

# Bexhill Wellbeing Centre Timetable (Reviewed date: 23/04/19)

**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	<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
	<p><b>'One You' Health Coaching</b> 10am Please ask staff to refer</p> <p><b>Walking Group</b> 11am-12.30pm Meet at: De La Warr Pavilion (main entrance)</p>	<p><b>Craft Group</b> 10.30am-12.30pm</p> <p><b>Help with Benefits and Budgets Surgeries</b> 9.30-4.30pm Fortnightly * Please ask staff to refer</p>	<p><b>Work &amp; Wellbeing drop-in</b> (employment and support advice). *last Wednesday of the month 1pm-3pm</p>	<p><b>Art</b> 10.30am-12.30pm</p> <p><b>HARC **</b> 10-1pm; Fortnightly Please ask staff to refer</p> <p><b>New Referral Drop-in session</b> 12.30pm-1.30pm</p>	<p><b>Quiz</b> 12pm-1pm</p> <p><b>ICE Drop-in</b> Every 2<sup>nd</sup> Friday of the month (Information for friends and family (carers) supporting someone with a mental health issue). 11am-1pm</p>
Afternoon		<p><b>Yoga Sessions</b> This group will also be adaptable for those needing a chair. <b>Start date: 9<sup>th</sup> April (10x week course)</b> 1pm-2.30pm Please ask staff to refer</p> <p><b>Dancing for Wellbeing</b> This group will also be adaptable for those needing a chair. <b>Start date: 16<sup>th</sup> April (6x week course)</b> 1pm-2pm</p>	<p><b>Music Group</b> 1pm-2.30pm</p>	<p><b>Peer Support Specialist Drop In</b> 12pm-2pm (Recovery focused)</p>	<p><b>Games group (Inc. pool)</b> 1pm-3pm</p>
	<p><b>Phone:</b> 01424 215 548  <b>Address:</b> 73a London Road, Bexhill, TN39 3LB.  <b>Email:</b> <a href="mailto:bexhillwellbeingcentre@southdown.org">bexhillwellbeingcentre@southdown.org</a></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><b>Employment support drop-in</b> Every 3<sup>rd</sup> Monday of the month 10.30-11.30am</p> <p><b>Shiatsu</b> 11.30am- 2pm (Charge £5 for 15 mins). Please speak to staff to refer</p>	<p><b>Help with Benefits and Budgets Surgery</b> 10am-4pm Fortnightly * Please speak to staff to refer.</p> <p><b>Music Appreciation</b> 10am-11.30am Cafe</p>	<p><b>Peer Specialist Drop In Session</b> 10am-12pm Cafe</p> <p><b>New referral Drop in Session</b> 12pm-1pm</p>	<p>The centre is open for members of 'Thinking Well' Service.</p> <p><u>Wellbeing Centre Community Activities:</u></p> <p><b>From 4th April 2019</b></p>	<p><b>Arts and Crafts</b> 10:15am-12:15am Art room Upstairs</p>
Afternoon	<p><b>Social Drop In 10am-12.00pm</b></p> <p><b>Arts and Crafts</b> 12pm-2pm Art Room. Upstairs</p> <p><b>Newspaper Group</b> 12.00 – 1.00pm</p>	<p><b>Social Drop In 12pm-1.30pm</b></p> <p><b>Creative Writing</b> 1pm-2.30pm. Art Room Upstairs</p> <p><b>Community Connector Surgery</b> 1.30pm-3.30pm</p>	<p><b>Social Drop In 8.30am – 10am</b></p> <p>The centre is open for members of the 'Thinking Well' Service' after 1pm</p>	<p><b>Social Drop-in is in the community: 2.30am-4pm</b></p> <p><b>Walking group.</b> 1pm-2.30pm Meet at Metro Bank- Terminus rd.</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>Social Drop In 10am-12pm</b></p> <p><b>Quiz</b> 12pm-1pm</p>

