

# Hailsham Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

**July 2025**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New Referral Drop-in</b> 10am — 11.00am	<b>Heathfield Community</b> Date: 8th 10.15am — 11.45am	<b>5 Ways to Wellbeing</b> Dates: 2nd, 23rd, 30th 10am — 11am	<b>Out and About</b> Date: 3rd Tilgate Date: 24th Spa Valley Rail- way Speak to staff for details <b>Registration Required</b>	<b>Mindful Colouring</b> 10am — 11:30am
	<b>Community Support Group</b> Date 7th, 21st 10:30am — 11:30pm	<b>Unmasking the Masks</b> Date: 1st, 22nd 10.15am—11.15am	<b>Anxiety Group</b> Dates: 2nd, & 30th 11.30am — 12.30pm	<b>Garden Group</b> Dates 10th, 10.15pm– 11.15pm	<b>Bipolar Support Group</b> Date: 4th 11.45am — 12.30pm
	<b>Safe space</b> Date 14th, 28th 11.45am-12.45am	<b>Fun Quiz</b> Date: 15th, 29th 11am-12pm	<b>Read and reflect</b> Date: 9th 11am—12pm	<b>Mindful walking group</b> Date: 17th 10am-11am	<b>Healthwatch Sussex</b> Speaker Date 4th 12.30pm-1.30pm
Afternoon	<b>Creative Space</b> Date: 7th, 12.00pm-1.00pm	<b>Puzzle and Connect</b> Date: 1st, 22nd & 29th 1.30pm– 2.45pm	<b>Safe Space</b> Date: 16th 11am—12pm	<b>Positive Thinking</b> Date 31st 10.15am—11.15am	<b>Hearing Voices Group</b> Date: 11th 11.45-12.45pm
	<b>Expressive Art</b> Dates: 14th, 28th, 1.15pm — 2.15pm	<b>Safe Space</b> Date 8th, 1pm — 2pm	<b>UOK Client Update Meet- ing</b> Date: 23rd July 11:30m– 12:30pm <b>Hosted by :Stuart Reid</b>	<b>History Group</b> Date: 31st, 1.15pm—2.15pm	<b>Relaxation</b> Date: 11th, 18th, & 25th 1:00 pm — 2:00pm
	<b>Lets Talk Songs</b> Date 21st 12.00pm-1.00pm	<b>Nature Group</b> Date: 15th 1.00pm –2:00pm			
<p><b>Please note:</b> 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</p>					
Address: Prospects House, 7-9 George Street, Hailsham, BN27 1AD				@eastsussexwellbeingcentres	
Phone: 01323 442706		Email: hailshamwellbeingcentre@southdown.org		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** - Co-produced group with staff and clients exploring different forms of art to relax and to help manage overthinking

**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, 13th guest speaker on climate Change

**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.

**Creative Space**— A place where clients can gather to be creative and a sense of community, comfort and support.

**History Group**— Fun and discussions on different periods of History

**Fun Quiz**— Fun and laughter with a easy quiz to get us thinking

**Unmasking the mask**—freeing yourself from past using art and storytelling ( Registration Required)

**Lets talk songs**—Discuss music through past decades

**Positive thinking**—Reframing mindsets and the benefits of positive thinking

**Safe Space**— A place taking yourself away from your normal environment to reflect

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