

Newhaven Wellbeing Centre Timetable

Open: Monday to Friday - 10am-3pm

December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Social Safe Space 10.30am - 12pm Client Community Meeting Date: 15th 10am-11am Music Appreciation 1pm - 2.30pm	Social Safe Space 10.30am - 12pm Festive Bring and Share Date: 23rd 10:30-12pm Christmas Crafting & Art Group Date: 2nd, 9th & 16th 1pm - 3pm Festive Games and Quiz Date: 23rd 1-3pm	CENTRE CLOSED	Games, Knit and Natter 10am - 11.30am Community Support Date: 4th 10.30am-11.30am LGBT+ Support Group Date: 11th 10.30am - 11.30am Hearing Voices Group Date: 18th 10.30am-11.30am Online Community Support 11am-12pm *Ask staff for access codes Open Access 12.30pm-2.30pm *For members of the public <u>Closed on 25th</u>	Script Reading and Improv Group Date: 5th, 12th & 19th 10am - 11.30am Relaxation Session Date: 5th, 12th & 19th 11.30am-12pm Make Clay Decorations Date: 5th 1pm - 3pm *booking required Wreath Making workshop Date: 12th & 19th 1pm - 3pm * booking required <u>Closed 26th Dec</u>

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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www.southdown.org/wellbeingCentresESCN



Social Safe Space - Enjoy the Wellbeing Centre Space to feel safe, relax, and connect with others.

Client Involvement Cake & Chat - Led by Rebecca Sharma, Client & Tenant Involvement Lead, Southdown.

Music Appreciation- Enjoy listening to music with staff and clients, from suggested weekly theme/topics.

Arts & Crafts - Open to all abilities - create, draw, design, make, mend, sew, knit or paint your way to positive wellbeing!

Games, Knit & Natter - Enjoy the Wellbeing Centre Space to be creative and socially connect with others.

LGBT Support Group - A client led safe space to talk openly, share challenges, seek and share support with each other

Hearing Voices Group - A client led safe space to talk openly, share challenges, seek and share support with each other

Client Community Meeting - An opportunity for current clients to hear about the latest updates from the Wellbeing Service and to share your feedback about the service, centre, timetable and resources.

Community Support - A client led safe space to talk openly, share challenges, seek and share support with each other

Guided Meditation & Relaxation – Enjoy some peace and tranquillity at the Wellbeing Centre. Guided meditations are provided on the large TV in the group room.

Online Community Support group - Facilitated by Eastbourne Wellbeing Centre staff. Online behaviour guidelines apply.

*Please speak to staff for access details.

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

Relaxation gentle guided relaxation to live more intentionally in the present (setting a calm attitude for the weekend

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