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

**Email: [eastbournewellbeingcentre@southdown.org](mailto:eastbournewellbeingcentre@southdown.org)**

## Hailsham Wellbeing Centre Timetable – Updated 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.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p><b>Introduction for new clients session</b> 10-11am</p> <p><b>Peer Led Art Group</b> 11-12.30pm</p> <p><b>Help with Benefits and Budgets</b> 9.30-4.30pm Drop in fortnightly – Please contact or speak to staff to book an appointment</p>	<p><b>Heathfield Social Drop In</b> 10-12pm Fire Station High Street Heathfield</p>	<p><b>Anti-stress Colouring Group</b> 10-11am</p> <p><b>Anxiety Support Group</b> 11-12.30</p> <p><b>Healthy Eating on a Budget</b> 1<sup>st</sup> May -22<sup>nd</sup> May 10am -1pm This workshop is at Prospects House</p>	<p><b>Arts and Crafts</b> 10-11am</p> <p><b>Portrait Drawing</b> 2<sup>nd</sup> May 10am – 2:30pm</p> <p><b>Newspaper Discussion Group</b> 11.30 – 12.30pm</p> <p>Understanding and living with Emotionally Unstable Personality Disorder  May 9<sup>th</sup> &amp; 16<sup>th</sup> 10am - 12:30pm</p>	<p><b>Young Adults Group</b> meets at The Snug Café 10 – 11.30am</p> <p><b>Guided Relaxation Group</b> 12-1pm Prospect House, George Street, Hailsham BN27 1AD</p>
	<p><b>Social Drop In</b> 11.00-12.30pm Square youth café</p>	<p><b>Social Drop In</b> 1pm-2.30pm Square youth café</p> <p>Including wool craft activities</p>	<p><b>Social Drop In</b> 1pm-2.30pm Square youth café</p> <p>Including quizzes, board games, culture days</p>	<p><b>Social Drop In</b> 1.00-2.30pm Square youth café</p> <p>Including a drama focused activity</p>	<p><b>Social Drop In</b> 1.00-3pm Prospects House BN27 1AD</p>
Afternoon	<p><b>Hearing Voices Group</b> 1-2pm</p> <p><b>Peer led Bowling Group</b> 2.15-3.30pm Freedom Leisure Centre</p>	<p>Please speak to staff about planned future courses. Managing Stress, June 11<sup>th</sup> – 2<sup>nd</sup> July WRAP Course (December)</p>			<p><b>Peer Specialist Support Drop in</b> 1pm – 3pm <b>Starting 3<sup>rd</sup> May</b> Speak to staff for more details</p>

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>Coffee in Community His Place in Robertson Street</b> 11.00am-12.30pm</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>Hearing Voices course</b> 11.00am-1.00pm Starts 8<sup>th</sup> May for four weeks Activity room</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>Art</b> 10am-12.00pm Activity room</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>		

