

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|---|---|---|---|--|
| Morning | Café Meet Date: 5th, 19th 10.15am - 11.15am Speak to staff for details Community Group Date: 12th, 26th 10.30am - 11.30am | Poetry Group Date: 6th 11am - 12pm Quiz Group Date: 13th 10.30am - 11.30am Heathfield Community Drop-in Date: 27th 10am - 11.45am Centre Closed 20th | 5 Ways to Wellbeing Date: 7th, 14th 10am - 11am Anxiety Group Dates: 7th, 14th, 21st 11.30am - 12.30pm Southdown Mental Health Service Redesign Update Date: 21st 10.30am Coffee and Chat Drop-in Date: 21st, 28th 10am - 11am | Open Access Session Date: 8th, 15th, 22nd, 29th 10am - 12pm *For members of the public ONLINE Community drop-in 11am - 12pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access | Mindful Colouring Date: 2nd, 9th, 16th, 23rd, 30th 10am - 11.15am Hearing Voices Support Group Date: 9th 11.45am - 12.45pm Bipolar Support Group Date: 16th 11.45am - 12.45pm |
| Afternoon | Zentangle with Relaxing Music Date: 5th 1pm - 2pm Mysteries of the World Date: 12th 1pm - 2pm Nature Group Date: 19th 1pm - 2pm History Group Date: 26th 10.30am - 11.30am | Expressive Art and crafts Date: 6th 1pm - 2pm Puzzle and Connect Date: 13th, 27th 1.30pm - 2.30pm | Client Community Meeting Date: 28th 11.30am - 12pm | Introduction to Writing Date: 8th 12.30pm - 3.30pm FULLY BOOKED Planning and Organisation Date: 15th 1pm - 2pm Wood Whittling Date: 22nd, 29th 12.30pm - 3pm Registration Required | World Interest Date: 9th 1.30pm - 2.30pm Relaxation Date: 16th, 23rd 1.30pm - 2.30pm Zentangle with Music Date: 30th 1pm - 2pm |

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.

Café Meet - A Recovery Worker led group in a Café space with a chance for clients to meet up in a community space.

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

Coffee and Chat drop-in - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

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

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).

Planning and organising learn skill in planning/organising - Effective planning reduces stress, saves time, and helps provide structure and purpose.

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.

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

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