

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 10.45am Community Support Drop-in 11am — 12.30pm	Heathfield Community Support Drop-in 10am — 11.30am Date: 6th June Introduction To Fiction Writing 10am — 12.30pm Dates: 6th, 13th, 20th, 27th June <i>Registration required</i>	5 Ways to Wellbeing 10am — 11am Dates: 7th, 14th, 21st, 28th June Anxiety Group 11.30am — 12.30pm Dates: 7th, 14th, 21st, 28th June	Working With Colour 10am — 12.30pm Dates: 8th, 15th, 22nd June <i>Registration required</i> Walking Group 1pm — 2pm Dates: 1st, 15th, 22nd, 29th June <i>Weather dependent</i>	Mindful Colouring 10am — 11am Hearing Voices Support Group 11.15am — 12.15 pm Date: 2nd June Bipolar Support Group 11.15am — 12.15pm Date: 9th June
	Client Community Meeting 11am — 12.30pm Date: 19th June Gardening Group 1pm — 2.30pm Dates: 12th, 19th, 26th June	Peer Support Group 1pm — 2pm Dates: 27th June Quiz 2pm — 3pm Dates: 20th June		Extended Walking Group 1pm — 2.30pm Date: 8th June <i>Weather dependent</i>	World Interest Group 1pm — 2pm Dates: 2nd, 16th, 30th June Relaxation Group 1pm — 2pm Dates: 9th, 23rd June

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. 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**

New Referral Drop in - Find out more about our service and how we might be able to support you

Community Support Drop-in - Explore topics that impact our lives and wellbeing and other services that can support

Client Community Meeting - Have your say about the Wellbeing centre groups, courses, utilities, furniture, and resources

Gardening Group - Sharing knowledge whilst maintaining the garden and linked craft activities.

Heathfield Community Drop-In - A social group where each week we will work with you to explore topics that impact our lives and wellbeing
**This group is held at Heathfield Community Centre*

Introduction to Fiction Writing Course - An East Sussex College course introducing to a range of exploring creative writing exercises

Peer Support Drop-in (monthly) - Social and educational sessions where support and information are shared to better mental health

Quiz - Test your general knowledge with different questions.

5 Ways to Wellbeing - Explore ways to manage your mental health using this model

Anxiety Group - Learn skills and tools to help manage your anxiety

Working With Colour - An East Sussex College course using a range of methods to explore working with colour.

Walking Group - Get moving with an hour of walking in and around Hailsham

Mindful Colouring - Spend time relaxing colouring in from our large selection of colouring books or bring your own

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

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

World Interest Group - Explore different cultures of the world and learn more about other communities

Relaxation - Take time to reflect and refresh from the week ahead of the weekend