

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

Hailsham Wellbeing Centre Timetable revised 7th August 2019

Opening Times: Monday – 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>Help with Benefits and Budgets 9.30-4.30pm Drop in fortnightly – Please contact or speak to staff to book an appointment</p>	<p>Heathfield Social Drop In 10-12am Fire Station High Street Heathfield</p>	<p>Activity for the 5 ways to Wellbeing 10- 11am</p> <p>Connect... Be active... Take notice... Keep learning... Give...</p>	<p>Cooking for wellbeing 10.30 -12noon Start date to be confirmed</p> <p>Newspaper Discussion Group 11.30 -12.30 (small meeting room)</p>	<p>Young Adults Group 10.30-11.45am 1st Friday of the month 16-30 year old</p> <p>Walk & Talk Group Meet at Prospects House 10.30 – 11.45 - 3rd Friday of the month</p> <p>Relaxation Group 12-1pm</p>
	<p>Social Drop In 11.00-1pm</p>	<p>Social Drop In 1 – 3pm</p>	<p>Social Drop In 11.00 – 1pm</p> <p>Community Meeting 1-2pm 3rd Wednesday of the month</p>	<p>Social Drop In 11- 1pm</p>	<p>Peer Specialist Support Drop in (Recovery Focused) 1pm – 3pm Speak to staff for more details</p>
Afternoon	<p>1-2pm “Arty Crafty” Group</p> <p>Hearing Voices Group 2-3pm</p>		<p>Anxiety Group 1-2pm</p>	<p>Drama Group 1 -2.30pm</p>	

Email: hailshamwellbeingcentre@southdown.org

Prospects House, George Street, BN27 1AD

Phone: 01323 849844

*Please contact the centre first to be self-referred prior to engaging with Hailsham Wellbeing Centre

Hastings/St Leonard's Wellbeing Centre Timetable Sep-Oct 2019

Opening Times for enquires : Monday to 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
If you need support/information or are struggling to cope please feel free to call or come in during our opening times.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Social Drop in 10.00am-12.00pm cafe</p> <p>Peer Specialist Support Drop In 10.30am-12.30pm Activity room</p>	<p>Social Drop in 10.00am-12.00pm cafe</p> <p>Sleep Well Workshop 10.30am-12.00pm 24th September Please ask staff to refer</p>	<p>Knit and Natter/social drop in 10.00am-12.00pm Café</p> <p>WRAP Course 10.30am-1.30pm Activity Room Starting 16th October Please ask staff to refer</p>	<p>HARC ** 10am-1pm fortnightly ** Please ask staff to refer</p> <p>Quiz 10.30am-11.30am Cafe</p> <p>Social Drop in 11.30am-1.30pm Cafe</p> <p>Client meeting Last Thursday of month 1.00pm-2.00pm</p>	<p>Social Drop in 10.00am-12.00pm Cafe</p> <p>Art Session 10am-12.00pm Activity Room</p>
	<p>Walking Group 1.30pm-3.00pm Meet at Queen Victoria Statue From 16th Sep</p> <p>My Words for Wellbeing 1.00pm-3.00pm Starting 7th October Please ask staff to refer</p>	<p>Sleep Well Workshop 1.00pm-2.30pm 17th September Please ask staff to refer</p> <p>Flower Arranging Workshops 1.30pm-3.00pm Activity room 24th and 30th September</p>	<p>LGBTQI Group 1.00pm-2.30pm (every other week) Community Venue Please ask staff for details</p>	<p>Work and Wellbeing Drop in 1.30pm-3.30pm First Thursday of month</p> <p>One You Health Coach By appointment only</p>	<p>Mindfulness/Relaxation 1.30pm-2.30pm Activity Room Starting 20th September for 6 weeks</p>

Phone: 01424 435472 Address: Carisbrooke House, Stockleigh Road, St. Leonards-On-Sea, TN38 0JP.
Email: HastingsAndStLeonardsWellbeingCentre@southdown.org

Lewes Wellbeing Centre Timetable

revised 30th 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.

