</p>	<p>Games group (Inc. pool) 1pm-3pm</p>
	<p>Phone: 01424 215 548 Address: 73a London Road, Bexhill, TN39 3LB. Email: bexhillwellbeingcentre@southdown.org</p>				

*Help with benefits and budgets: For dates please speak to a member of staff

** Hastings advice and representation center: For dates please speak to a member of staff

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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Employment support drop-in Every 3rd Monday of the month 10.30-11.30am</p> <p>Shiatsu 11.30am- 2pm (Charge £5 for 15 mins). Please speak to staff to refer</p>	<p>Help with Benefits and Budgets Surgery 10am-4pm Fortnightly * Please speak to staff to refer.</p> <p>Music Appreciation 10am-11.30am Cafe</p>	<p>Peer Specialist Drop In Session 10am-12pm Cafe</p> <p>New referral Drop in Session 12pm-1pm</p>	<p>The centre is open for members of 'Thinking Well' Service.</p> <p><u>Wellbeing Centre Community Activities:</u></p> <p>From 4th April 2019</p>	<p>Arts and Crafts 10:15am-12:15am Art room Upstairs</p>
Afternoon	<p>Social Drop In 10am-12.00pm</p> <p>Arts and Crafts 12pm-2pm Art Room. Upstairs</p> <p>Newspaper Group 12.00 – 1.00pm</p>	<p>Social Drop In 12pm-1.30pm</p> <p>Creative Writing 1pm-2.30pm. Art Room Upstairs</p> <p>Community Connector Surgery 1.30pm-3.30pm</p>	<p>Social Drop In 8.30am – 10am</p> <p>The centre is open for members of the 'Thinking Well' Service' after 1pm</p>	<p>Social Drop-in is in the community: 2.30am-4pm</p> <p>Walking group. 1pm-2.30pm Meet at Metro Bank- Terminus rd.</p> <p>Café drop in. 2.30pm -4pm The pantry Cafe Age concern, <u>Venton Centre</u>. Junction rd. Eastbourne BN21 3QY</p>	<p>Social Drop In 10am-12pm</p> <p>Quiz 12pm-1pm</p>

Phone: 01323 405 330 Address: 6 Saffrons Road, Eastbourne, BN21 1DG

Email: eastbournewellbeingcentre@southdown.org

Hailsham Wellbeing Centre Timetable – Updated March 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Introduction for new clients session 10-11am</p> <p>Peer Led Art Group 11-12.30pm</p> <p>Help with Benefits and Budgets 9.30-4.30pm Drop in fortnightly*</p>	<p>Heathfield Social Drop In 10-12pm Fire Station High Street Heathfield</p>	<p>Anti-stress Colouring Group 10-11am</p> <p>Anxiety Support Group 11-12.30</p> <p>Hand Reflexology 13th March 11am – 1pm</p>	<p>Arts and Crafts 10-11am</p> <p>Crafts with Emma 7th March to 4th April 10:00 – 12pm (Cost of £10 for materials)</p> <p>Newspaper Discussion Group 11.30 – 12.30pm</p>	<p>Young Adults Group meets at The Snug Café 10 – 11.30am</p> <p>Mindfulness Relaxation Group 12-1pm Prospect House, George Street, Hailsham BN27 1AD</p>
	<p>Social Drop In 11.00-12.30pm Square youth cafe</p>	<p>Social Drop In 1.00-2.30pm Square youth cafe</p>	<p>Social Drop In 1.00-2.30pm Square youth cafe</p>	<p>Social Drop In 1.00-2.30pm Square youth cafe</p>	<p>Social Drop In 1.00-2.30pm Square youth cafe</p>
Afternoon	<p>Hearing Voices Group 1-2pm</p> <p>Peer led Bowling Group 2.15-3.30pm Freedom Leisure Centre</p>	<p>Please Speak to staff about planned future courses. Healthy Living on a Budget (May) Portrait Drawing (May) Managing Stress (June) WRAP Course (December)</p>			<p>Community Connectors 1-4.30pm Prospects House BN27 1AD</p>

Benefits and Budgeting Drop in* Please contact staff to book an appointment. Phone: 01323 849844