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 29.3.2019

**\*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**

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

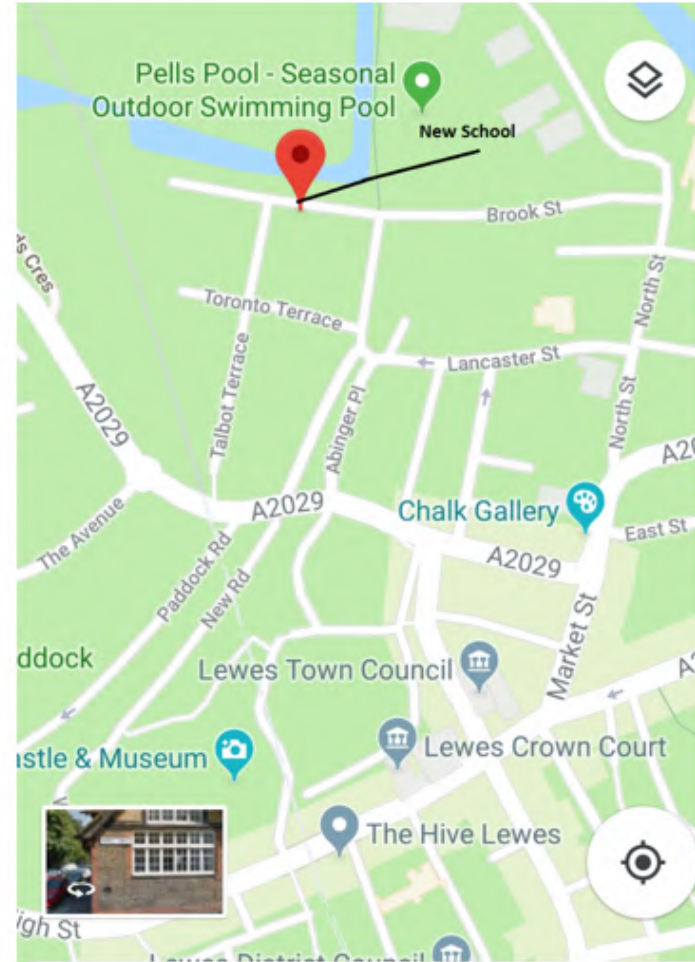
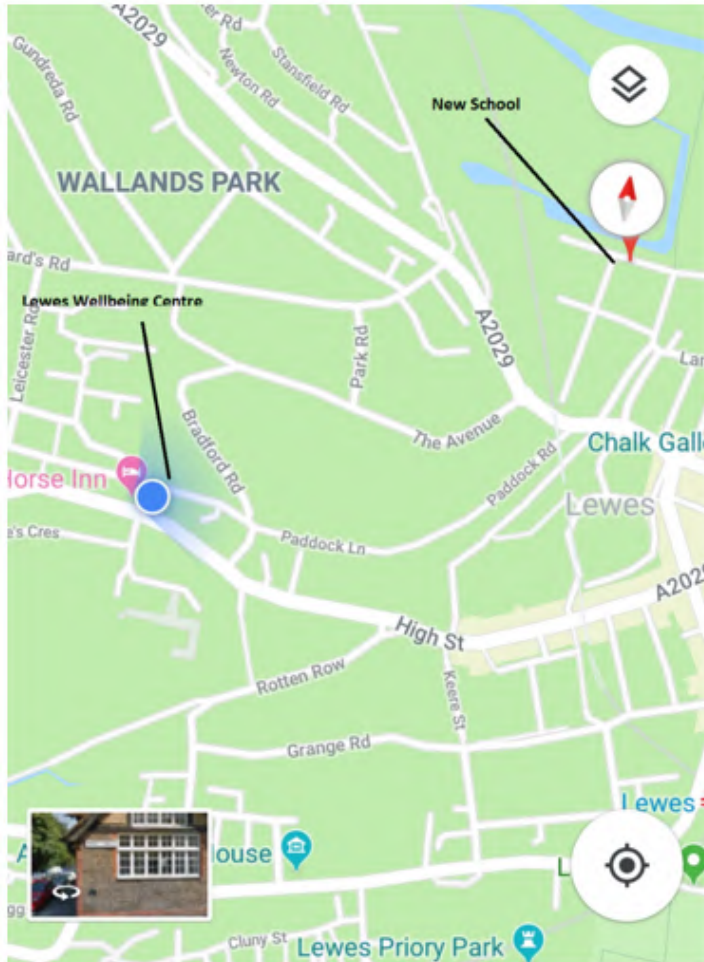
	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Walk and Talk with Rob</b> Meet at Lewes train station  11.30 – 1.30pm	<b>Introduction for new clients session</b> 10-12pm  <b>Anti-stress Colouring</b> 12-1pm  <b>ICE Project drop in</b> 12 -2 3 <sup>rd</sup> Tuesday of the month	<b>Jewellery Making</b> 11-1pm Starts 3 <sup>rd</sup> April  WRAP (Wellness Recovery Action Plan) 22 <sup>nd</sup> May for 6 weeks 10am – 1pm. If interested. Please speak to one of the team	<b>Help with Benefits and Budgets</b> 9am-1pm  Please speak to member of the team to arrange appointment	<b>Cookery Group</b> 11am – 2pm  <b>Express with Art</b> 12 – 1.45pm Starts 12 <sup>th</sup> April runs every other week
	<b>Eastgate Baptist Church Social Drop in</b> 2pm -3pm	<b>Social Drop In</b> 1pm – 3pm	<b>Social Drop In</b> 1pm – 3pm	<b>Social Drop In</b> 1pm – 3pm Lewes New School	<b>Social Drop In</b> 1pm – 3pm
Afternoon	<b>Creative Writing Group</b> 2-4pm Eastgate Baptist Church Lewes	<b>Pizza Making</b> 30 <sup>th</sup> April & 7 <sup>th</sup> May 1.30 -4.00pm  <b>Yogacise</b> 2-3pm  <b>Drama Group</b> 3.30 -5pm Starts 2 <sup>nd</sup> April	<b>Anxiety Group</b> 1.00pm – 2.00pm (closed group) <b>New Group beginning in April</b>  <b>Gardening Group (Earwig Corner Allotment)</b> 2.00-4.00pm	<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> 1-3.30pm-commencing last Friday each month  <b>Hearing Voices Group</b> 2pm – 3pm (If interested please phone Sue Buckland on 01273 616440) or speak to one of the team
	Evening		5.00pm – 8.00pm Film Club Starts 2 <sup>nd</sup> April		<b>Football Therapy</b> 7pm-8pm, The Rookery Lewes Football Club

