

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm Space Date: 2nd,9th,16th 10am - 11am</p> <p>Neurodiversity Group Date: 9th 11:30am– 12:30pm</p> <p>Hearing Voices Group Date: 16th 11.30am - 12.30pm</p> <p>Mindful Colouring & Relaxation Date: 2nd & 23rd 11.30am - 12.30pm</p> <p>Music & Singing Group 1.30pm – 2.30pm</p>	<p>Open Access Session 10am - 12pm *For new referrals</p> <p>Games Group 1pm - 2.30pm</p>	<p>Groups are operated in the community</p> <p>Community Social Group At: Age Concern Venton Centre Café (meet inside) Dates: 10.30am - 11.30pm</p>	<p>Groups are operated in the community</p> <p>Online Community Support Group* 11am - 12pm</p>	<p>Arts & Crafts 10.30am - 12pm</p> <p>Quiz Dates: 6th 1.30pm - 2.30pm</p> <p>Kindness and Friendship Rock Painting Date: 13th 1pm -2.30pm</p> <p>Client Community Meeting Date: 20th 1.00pm - 2.00pm</p> <p>Have Your Say - With Rebecca Sharma Date: 27th 1.30pm –2.30pm</p>

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.**

Warm Space - Enjoy the Wellbeing Centre Space to feel safe, relax, and connect with others.

Neurodiversity Support Group - A client led safe space to talk openly, share challenges, seek and share support with each other

Hearing Voices Group - A client led safe space to talk openly, share challenges, seek and share support with each other

Client Community Meeting - An opportunity for current clients to hear about the latest updates from the Wellbeing Service and to share your feedback about the service, centre, timetable and resources.

Mindful Colouring & Relaxation - Enjoy some peace and tranquillity at the Wellbeing Centre. Resources can be provided or bring your own.

Music & Singing Group - Enjoy music and singing with staff and clients. Some instruments provided

Open Access Session - An opportunity for new referrals and members of the public to come along and find out more about the support offered by the Wellbeing Centre service.

Games Group - Come and play a game with clients and staff! Use Wellbeing Centre resources, or bring your own activity.

Community Social Group - Meet Staff and Clients for a cuppa and chat at Age Concern Venton Centre Café (6-12 Kilburn Terrace, Eastbourne BN21 3QY)

Online Community Support group - Facilitated by Eastbourne Wellbeing Centre staff. 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!

Quiz Group - Take part in our quiz for fun! Challenge yourself or join a team with other clients.

Have Your Say with Rebecca Sharma

Kindness and Friendship Rock Painting