

# Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

April 2024

|           | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|-----------|--|--|--|---|--|
| Morning   | <p><b>Client Meeting</b><br/>8th April<br/>10am -11am</p> <p><b>Centre Closed</b><br/><b>Bank Holiday</b><br/>1st April</p>        | <p><b>Creative Minds</b><br/>10am - 12pm</p>   | <p><b>Music Appreciation</b><br/>11am - 11-45am</p> <p><b>Quiz Group</b><br/>11-45am - 12-30pm</p> | <p><b>Positive News &amp; Skill Sharing</b><br/>10-30am - 12-30pm</p> | <p><b>Games Group</b><br/>11am - 12pm</p>                                |
| Afternoon | <p><b>Bipolar Support Group</b><br/>29th April<br/>2pm - 3pm</p> <p><b>Centre Closed</b><br/><b>Bank Holiday</b><br/>1st April</p> | <p><b>Gardening Group</b><br/>9th, 16th, 23rd, 30th<br/>April<br/>12-45pm - 1-45pm</p> | <p><b>Centre Closed</b></p>  | <p><b>Relaxation &amp; Mindfulness</b><br/>1-45pm - 2-45pm</p>        | <p><b>New Referral Drop In</b><br/>12th, 26th April<br/>2pm - 2-45pm</p> |

**Please note:** In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times for support either by asking if they have availability to see you in person or over the phone. **\*We are closed on Bank Holidays**

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[www.southdown.org/wellbeingCentresESCN](http://www.southdown.org/wellbeingCentresESCN)