




Monday	Tuesday	Wednesday	Thursday	Friday
	 Community Support Group 2pm - 3pm (run by Lewes)	 Themed Peer Support Group 10.30am—12pm (run by Peer Specialists) *book a space to attend.	 Community Support Group 2pm - 3pm (run by Eastbourne/Uckfield)	

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 with you the options, and decide to continue with the activity set for the group (if suitable) or close the session.

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. For more information on SUN Group please contact: serviceusernetwork@southdown.org

 All our online groups this month are run on Zoom

www.southdown.org/WellbeingCentresESCN

Wellbeing Centre Phone numbers

The Wellbeing Centres are open for phone support; Monday to Friday 10am to 3pm (excluding bank holidays)

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 (16+) 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