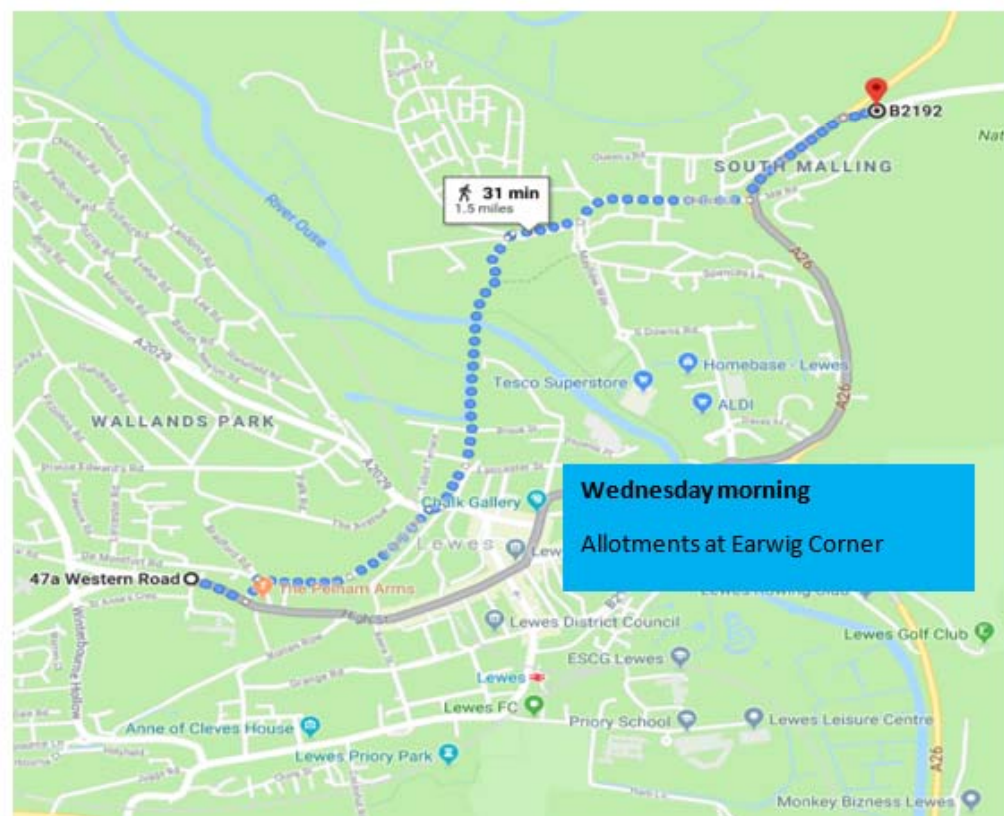
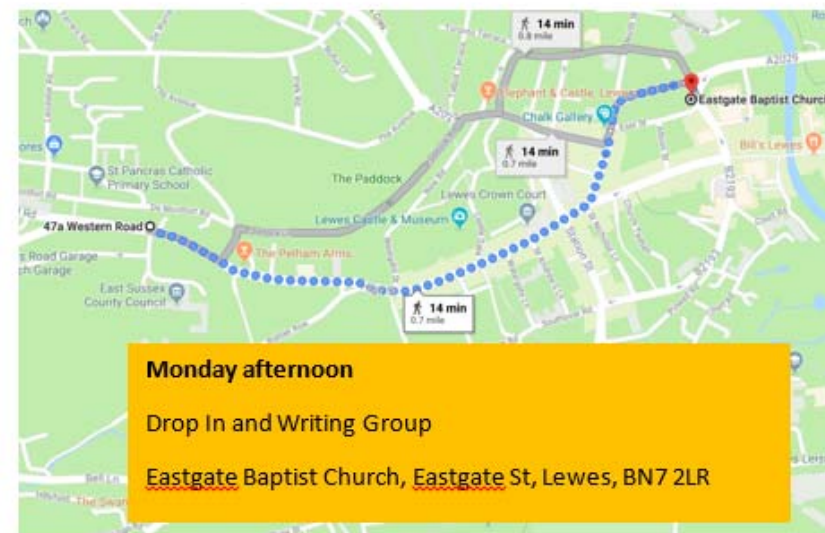
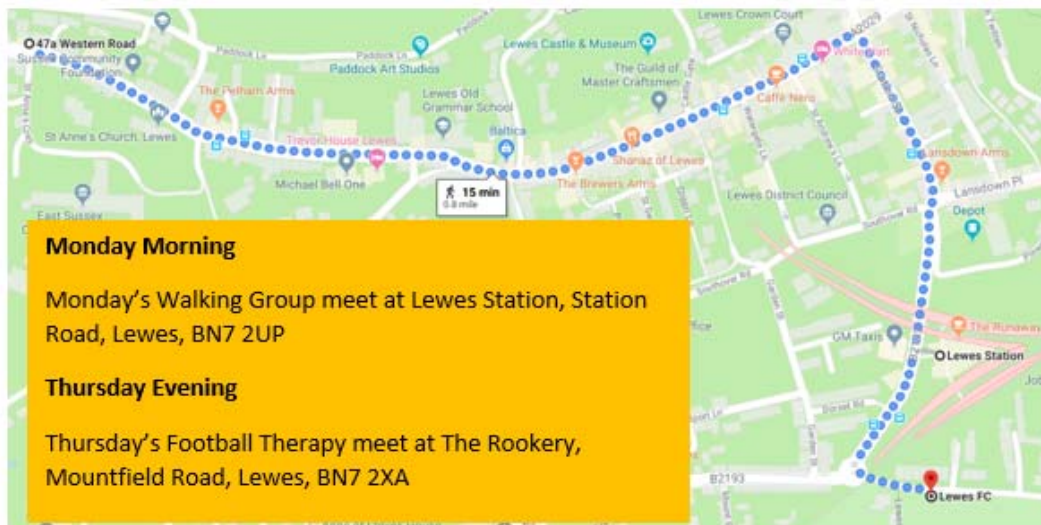
Please note: in addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support.