Monday to Thursdays - 'The square Youth Café' BN27 1AQ

Email: hailshamwellbeingcentre@southdown.org

Fridays - Prospects House, George Street, BN27 1AD

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>Peer Specialist Support Drop In 10.30am-12.30pm</p> <p>ICE Drop-in Every 2nd Monday of the month (Information for friends and family (carers) supporting someone with a mental health issue). 11am-1pm</p>	<p>The centre is open for members of 'Thinking Well' Service.</p>	<p>Help with Benefits and Budgets Surgery 9.30-4.30pm fortnightly* Please ask staff to refer</p> <p>Hearing Voices Social Support Group Occurs; fortnightly. 11am – 12.30pm</p> <p>Hearing Voices Workshop Starts: date to be confirmed(4 x weeks) 10.30am – 12.30pm Please ask staff to refer</p> <p>LGBT Group Occurs; First Wed of each month 11am – 1pm</p> <p>Creative writing Group Starts: date to be confirm (4 x weeks) Please ask staff to refer</p> <p>Knit & Natter 10.30am-12.30pm</p>	<p>HARC ** 10am-1pm fortnightly ** Please ask staff to refer</p> <p>Quiz 10.30am-11.30am</p> <p>Anxiety Support Group (peer led) 11am-12.30pm</p>	<p>Art 10am-11.30am</p>
Afternoon	<p>Music Singing Group Start date: start date to be confirmed. 12.30am – 2pm</p> <p>New Referral Drop-in 12.30am – 1.30am</p>		<p>Social Drop In 1.30pm-3pm</p>	<p>Social Drop In 1.30pm-3pm</p> <p>Employment support drop-in 1.30pm-3.30pm</p>	<p>The centre is open for members of the 'Thinking Well' Service' after 1pm</p>

*Help with Benefits and budgeting surgery: ** Hastings advice and representation center

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

Email: HastingsAndStLeonardsWellbeingCentre@southdown.org

Lewes Wellbeing Centre Timetable

revised 20.2.2019

***Opening Times: Tuesday, Wednesday and Friday 10am-3pm. Thursday 10am -11am at the Centre then group activities at the Lewes New School between 12pm and 3pm**

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

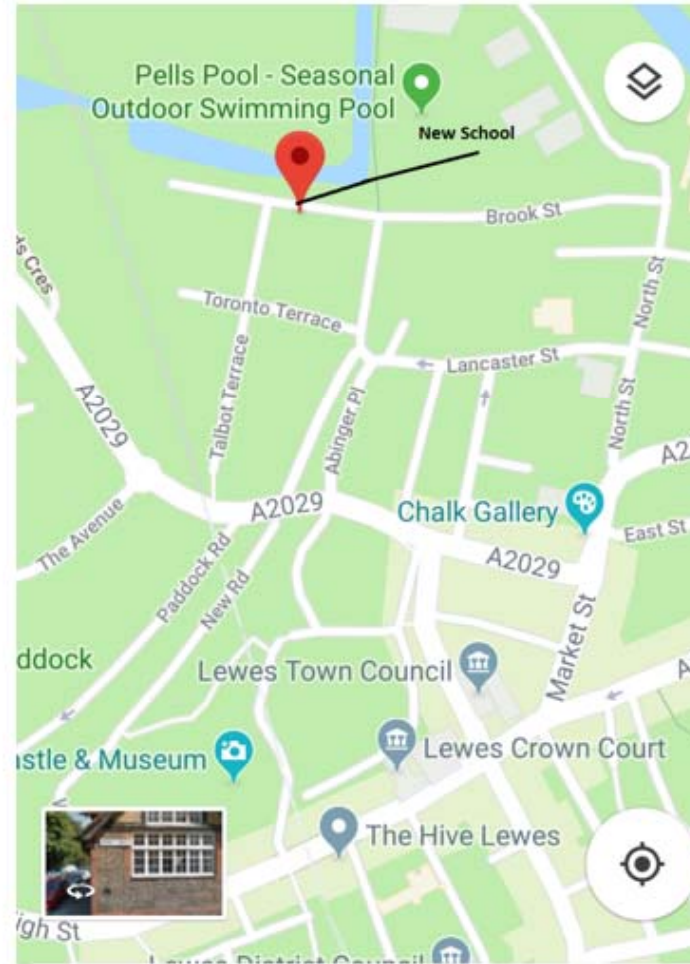
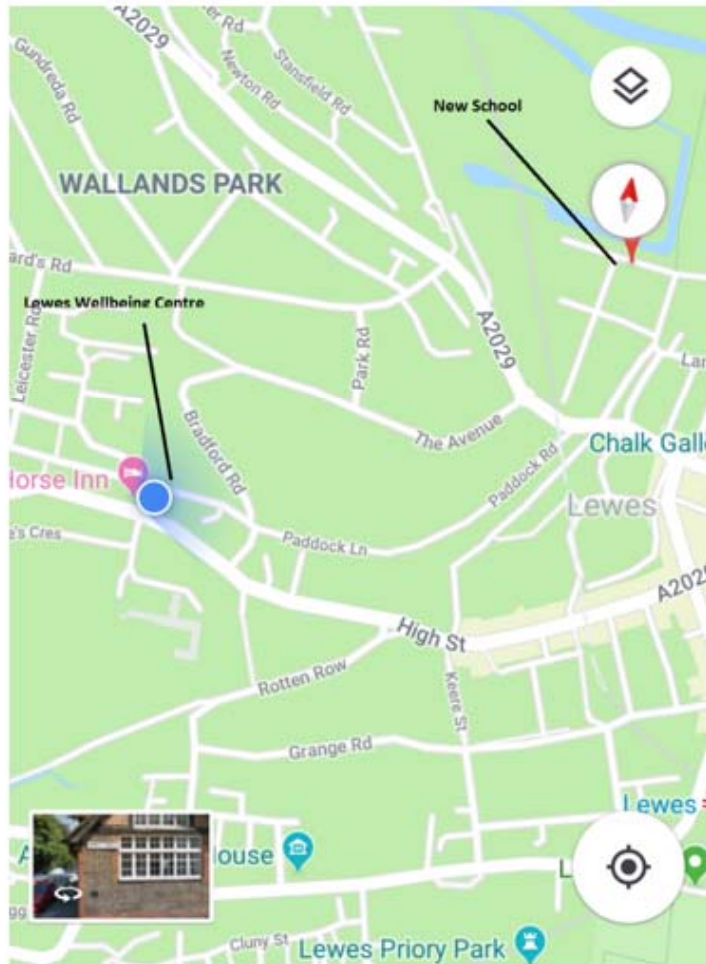
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Introduction for new clients session 10-12pm Anti-stress Colouring 12-1pm ICE Project drop in 12 -2 3 rd Tuesday of the month	Reflexology 6 th March 12 – 2pm Jewelry Making 11-1pm Starts 3 rd April	Help with Benefits and Budgets 9am-1pm Please speak to member of the team to arrange appointment	Cookery Group 11am – 2pm
	Eastgate Baptist Church Social Drop in 2pm -3pm	Social Drop In 1pm – 3pm	Social Drop In 1pm – 3pm	Social Drop In 1pm – 3pm Lewes New School	Social Drop In 1pm – 3pm
Afternoon	Creative Writing Group 2-4pm Eastgate Baptist Church Lewes	Pizza Making 30 th April & 7 th May 1.30 -4.00pm Yogacise 2-3pm Allotment (Earwig Corner) 2-4pm Drama Group 3.30 -5pm Starts 2 nd April	Anxiety Group 2.00pm – 3.00pm (closed group) New Group beginning in March 2019 Walk and Talk 2.00pm – 4.00pm Meet at Lewes wellbeing Centre Starts 6 th March	Singing Group 12pm – 1pm Lewes New School Men's Group 1.30pm – 2.30pm Lewes New School	Work and Wellbeing Vocational Drop in 1-3.30pm-commencing last Friday each month Hearing Voices Group 2pm – 3pm (If interested please phone Sue Buckland on 01273 616440) or speak to one of the team Arts and Crafts Group 1-3pm
Evening		5.00pm – 8.00pm Film Club Starts 2 nd April		Football Therapy 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 We look forward to hearing from you.**

