

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>New Referral Drop-in 10am — 11.00am</p> <p>Community Support Group 11am — 12pm</p>	<p>Heathfield Community Date: 10th 10.15am — 11.45am Meet at Pink Cabbage Heathfield</p> <p>Fun Quiz Date: 17th 11am-12pm</p> <p>Poetry Appreciation Date :3rd, 24th 11-am12pm</p> <p>Puzzle and Connect Date: 10th, 24th 1.30pm– 2.45pm</p> <p>Nature Group Date: 3rd 17th 1.00pm –2:00pm</p>	<p>5 Ways to Wellbeing 10am — 11am</p> <p>Anxiety Group 11.30am — 12.30pm</p> <p>Client Community Meeting Date: 18th 12.30pm - 1pm</p>	<p>Out and About Date: 5th Ashburnham Date: 19th Mystery Tour Speak to staff for details Registration Required</p> <p>Garden Group Dates 12th, 26th 10.15pm– 11.15pm</p> <p>History Group Date: 12th 1.15pm-2.15pm</p> <p>Paint with spoons Date: 26th 12.00pm –1.00pm</p>	<p>Mindful Colouring 10am — 11:30am</p> <p>Bipolar Support Group Date: 6th 11.45am — 12.45pm</p> <p>Hearing Voices Group Date: 13th 11.45-12.45pm</p> <p>Relaxation Date:6th, 13th, 20th 1:00 pm — 2:00pm</p> <p>Creative Space Date: 27th 12:30pm—1:30pm</p>
	Afternoon				

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. **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

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.

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

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

Poetry appreciation–Using poems as a way of expressing feelings

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.

Painting with Spoons– drumming and art expect to get messy

History Group– Fun and discussions on different periods of History

Gardening– time spent in the garden at the centre, planting/weeding/ tidying.

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.