

Eastbourne Wellbeing Centre Timetable

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

October 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Social Safe Space Dates: 6th, 13th, 20th & 27th 10am - 11am	Writing & Reflection Dates: 14th & 28th 10.30am - 12pm	Groups are operated in the community	Groups are operated in the community	Arts & Crafts Dates: 3rd, 10th, 24th & 31st 10.30am - 12pm
	Neurodiversity Support Group Date: 6th Oct 11:30am - 12.30pm	Quiz Group Date: 7th & 21st 10.30am - 12pm	Walking Group Hampden Park (meet outside Lakeside Tea Chalet) Dates: 8th & 15th 10.30am - 12pm	For other Wellbeing Centre timetables, please contact your recovery worker or visit: https://www.southdown.org/services/wellbeingcentres/	Positive Affirmation Poster Making Date: 17th 10.30am - 12pm
Afternoon	Hearing Voices Group Date: 20th Oct 11:30am - 12.30pm	Client Community Meeting Date: 21st Oct 1pm - 1.45pm	Community Social Group Age Concern Venton Centre Café (meet inside) Dates: 22nd & 29th 11am - 12pm	Online Community Support Group* 2pm-3pm	Games Group Dates: 3rd, 17th & 24th 1pm– 2.30pm
	Mindful Colouring Date: 27th Oct 11.30am - 12.30pm	Music & Singing Group Dates: 7th, 14th & 28th 1pm - 2.30pm			Tea & Talk for World Mental Health Day! Date: 10th October 1pm—2.30pm
	Client Involvement Cake & Chat Date: 13th Oct 12pm - 1pm	Let's Share: Autumn Self-Care Strategies Date: 21st Oct 2pm - 3pm			Samhain Celebration Date: 31st Oct 1pm - 2.30pm
	Guided Meditation & Relaxation Dates: 6th, 13th, 20th & 27th 1:30pm– 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 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

Social Safe 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

Mindful Colouring - Enjoy some peace and calm to colour freely. Resources can be provided or bring your own.

Client Involvement Cake & Chat - Led by Rebecca Sharma, Client & Tenant Involvement Lead, Southdown.

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

Writing & Reflection - A calm, quiet space to enjoy any kind of writing. Some writing prompts provided.

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

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.

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

Let's Share: Autumn Self- Care Strategies - Join staff and clients to talk, and share self- care strategies for Autumn.

Walking group - Enjoy a gentle stroll around Hampden Park with staff and peers. Meet outside Lakeside Tea Chalet.

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!

Positive Affirmation Poster Making - Join staff and clients to create your own positive affirmation poster. Resources provided.

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

Tea & Talk for World Mental Health Day! - Research shows that talking is good for your mental health! Join staff and clients to raise awareness of mental health and to celebrate World Mental Health Day 2025.

Samhain Celebration - Join staff and clients to learn more about, and to celebrate Samhain!