



Monday	Tuesday	Wednesday	Thursday	Friday
	 Peer Support Community group 10.30am — 11.30am (run by Peer Support) Not running on the 9th		 Community Support Group 2pm — 3pm (run by Eastbourne)	

- Please remember we ask all individuals attending to follow the Personal Behaviour Guidelines.
- Should no client turn up within the first 15minutes, the session will close.
- If only 1 attendee shows we will review together, and decide whether the activity can continue or close the session.
- Zoom links will be changed at the beginning of January, April, July, and October.

The above sessions are available to clients of any of the Wellbeing Centres and Peer Support Service. Please contact your Wellbeing Centre for session details and passwords in advance of the group session.

* Please remember we are closed on Bank Holidays (1st April)

 All our online groups this month are run on Zoom

Wellbeing Centre Phone numbers

Hastings/ St Leonard's: 01424 435472

Eastbourne: 01323 405330

Lewes: 01273 472453

Uckfield: 01825 760684

Bexhill: 01424 215548

Hailsham: 01323 442706

Newhaven: 01273 517641

Staying Well Service – Contact details

If you need urgent mental health support, outside of normal working hours, the Staying Well Space is here for you. Get help and advice in a relaxed, friendly and safe environment. Open 7 days a week, 365 days a year. The service is free and available to adults (18+) with urgent mental health support needs living across East Sussex.

Eastbourne

Telephone (Freephone): 0800 023 6475

Choose option #1

Email: stayingwell.eastbourne@southdown.org

Hastings (St Leonards-on-Sea)

Telephone (Freephone): 0800 023 6475

Choose option #2

Email: stayingwell.hastings@southdown.org

Please check our website for the opening times