

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

March 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Creative Minds 10am - 11-30pm	Music Appreciation 11am - 11-45am Quiz Group 11-45am - 12-30pm	Skill Sharing & Positive News 10.-0am - 12-30pm Client Led Positive News 7th March 10-30am - 12pm Centre Closed 28th March	Games Group 11am - 12pm Centre Closed Bank Holiday 29th March
Afternoon	Bipolar Support Group 25th March 2pm - 3pm		Centre Closed	Relaxation & Mindfulness 1-45pm - 2-45pm Centre Closed 28th March	New Referral Drop In 22nd March 2pm - 2-45pm Centre Closed 29th March Bank Holiday

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