

Hailsham Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

October 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Community Support Group Date 6th, 20th 10.30am - 11.30am	Heathfield Community Date: 14th 10.15am — 11.45am	5 Ways to Wellbeing Dates: 1st, 15th, 29th 10am — 11am	Walking Group Date: 2nd Speak to staff for details	Mindful Colouring Date: 3rd, 10th, 17th, 24th, 31st 10am - 11.15am
	Garden Group Dates 13th 10am - 11am	Read and reflect Date : 21st, 28th 11.00am—12.00pm	Poetry Group Date: 8th 10.30am - 11.30am	Out and About Date: 9th Speak to staff for details	Bipolar Support Group Date: 3rd 11.45am - 12.45pm
	Cake and chat involvement group Date: 20th 11.30am - 12.30pm		Coping with S.A.D Date: 22nd Time: 10.00—11.00pm	Open Access Session 10am - 12pm Date: 16th, 23rd, 30th *For members of the public	Hearing Voices Group Date: 10th 11.45 - 12.45pm
	Safe space Date 27th 11.30am - 12.30pm	Centre closed 7th	Anxiety Group Dates: 1st, 8th, 15th, 22nd, 29th 11.30am — 12.30pm		
Afternoon	Mysteries of the World Date: 27th 1.00pm - 2.00pm	Expressive Art and crafts Date: 21st 1.00pm-2.00pm	Client Meeting Date: 22nd 12:45pm - 1.15pm	Mysteries of the World Date: 2nd 1pm - 2pm	Relaxation Date: 17th, 31st 1.30pm - 2.30pm
	Nature Group Date: 13th 1.00pm – 2:00pm	Puzzle and Connect Date: 14th, 28th 1.30pm – 2.30pm		History Group Date: 30th 1.15pm - 2.15pm	Safe Space Date 24th 1.00pm - 2.00pm
	Read and Reflect Date: 6th, 20th 1pm - 2pm			Word interpretation Date: 16th 1.15pm - 2.15pm	

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

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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.

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

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

Coping with S.A,D - looking at different strategies to combat Seasonal affective disorder

Expressive Art - 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 - Members of the public can just come in, have a look around, ask questions, and if you'd like to join our groups, we'll look to complete a short needs assessment with you. If you're not ready to join, we'll offer information and signposting to other services.

Poetry in motion - talking about poems and the impact of poetry and how we feel, react and respond

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