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

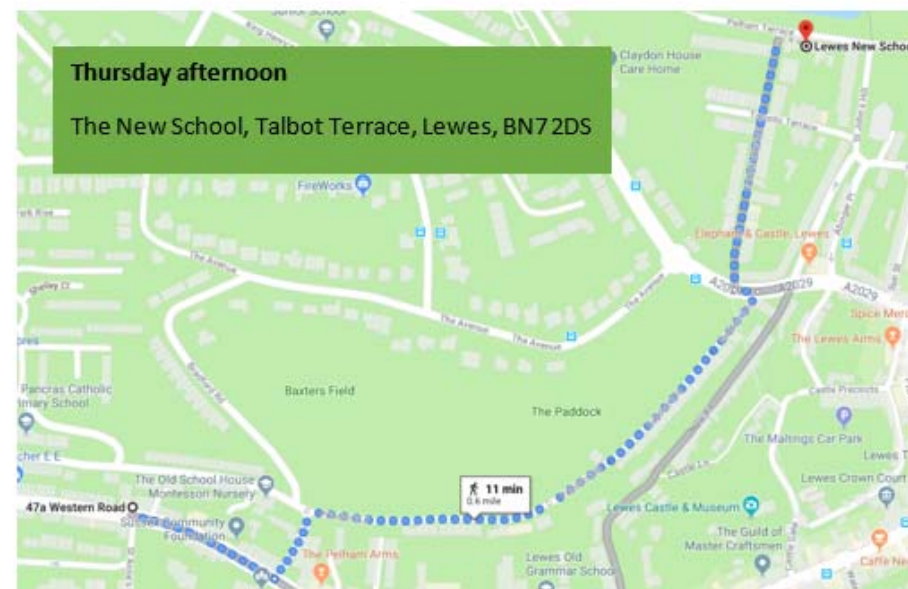
See next page for maps...



