

Neighbourhood Wellbeing Service

Uckfield | May 2026

Southdown

Monday	Tuesday	Wednesday	Thursday	Friday
	Craft for Wellbeing 10am – 12noon			Stories for Wellness 10am – 12noon
	Quiz and Games 12noon – 1pm		Online Group 11am – 12noon	
	Client Planning Meeting 1 – 2pm (19 May)			Social Space 1 – 2pm
				Relaxation 2 – 3:15pm

Social Space