

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 10.45am Dates: 13th, 20th May	Heathfield Community Centre Support Drop-in 10am — 11.30am Date: 7th May Location: Heathfield Community Hall	Mental Health Activity Day 10.30 pm-1.30pm 8th May (wear green) Activities include	Out and About: 2nd May Lewes (All Day) 30th May Roebuck 10.30am — 12.00am Park. <i>*Speak to staff</i>	Mindful Colouring 10am — 11am Dates: 3rd 10th, 17th, 24th , 31st May Bipolar Support/Hearing voices Group 11.15am — 12.15pm Date: 10th May * Guest speaker please see group notes
	Community Support Group 11am — 12pm Dates: 13th, 20th May	Garden Group 12.30pm — 1.30pm Dates: 7th, 28th May	Craft, Bingo, quiz and Healthy social lunch 5 Ways to Wellbeing 10am — 11am Dates: 1st, 22nd, 29th May	Client Community Meeting 11am — 12pm Date: 9th May	History Group 11.15pm (Museum visit) Date: 17th May
	Men's Support Group 1.30pm — 2.30pm Dates: 13th May	Expressive Art 1.00pm — 2.00pm Dates: 7nd, 21st May	Anxiety Group 11.30am — 12.30pm Dates: 1st, 22nd, 29th May	Peer Support Group 16th May 11.30-12.30 Exploring the Decades Group 1pm — 2pm Dates: 23rd May	World Interest Group 11.30am — 12.30pm Date: 24th May Relaxation 1pm — 2pm Date: 17th, 24th May
Afternoon	Younger Adults Group 1.30pm — 2.30pm Date: 20th May				
	<p>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 6th and the 27th of May)</p>				
Address: Prospects House, 7-9		George Street, Hailsham, BN27 1AD			@eastsussexwellbeingcentres

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.

Younger 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 located in Ian Price room

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.

Mental Health awareness day—Come and join in in activities and light healthy lunch (wear something Green)

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/Hearing voices Support Group - A peer-led safe space to share challenges, seek, and offer support to each other., This Month we has a Guest speaker (employment)

History Group - Recovery Worker led group to learn and share knowledge of history, visit the Hailsham Museum

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.

Peer Support Group— Come along and meet our New Peer support Specialist and learn some new skills