

Eastbourne Wellbeing Centre Timetable

Open: Mon/Tues/Fri 10am-3pm (Wed/Thurs in community/online)

June 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning	New Referral Drop-in 10am — 11am	Care for the Carers Support Group 11am — 12.30pm Date: 27th June <i>Registration require</i>	The building is open for members of the 'Thinking Well' service only	The building is open for members of the 'Thinking Well' service only	Creativity for Wellbeing 10.30am — 12pm	
	Lets Talk Mental Health 11am — 12pm					Client Community Meeting 12pm — 1pm Date: 9th June
	Hearing Voices Group 12.30pm — 1.30pm Date: 12th June					
Afternoon	Young Person's Group 12.30pm — 1.30pm Date: 19th June	Games Group 10.30am — 12pm Dates: 6th, 13th, 20th June	Groups are operated in the community	Groups are operated in the community	Yoga Starts: 16th, 30th June 1pm — 1.45pm <i>Registration required</i>	
	Autism Drop-in 12.30pm — 1.30pm Date: 26th June	Singing for Wellbeing 1pm — 3pm Starts: 6th June — 11th July <i>Registration required</i>	Meet and Sit 10am — 11.30am June	Walking Group 11am — 12:30pm		
	Peer Specialist Group 1.30pm — 2.30pm Date: 5th, 19th June		Location: Eastbourne Pier entrance	Location: Hampden Park <i>Weather dependent</i>		

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 you are struggling to cope, please feel free to call our centre during our opening times for support either by phone or asking if they have availability to see you in person. ***We are closed on Bank Holidays**

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 @eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN

New Referral Drop in - Find out more about our service and how we might be able to support you

Let's Talk Mental Health - An open discussion amongst peers around challenges, tips, and tools to support mental health

Hearing Voices Group - A peer-led safe space to share challenges, seek, and offer support to each other living with voices and visions

Young Persons Group (monthly) - for 16 - 35 year old's to talk about mental health challenges, explore services and skills with peers

Autism Support Group - A peer-led safe space to share challenges, seek, and offer support to each other living with ASD

Peer Support Drop-in (monthly) - Social and educational sessions where support and information are shared to better mental health

Care for the Carers Support Group (monthly) - For anyone who cares for someone with mental health challenges

Games Group - Come and play board and card games with peers

Singing for Wellbeing Course - Boost your confidence and wellbeing through singing. All abilities welcome

Meet and Sit* - A social group where each week we will work with you to explore topics that impact our lives and wellbeing ****This group is held at The Pier entrance***

Walking Group - Get moving with us whilst enjoying nature. ***Meet at the café in Hampden Park park***

Creativity for Wellbeing - Explore your creativity through mixed arts and crafts and how it can improve your wellbeing

Client Community Meeting - Have your say about the Wellbeing Centre groups, courses, utilities, furniture, and resources

Yoga - Improve your health and wellbeing through gentle yoga and breath practice. All abilities welcome

Have you had a look at what's on in our other centres? Ask a member of staff to see more groups and courses available.