

# Eastbourne Wellbeing Centre Timetable

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

**July 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New Referral Drop-in</b> 10am — 11am  <b>Autism Support Group</b> Dates: 7th July 11.30am - 12.30pm	<b>Journal in July for Wellbeing</b> Dates: 1st, 8th, 22nd, & 29th 10.30am - 12pm  <b>Hearing Voices Group</b> Date: 15th July 11am - 12pm	<b>Groups are operated in the community</b>  <b>Joyful Walking Group</b> Hampden Park (meet outside Lakeside Tea Chalet) Dates: 2nd, 9th & 16th 10.30am - 12pm	<b>Groups are operated in the community</b>  For other Wellbeing Centre timetables, please contact your recovery worker or visit: <a href="https://www.southdown.org/services/wellbeingcentres/">https://www.southdown.org/services/wellbeingcentres/</a>	<b>Arts &amp; Crafts</b> Date: 4th, 11th & 25th 10.30am - 12pm  <b>UOK Client Update Meeting - Hosted by Stuart Reid</b> Date: 18th July 10am– 11am
Afternoon	<b>Jazz Up July Crafting</b> Date: 14th, 21st & 28th 11.30am - 12.30pm  <b>Jovial July Games and Quizzes</b> 1.30pm– 2.30pm	<b>A History of Piracy in Sussex</b> Date: 1st July 1pm– 2.30pm  <b>Wellness in Summer</b> Date: 8th July 1 - 2pm  <b>Jolly July Music Group</b> Dates: 15th, 22nd & 29th 1pm - 2.30pm		<b>Online Community Support Drop—in*</b> Dates: 3rd, 10th, 17th, 24th & 31st July 2pm-3pm  *Please speak to staff for log on details.	<b>Rejuvenate July with Guided Meditation &amp; Relaxation</b> 1:15pm– 2.30pm

Please note: If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. \*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](http://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.

**Autism Support Group** - A peer-led safe space to talk openly, share challenges, seek and share support with each other

**Hearing Voices Group** - A peer-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.

**Jovial July Games & Quizzes** - Play cards, scrabble, chess, kerplunk, games & quizzes with peers! use Wellbeing Centre resources, or bring your own activity!

**Journal in July for Wellbeing** - A calm, quiet space to enjoy Journalling. Staff are able to provide some writing prompts.

**A History of Piracy in Sussex** - With a pirate theme , local history and fun facts combined with Jolly jokes

**Wellness in Summer** - An opportunity to talk with staff and your peers about how we can keep ourselves well thorough the warmer months.

**Jolly July Music Group** - Enjoy music & singing with others. Explore how it can be used to support emotional wellbeing.

**Joyful Walking group** - Enjoy a gentle stroll around Hampden Park with staff and peers.

**Online Community Support Drop-in** - Facilitated by Eastbourne Wellbeing Centre Staff. Enjoy a cup of tea and conversation with peers from the comfort of your own home. Online behaviour guidelines apply.

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

**Rejuvenate July with Guided Meditation & Relaxation** – Enjoy some peace and tranquillity at the Wellbeing Centre. Guided meditations are provided on the large TV in the group room.

**UOK Client Update Meeting** - Stuart Reid (Partnership Lead, Southdown) will be hosting a Q&A session for clients to learn about the latest developments of the Southdown Wellbeing Centre service.