

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am WRAP Course 10am — 1pm Start: 6th March for 6 weeks <i>Registration required</i>	Quiz 10am — 11am Date: 28th March Games Group 10.30am — 12pm Dates: 7th, 14th, 21st Mar	<p>The building is open for the members of the Thinking Well service only</p> Themed Community Support Drop-in 10am — 11.30am	<p>The building is open for the members of the Thinking Well service only</p>	Mindful Colouring 10am — 11am Relaxation/Meditation 11.15am — 12.15pm Mindfulness for Wellbeing 12.45pm — 1.45pm <i>Registration required</i>
	Bead Craft Group 1.15pm — 2.15pm Peer Specialist Group 2.30pm — 3.30pm Date: 6th March Autism Drop-in 2.30pm — 3.30pm Date: 13th Mar	Care for the Carers Support Group 11am — 12.30pm Date: 28th Mar <i>Registration required</i> Working with Colour 1pm — 3.30pm <i>Registration required</i>	Location: Gather Space (in The Beacon Eastbourne Shopping Centre)	Client Community Meeting 2pm — 3pm Date: 10th Mar Young Person's Group 2pm — 3pm Date: 17th Mar Let's Talk Mental Health 2pm — 3pm Date: 24th Mar Hearing Voices Group 2pm — 3pm Date: 31st 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 attend, or call our centre during our opening times and a member of staff will be happy to provide assistance when they are available.

New Referral Drop in - Find out more about our service; what we do, and how we might be able to support you. Come along with a friend, carer or professional if you're unsure about coming alone

WRAP Course - A six week course to create a Wellness Recovery Action Plan to aid your recovery

Bead Craft Group - Design and create mixed media, macrame, and decorative pieces with beads and other materials

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

Autism Drop-in (monthly) - A peer-led safe space to seek and offer support for those who experience autism

Quiz - Test your general knowledge with different questions each week

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

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

Working with Colour - Explore colour theory, mood, and expression in various ways in this free course run by East Sussex College Group

Themed Community Support Drop-in - A social group where each week we will work with you to explore topics that impact our lives and well-being

**This group is held at 'The Gather', inside the Beacon shopping centre (opposite Warren James and The Fragrance Shop)*

Mindful Colouring - Spend time relaxing colouring in from our large selection of colouring books or bring your own

Relaxation/Meditation - Take time to reflect and refresh from the week before the weekend

Mindfulness for Wellbeing - Learn skills and tools to manage your feelings and feel more peaceful

Client Community Meeting - Explore and discuss feedback and suggestions for the Wellbeing Centre service and Southdown

Young Persons Group (monthly) - For 16 - 25 year old's to talk about mental health challenges, explore services and skills with peers

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 seek and offer support for those who are experiencing both auditory voices and visions