

Eastbourne Wellbeing Centre Timetable

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

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm space Date: 5th, 12th & 19th 10am - 11am</p> <p>Southdown Mental Health Service redesign Update Date: 26th Start time: 10am</p> <p>Support Group Neurodiversity on 5th Hearing Voices on 12th 11.30am - 12.30pm</p> <p>Client Community Meeting Date: 19th 11.30am - 12.30pm</p> <p>Mindful Colouring & Relaxation Date: 26th 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>Closed on 20th January</p>	<p>Groups are operated in the community</p> <p>Community Social Group At: Age Concern Venton Centre Café (meet inside) Dates: 7th, 21st & 28th 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: 2nd, 16th & 30th 1:30pm - 2:30pm</p> <p>Wellbeing Workshop Date: 9th & 23rd 1pm - 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.**

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

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.

Wellbeing Workshop - Come and join us and your peers in an open discussion about how we can look after our wellbeing. The Wellbeing centre has some resources but please feel free to bring your own ideas and suggestions to the group.