

Hailsham Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

April 2024

ew Referral Drop-in	Upathfield Community			
	Heathfield Community	5 Ways to Wellbeing	Out and About:	Mindful Colouring
am — 10.45am	Support Drop-in	10am — 11am	10.30am — 11.30am	10am — 11am
ntes: 8th, 15th, 22nd, 29th	10am — 11.30am	Dates: 3rd, 17th, 24th	Date: 4th Apr	Dates: 5th, 12th, 19th, 26th Apr
or	Date: 2nd Apr	Apr	*Speak to staff	Bipolar Support Group
ommunity Support Group	Location: Heathfield	Anxiety Group	Client Community	11.15am — 12.15pm
am — 12pm	Community Hall	11.30am — 12.30pm	Meeting	Date: 5th Apr
ntes: 8th, 15th, 22nd, 29th	Belle's Pottery	Dates: 3rd, 17th, 24th	11am — 12pm	History Group
or	10.15 — 1pm	Apr	Date: 11th Apr	12pm — 1pm
earing Voices	Date: 23rd Apr		Young At Heart	Date: 12th Apr
ipport Group	*Registration required		Group	World Interest Group
.15pm — 1.15pm	Garden Group		10am — 11.30am	11.30am — 12.30pm
nte: 8th Apr	12.30pm — 1.30pm		Date: 25th Apr	Date: 19th Apr
en's Support Group	Dates: 16th, 30th Apr		Location: Charles Hunt	Relaxation
30pm — 2.30pm	Expressive Art		Exploring the	1pm — 2pm
ates: 8th, 22nd Apr	1.30pm — 2.30pm		Decades Group	Date: 5th, 19th Apr
oung Adults Group	Dates: 2nd, 16th Apr		1pm — 2pm	2.5.5 3, 23 , (p)
30pm — 2.30pm			Dates: 25th Apr	
ate: 15th Apr				
or ant in in in in in in in in in	mmunity Support Group m — 12pm es: 8th, 15th, 22nd, 29th aring Voices port Group 15pm — 1.15pm e: 8th Apr n's Support Group 0pm — 2.30pm es: 8th, 22nd Apr ung Adults Group 0pm — 2.30pm	Date: 2nd Apr Location: Heathfield Community Hall Belle's Pottery 10.15 — 1pm Date: 23rd Apr *Registration required Bepm — 1.15pm Be: 8th Apr Be: 8th Apr Be: 8th Apr Date: 23rd Apr *Registration required Date: 23rd Apr *Registration required Date: 21rd Apr *Registration required Date: 23rd Apr *Registration required Date: 21rd Apr *Registration required Date: 21rd Apr *Registration required Dates: 16th, 30th Apr Expressive Art 1.30pm — 2.30pm Dates: 2nd, 16th Apr Dates: 2nd, 16th Apr	Date: 2nd Apr Location: Heathfield Community Hall Belle's Pottery 10.15 — 1pm Date: 23rd Apr *Registration required Beth Apr Date: 23rd Apr *Registration required Beth Apr Date: 23rd Apr *Registration required Beth Apr Date: 23rd Apr *Registration required Date: 23rd Apr *Registration required Beth Apr Date: 23rd Apr *Registration required Dates: 16th, 30th Apr Dates: 16th, 30th Apr Dates: 2nd, 16th Apr Dates: 2nd, 16th Apr	Date: 2nd Apr Location: Heathfield Community Support Group m—12pm Bes: 8th, 15th, 22nd, 29th Date: 23rd Apr 10.15—1pm Date: 23rd Apr The sering Voices Date: 11th Apr The sering Voice Sering The Support Group Date: 25th Apr Date: 25th Apr Date: 25th Apr Dates: 2nd, 16th Apr Dates: 2nd, 16th Apr Dates: 25th 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).

Address: Prospects House, 7-9 George Street, Hailsham, BN27 1AD

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@eastsussexwellbeingcentres



Hailsham Wellbeing Centre - A brief on some of the groups...

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.