

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Social Safe Space 10.30am — 12pm</p> <p>Music Appreciation 1pm — 2.30pm</p>	<p>Watercolour Course Dates: 3rd, 10th & 17th 10am —12:30pm *Registration required</p> <p>Art and Crafts Date:24th 10:30am —12 noon</p> <p>Social Safe Space 1pm—3pm</p>	<p>CENTRE CLOSED</p>	<p>Games, Knit and Natter 10am — 11.30am</p> <p>Hearing Voices Group Date: 5th 10.30am — 11.30am</p> <p>Client Community Meeting Date: 12th 10.30am —11.30am</p> <p>LGBT+ Date: 19th 10.30am —11.30am</p> <p>Community Support Date: 26th 10.30am —11.30am</p> <p>Open Access 12:30pm —2:30pm *For new members of the public</p>	<p>Script Reading and Improv Group 10am —11.30am</p> <p>Relaxation Session 11.30am —12pm</p> <p>Card Making 1pm — 3pm *Registration required</p>

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**



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

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 mindfulness practices to live more intentionally in the present (setting a calm attitude for the weekend

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