\*Please contact the [centre first](mailto:LewesWellbeingCentre@Southdown.org) 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...

# 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	<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 17/4/2019

From 15<sup>th</sup> April 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>	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>	10:00am – 11:00am; <u>New Client Induction</u>
	Book Club 6 weekly: (to be agreed by the group)			<ul style="list-style-type: none"> <li>Meet in Café area at 10:00am then move into room at 11</li> </ul>	10:30am – 12:30pm; (Friday 17 <sup>th</sup> May) <u>Hand Reflexology Workshop</u> PLEASE BOOK
	12:00pm – 1:00pm; <u>Yoga with Grace</u>	11:00am – 12:30pm; <u>Walking Group</u>	12:00pm – 1:00pm; <u>Community Meeting</u> (First Wed of month)	UCKFIELD 2:00pm – 4:30pm; <u>COURSE: Be Confident</u>	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>	1:00pm – 3:00pm; <u>COURSE: Fun with Fabric</u>  4 week course from 30 <sup>th</sup> April – 31 <sup>st</sup> May PLEASE BOOK  £5 charge for materials	1:30pm – 3:00pm; <u>Qi Gong with Michael</u>	From 6 <sup>th</sup> June to the 27 <sup>th</sup> June  PLEASE BOOK  Confidence building	1:00pm – 3:00pm; <u>Social Drop In</u>
		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>
<b>Surgeries, Clubs and Workshops</b>		UCKFIELD 5:00pm – 8:00pm; <u>Volunteer Led Supper Group</u>	UCKFIELD 11:00am – 2:30pm (break between 12:30pm and 1:00pm) (Weds 15 <sup>th</sup> May); <u>Body Image Art Workshop for Mental Health Awareness Week</u> PLEASE BOOK	UCKFIELD 11:30am – 2:30pm (break between 12.30 and 1.00) (Thursday 23 <sup>rd</sup> May); <u>Decoupage Workshop</u> PLEASE BOOK	UCKFIELD 1:00pm – 4:00pm (3 <sup>rd</sup> Friday of month); <u>Supported employment -Drop in or by appointment</u>