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

Phone number – 01273 472453

Email – leweswellbeingcentre@southdown.org



Newhaven Wellbeing Centre Timetable (from 12/8/19 – 6/9/19)

Opening Times: Mon/Tues/Wed/Fri 10am – 3pm Thursdays 10.45am-3pm

Please note: in addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support or information or you are struggling to cope, please feel free to attend or call our centres during our opening times and a member of staff will be happy to provide assistance when they are available

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Cooking group/shared lunch 10.30-12noon Kitchen Help with Benefits and Budgets 9.30-4.30pm fortnightly, *please ask staff to refer	Colour, knit and natter 10-11am Kitchenette Employment Advice Drop-in 10-2pm 2nd Tuesday every month *please ask staff to refer Peer Specialist Drop-In (from 3/9/19) 10.30am-12.30pm	OCD support group (starts 11/9/19 for six weeks) 10am – 11am Kitchen Mindfulness of Movement 11-12.30pm Lounge Bipolar support group 11-12.30pm Kitchen	Games Group 10.45-12pm Kitchenette New referral drop-in 10.45am – 1pm 1st and 3rd Thursday of the month	Textiles Group 10-11am Kitchenette Client led Peer Specialist Drop-In (until 30/8/19) 10.30-12.30pm 1st and 3rd Friday of month at Hill Rise 2nd and 4th Friday of the month at Wellbeing Centre Lounge
	11-1pm Social Drop in	11-1pm Social Drop in	11-1pm Social Drop-in	11-1pm Social Drop in	11-1pm Social Drop in
Afternoon	ICE Project Carer's Drop-in 12-2pm 2nd Monday each month Beginner's Card Group 1-3pm Kitchenette Art Project 1pm – 3pm Kitchen	Music appreciation 1-2pm Kitchen Be Confident course (6/8/19 – 3/9/19) 2pm -4.30pm Lounge	Community Meeting 1pm – 2pm August 14th, September 11th Hearing voices group (fortnightly) 1pm-2pm Kitchen Menopause support group (fortnightly) 1pm -2pm Kitchen	Art/Clay Group 1-3pm Kitchen	Card Making Group (Advanced) 1pm -3pm Kitchenette Drama Group 1-3pm Lounge Social evening (monthly) 4.30pm – 7.30pm August 23 rd

Phone:01273 517641 Address: [Summerhayes, Marshall Lane, Newhaven, BN9 9RB](#) Email: newhavenwellbeingcentre@southdown.org

Uckfield Wellbeing Centre & Crowborough Hub Timetable updated 02/09/2019

From 3rd June 2, 2019

Phone: 01825 760684

Email: 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. If you need support or struggling to cope, please feel free to attend or call our centres during our opening times and a member of staff will be happy to provide assistance when they are available

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	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 Community Centre 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>
	<u>Book Club 6 weekly:</u> (to be agreed by the group)				
	12:00pm – 1:00pm; <u>Yoga with Grace</u>	11am – 12:30pm <u>Walking Group</u>	12:30pm – 1:30pm; <u>Community Meeting</u> (First Wed of month)	UCKFIELD 12pm – 1pm <u>Workshop: Hearing voices</u> <u>support group</u> From 5 th September to 10 th October Ask staff for details	11am – 12pm Young adults group (1 st Friday of month at Mojava Café) 12 – 1pm Quiz and Games 1:00pm – 3:00pm; <u>Social Drop In</u>
Afternoon	1:00pm – 3pm Art and Crafts activities- including RACE (ask staff for details) Starting 16 th September	1:30 – 4pm Workshop Managing Stress – Handling Life's Challenges September 24 th – 22 nd October Please book	1:30pm – 3:00pm; <u>Qi Gong</u> <u>with Michael</u>		
Surgeries, Clubs and Workshops		CROWBOROUGH 2:00pm – 4:00pm; <u>Client Led</u> <u>Social Drop In</u>	UCKFIELD 9:30am – 4:30pm (Fortnightly) <u>Benefits and Budgets Drop In</u> Please speak to staff to book an appointment	UCKFIELD 12:00pm – 2:00pm (Last one on Thursday 12th) <u>ICE Project: Support for Mental</u> <u>Health Carers</u>	UCKFIELD 1:00pm – 4:00pm (3 rd Friday of month); <u>Supported employment -Drop</u> <u>in or by appointment</u>
		UCKFIELD 5:15pm – 8:00pm; <u>Volunteer Led</u> <u>Supper Group</u>	NEW! Peer support drop in 10:30am – 12pm Uckfield fire station Community room	Future planned courses Experiments in textiles – November 5 th – 26 th (Tuesdays) Decoupage – December 3 rd 10:30am – 1:30pm (Tuesdays) WRAP – February 2020 Please speak to a member of staff for more details	