

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 09.30am – 3.30pm

June 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	WRAP Course 12th, 19th, 26th June 10am - 1pm	Creative Minds 10am - 11-30pm	Community support drop in 11am - 12-30pm	Music Group 8th, 22nd June 11am - 11:30am Positive News Discussion Group 1st, 15th, 29th June 11am - 11:30am Games Group 11:30am - 12-30pm	Gardening Group 2nd June 10am - 11-30am Let's get baking 9th, 16th, 23rd and 30th June 10am - 1pm
Afternoon	Bi-polar support group Monday 26th June 2pm - 3pm	Walking Group 1pm - 2-30pm			

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