

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am Dates: 13th & 20th May	Relaxation/ Meditation 10am — 11am Dates: 7th,14th,21st & 28th May	<p>Groups are operated in the community</p> <p>Walking Group 11am — 12.30am Dates: 1st,8th,15th &22nd May Location: Meet outside Tennis café. Gildridge Park. <i>*Registration required</i></p>	<p>Groups are operated in the community</p> <p>Out and About: 10.15am Date: Location: Hailsham Wellbeing Centre <i>*Registration required</i></p>	Mixed Art and Crafts 10.30am — 12pm Dates: 3rd,10th,17th,24th,31st May
	Autism Support Group 11:30am — 12:30pm Dates: 13th May	Made by Meditation 1pm — 3.30pm 7th & 14th May <i>*Registration required</i>			Client Community Meeting 12am — 12:30pm Date: 3rd May
	Peer Support Group 11:30am — 12:30pm Date: 20th May	Exploring Culture and Diversity 1pm — 2pm Dates: 21st May			New Referral Drop-in 2pm — 3pm Dates: 3rd May
Afternoon	Dealing with Depression 1:30pm — 2:30pm Dates: 13th May	Care for the Carers Support Group 11am — 12.30pm Date: 28th May <i>*Registration required</i>			Games Group 1:30pm — 3pm Dates: 10th,17th,24th,31st May
	Anxiety Group 1:30pm — 2:30pm 20th May				

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. (Monday 6th and Monday 27th)**



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

Phone: 01323 405330

Email: eastbournewellbeingcentre@southdown.org



[@eastsussexwellbeingcentres](#)

www.southdown.org/wellbeingCentresESCN

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

Peer Support Group - A peer support worker led safe space to share challenges, seek, and offer support to each other.

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

Anxiety Support Group - A Recovery worker led safe space to share challenges, seek, and offer support to each other living with anxiety

Relaxation/Meditation-

Made by Meditation - East Sussex College Group delivered course that delves into the realms of origami, calligraphy, wire work and chainmail.

*Registration required

Celebrating and 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.

Walking Group - Recovery Worker led visits to local parks and cafes****Please speak to staff about where to meet.***

Out and About Meet at the Hailsham Wellbeing Centre at around 10.****Please speak to staff about details.***

Mixed Art & Crafts - A peer-led space to learn new art and craft skills.

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

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.