

Eastbourne Wellbeing Centre Timetable

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

August 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am Admiring Nature Photography Through Collage Date: 11th & 18th 11.30am - 12.30pm	Amazing Writing for Wellbeing Dates: 12th & 26th 10.30am - 12pm Affirmations Magnet Making Date: 19th 10.30 - 12pm	Groups are operated in the community Appreciating Nature Walking Group Dates: 27th Hampden Park (meet outside Lakeside Tea Chalet) 10.30am - 12pm	Groups are operated in the community For other Wellbeing Centre timetables, please contact us or visit: https://www.southdown.org/services	Artful Arts & Crafts Dates: 8th, 15th, 22nd & 29th 10.30am - 12pm Amazing Guided Meditation & Relaxation Date: 1st, 8th, 22nd 1pm– 2pm
Afternoon	Adventurous Games Group 1.30pm– 2.30pm	A Quiet Space Date: 5th 11am – 12pm Amazing Music Group Dates: 12th & 26th August 1pm - 2.30pm Accomplishments Aplenty Celebration Date: 19th August 1pm - 2.30pm	Mini Golf—Princes Park Dates: 13th 11am *Register to attend and get meeting point Afternoon Tea @ Towner Dates: 20th 12pm *Register to attend and get meeting point	Online Community Support Drop-in* 2pm-3pm *ask staff for log in details.	Picnic in the Park Date: 15th 1pm-2.30pm *register to attend and get meeting location

Please note: If you need support, information, or you are struggling to cope, please feel free to call our centre during our opening times and a member of staff will be happy to help when they are available. **We are closed on Bank Holidays.**

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 - For new referrals and/ or external services to find out more about the Wellbeing Service and how we can support you.

Admiring Nature Through Collage - A staff-led safe space to explore nature photos and making a collage of them, share interest with each other.

Adventurous Games - Come and play cards, scrabble, kerplunk and other games with peers, use Wellbeing Centre resources, or bring your own activity and enjoy a nice hot drink at the Wellbeing Centre.

Amazing Writing for Wellbeing - A calm, quiet space to enjoy Journalling. Staff are able to provide some writing prompts.

Affirmation Magnet Making - create your own favourite affirmations on magnets

A Quiet Space - calm and quiet safe space to relax and unwind

Amazing Music Group - Enjoy music and explore how it can be used to support your emotional wellbeing or use Wellbeing Centre resources provided

Accomplishments Aplenty - Celebrate all the achievements you have made, and share others successful stories of reaching goals.

Walking Group - Enjoy a gentle stroll around Hampden Park with staff and peers.

Online Community Support Drop-in - Led by Wellbeing Centre staff. Enjoy a cup of tea and conversation with peers from the comfort of your own home. Online behaviour guidelines apply. *Please speak to staff for access details.

Arts & Crafts - Open to all abilities - create, draw, design, make, mend, sew, knit or paint your way to positive wellbeing! Bring your own activity.

Guided Meditation & Relaxation - Enjoy some peace and tranquillity at the Wellbeing Centre. Guided meditations are provided on the large TV in the group room.