

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 10.45am Dates: 8th, 15th, 22nd, 29th Apr	Heathfield Community Support Drop-in 10am — 11.30am Date: 2nd Apr Location: Heathfield Community Hall	5 Ways to Wellbeing 10am — 11am Dates: 3rd, 17th, 24th Apr	Out and About: 10.30am — 11.30am Date: 4th Apr <i>*Speak to staff</i>	Mindful Colouring 10am — 11am Dates: 5th, 12th, 19th, 26th Apr
	Community Support Group 11am — 12pm Dates: 8th, 15th, 22nd, 29th Apr	Belle's Pottery 10.15 — 1pm Date: 23rd Apr <i>*Registration required</i>	Anxiety Group 11.30am — 12.30pm Dates: 3rd, 17th, 24th Apr	Client Community Meeting 11am — 12pm Date: 11th Apr	Bipolar Support Group 11.15am — 12.15pm Date: 5th Apr
Afternoon	Hearing Voices Support Group 12.15pm — 1.15pm Date: 8th Apr	Garden Group 12.30pm — 1.30pm Dates: 16th, 30th Apr		Young At Heart Group 10am — 11.30am Date: 25th Apr Location: Charles Hunt	History Group 12pm — 1pm Date: 12th Apr
	Men's Support Group 1.30pm — 2.30pm Dates: 8th, 22nd Apr	Expressive Art 1.30pm — 2.30pm Dates: 2nd, 16th Apr		Exploring the Decades Group 1pm — 2pm Dates: 25th Apr	World Interest Group 11.30am — 12.30pm Date: 19th Apr
	Young Adults Group 1.30pm — 2.30pm Date: 15th Apr				Relaxation 1pm — 2pm Date: 5th, 19th Apr

Please note: If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by phone or asking if they have availability to see you in person. **We are closed on Bank Holidays (Monday 1st of April).**

New Referral Drop in - Recovery Worker led space to find out more about our service and how we might support you.

Community Support Group - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

Hearing Voices Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Men's Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Young Adults Group - A peer led safe space to share challenges and support other young people.

Heathfield Community Drop-In - Recovery Worker led social group exploring topics that impact our lives and wellbeing.

Belle's Pottery Painting - Private tutored lesson at Belle's Pottery. Limited spaces, £10 deposit required to secure space and further £10 to pay upon completion. You will then be able to collect your finished spring time plate a couple of weeks later.

Garden Group - Recovery Worker led group to share knowledge whilst maintaining the garden and linked craft activities.

Expressive Art - Co-produced group with the Wellbeing Centre and clients exploring the use of art to express feelings and emotions.

5 Ways to Wellbeing - Recovery Worker led group to explore ways to manage your mental health using this model.

Anxiety Group - Recovery Worker led group to learn skills and tools to help manage your anxiety.

Out and About - Meet at the Hailsham Wellbeing Centre (please speak to staff).

Client Community Meeting - Recovery Worker led session to hear your feedback on the centre, service, and timetables.

Young at Heart - A peer led safe space to share challenges and support to celebrate the privilege of getting older (50years+).

Exploring the Decades - Recovery Worker led group to explore music, fashion, and trends through the decades.

Mindful Colouring - Recovery Worker led group: spend time colorings in from our large selection of books or bring your own.

Bipolar Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

History Group - Recovery Worker led group to learn and share knowledge of history both local and cultural.

World Interest Group - Recovery Worker led group to explore different cultures of the world and learn more about other communities.

Relaxation - Recovery Worker led group to explore mindfulness, meditation, and tools to help relax before the weekend.