

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

May 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Bank Holiday 6th, 27th May Centre Closed</p>	<p>Craft For Wellbeing 10am - 12pm</p>	<p>Music Appreciation 11am - 11-45am</p> <p>Quiz Group 11-45am - 12-30pm</p>	<p>Positive News & Skill Sharing 10-30am - 12-30pm</p> <p>Client Led Positive News 23rd May 10-30am - 12pm</p>	<p>Healthy Eating on a Budget 3rd, 10th, 17th, 24th May 10am -1pm</p> <p>Cake and a Cuppa 3rd and 24th May 1-30pm - 2-30pm</p> <p>Games Group 31st May</p>
Afternoon	<p>Bipolar Support Group 20th May 2pm - 3pm</p> <p>Bank Holiday 6th, 27th May Centre Closed</p>	<p>Gardening Group* <i>*weather permitting</i> 1pm - 2pm</p>	<p>Centre Closed</p>	<p>Relaxation & Mindfulness 9th, 16th, 30th May 1-45pm - 2-45pm</p>	<p>New Referral Drop In 17th, 31st May 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