

Eastbourne Wellbeing Centre Timetable

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

March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am Dates: 4th, 11th, 18th, 25th Mar	Client Community Meeting 11am — 12pm Date: 5th Mar	Groups are operated in the community Community Group 10am — 11.30am Dates: 6th, 13th, 20th, 27th Mar	Groups are operated in the community Out and About: 1pm onwards Date: 21st Mar	Mixed Art and Crafts 10.30am — 12pm Dates: 1st, 8th Mar
	Sharing Positive Recovery Journeys 11am — 12pm Date: 4th Mar	Exploring Culture and Diversity 11am — 12pm Dates: 12th, 19th Mar	Location: <i>*Speak to staff</i>	Location: Hailsham Wellbeing Centre <i>*Registration required</i>	Games Group 1.30pm — 3pm Dates: 1st, 8th, 15th, 22nd Mar
Afternoon	Autism Support Group 11am — 12pm Dates: 11th & 25th Mar	Care for the Carers Support Group 11am — 12.30pm Date: 26th Mar <i>*Registration required</i>			
	Hearing Voices Group 11am — 12pm Date: 18th Mar	Exploring Nature Through Art 1pm — 3.30pm Dates: 5th, 12th, 19th, 26th Mar <i>*Registration required</i>			
	Musical Wellness 1pm — 2pm Dates: 4th, 11th, 18th, 25th Mar				

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, (Friday 29th March, Monday 1st April).**

Address: Eastbourne Wellbeing Centre, Suites 1 & 2, The Printworks, 20 Wharf Road, Eastbourne, BN21 3AW

Phone: 01323 405330

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www.southdown.org/wellbeingCentresESCN

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

Sharing Positive Recovery Journeys - Client-led and Recovery Worker supported space to share recovery journeys, successes, and learnings.

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

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

Musical Wellness - A Recovery Worker led group exploring how music can positively impact our wellbeing.

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

Exploring Culture and Diversity - A group to learn about and celebrate diversity and culture from around the world.

Care for the Carers - Care for the Carers support group. If you are a carer and interested in attending, please speak to staff.

Exploring Nature Through Art - East Sussex College delivered course creating art with nature and mixed medias. ***Registration required.**

Community Group - Recovery Worker led visits to local warm spaces and art trails.

****Please speak to staff about where to meet.***

Out and About - Meet at the Hailsham Wellbeing Centre at 1pm, location to be confirmed.

Mixed Arts and Crafts - Recovery Worker facilitated group to enjoy a wide range of arts and crafts.

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

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