

Hailsham Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

August 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Community Support Group Date: 4th, 11th & 18th 10.30am — 11.30am Safe space Date 4th & 11th 11.45am-12.45am	Heathfield Community Date: 12th 10.15am — 11.45am Expressive Art Date: 5th, 19th 11am-12pm Nature Group Date: 26th 11am –12am	5 Ways to Wellbeing Dates: 6th 13th & 20th 10am — 11am Anxiety Group Dates: 6th 13th, 20th 11.15am — 12.15pm	Out and About (all day) Date: 14th Registration Required Read and Reflect Date: 7th & 21st 10.30am—11.30am	Mindful Colouring Date: 1st, 8th, 15th, 22nd & 29th 10am — 11.30am Bipolar Support Group Date: 1st 11.45am — 12.45pm
Afternoon	Qi-Gong Date: 4th, 11th, 18th, 2pm-3pm (Fully booked)	Puzzle and Connect Date: 12th, 19th & 26th 1.30pm– 2.30pm Stone Painting Date: 5th 1.30pm-3.30pm Registration Required	Client Community Meeting Date: 27th 10am– 11am Read and reflect Date: 27th 11am—12pm	Garden Group Dates 28th 10am– 11am Safe Space Date: 21st 12.15pm-1.15pm Watercolour Painting Date: 7th 1.30pm-3.30pm Registration Required History Group Date: 28th, 1.15pm—2.15pm	Hearing Voices Group Date: 8th 11.45-12.45pm Relaxation Date: 15th, & 22nd 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. ***Centre closed for Bank Holidays**

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

Phone: 01323 442706

Email: hailshamwellbeingcentre@southdown.org



@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN

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

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

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

Puzzle and Connect— Jigsaw puzzles in a group

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

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

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.

Mindful Coloring - 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.

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

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

History Group— Fun and discussions on different periods of History

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

Read and Reflect —A place of peace to be able to read a book from home and quietly relax

Watercolour Painting-Tutor leads learning to use watercolours in creating a painting **Registration of interest required**

Stone painting-Use you imagination in painting stones under tutors guidance **Registration of interest required**