See next page for maps...

Thursday afternoon location 12-3pm

The New School, Talbot Terrace, Lewes BN7 2DS



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

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

Uckfield Wellbeing Centre & Crowborough Hub Timetable updated 6/2/2019

From 6th February 2019

Phone: 01825 760684

Email: Uckfieldwellbeingcentre@southdown.org

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

	Monday UCKFIELD	Tuesday UCKFIELD	Wednesday UCKFIELD	Thursday	Friday UCKFIELD
Morning	10-11am Qi Gong with Michael	10-11am Knit & Natter, Crochet & Chatter [sewing machines available too]	10-12pm Social Drop In 9.30-4.30pm Benefits and Budgets Drop In fortnightly*	CROWBOROUGH 10am – 12noon Arts and Crafts for Wellbeing	10 – 11am Quiz and Games 11am - 12pm Newsletter Group
	11-1pm Social Drop In	11-1pm Social Drop In	12.30 – 1.30pm Community Meeting First Wed of month Book Club 6 weekly		12-1pm Yoga with Grace
Afternoon	1-3pm Young Adults Drop In 16 – 30 years	1-3pm Arts and Crafts 5 week course 26 th Feb – 26 th March Booking essential by 18th Feb £10 charge for materials	Physical Health and Lifestyle 1pm – 3pm SPECIAL EVENT 3 rd April 12.30 – 3pm MEET THE COMMISSIONERS	UCKFIELD ICE Project 12 – 2pm 2 nd Tuesday in Month Support for Mental Health Carers	1-3pm Social Drop In 1-4pm Supported employment drop in or by appointment 3 rd Friday of month
		CROWBOROUGH 2pm – 4pm Client Led Social Drop In		CROWBOROUGH 12noon – 3pm Social Drop In	
Evening		UCKFIELD 5-8pm Client Led Supper Group			

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