

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Community Support Group Date 1st, 15th 10.30am - 11.30am Out and About Date: 8th Weather Permitting Speak to staff for details History Group Date: 22nd 10am - 11pm Safe space Date 29th 11am - 12pm	Poetry Group Date: 2nd 11am - 12pm Heathfield Community Drop-in Date: 9th 10am - 11.45am Read and Reflect Date: 16th, 30th 10.30am - 11.30am Christmas Quiz Date: 23rd 11am - 12pm	5 Ways to Wellbeing Dates: 3rd, 24th 31st 10am - 11am Anxiety Group Dates: 3rd, 10th, 17th, 24th 11.30am - 12.30pm Coping with Christmas Date: 10th 10am - 11am The Art of Gratitude Date: 31st 11.30am - 12.30pm	Open Access Session 10am - 12pm Date: 4th, 11th, 18th, *For members of the public Closed 25th	Mindful Colouring Date: 5th, 12th, 19th 10am - 11.15am Bipolar Support Group Date: 5th 11.45am - 12.45pm Hearing Voices Support Group Date: 12th 11.45am - 12.45pm Closed 26th
Afternoon	Mysteries of the World Date: 1st, 22nd 1pm - 2pm Nature Group Date: 8th 1pm - 2pm Cake and chat involvement group Date: 15th 1pm - 2pm Zentangle with Chilling Music Date: 29th 1pm - 2pm	Expressive Art and crafts Date: 2nd 1pm - 2pm Puzzle and Connect Date: 9th, 30th 1.30pm - 2.30pm World Interest Date: 16th 1pm - 2pm Festive Card Making Date: 23rd 1.30pm - 2.30pm	Client Community Meeting Date: 17th 12.45pm - 1.15pm	Introduction to Writing Date: 4th, 11th, 18th 12.30pm - 3pm Course Fully Booked	Read and Reflect Date: 5th 1.30pm - 2.30pm Relaxation Date: 12th, 19th 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 to enquire or ask if there is any availability to be seen in person or over the phone. *We are closed on Bank Holidays

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

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.

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

Cake and Chat Involvement Group - Meet with Rebecca Sharma, Southdown's Client and Tenant Involvement Lead to discuss a range of topics effecting Southdown tenants/clients

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

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

Coping with Christmas - Find ways to manage stress, emotions and expectations during the festive season.

Expressive Art and Craft - Clients exploring different forms of art to relax and to help manage overthinking and anxiety

Festive Card Making - Come and join clients and staff in making greetings cards for the festive period

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

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

History Group - Fun and discussions on different periods of History

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

Mysteries of The World - fun group Discuss and explore Mysteries, Myths and folklore

Nature Group - Discussing forms of nature in a Fun informative Group.

Open Access Session - This is for potential clients to chat about the service we offer and on the day assessment (time permitting)

Poetry - Exploring poems and meanings and short poetry writing sessions

Puzzle and Connect - Jigsaw puzzles in a group

Read and Reflect - A place of peace to be able to read a book, study or quietly relax

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

Safe Space - A place taking yourself away from your normal place to be in a calm and peaceful environment

The Art of Gratitude - The art of gratitude is about noticing and appreciating the good things in life and expressing thanks for them.

World Interest - Explore topics and find out interesting facts from countries across the world

Zentangle with Music - A creative and calming group where clients explore self-expression through zentangle drawing while listening to music that enhances focus and relaxation