

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 09.30am – 3.30pm

August 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	CENTRE CLOSED	Craft for Wellbeing Date: 5th, 12th, 19th 10.15am - 12pm Client afternoon tea Sign up required Date: 26th August 11:30am - 2pm	Quiz 10.30am - 12pm	Positive News 10.30am - 12pm	Stories for Wellness Date: 1st, 8th, 15th, 22nd 11am - 12.30pm CENTRE CLOSED 29th
Afternoon	CENTRE CLOSED		CENTRE CLOSED	Relaxation & Mindfulness 1pm - 2.30pm ONLINE Community drop-in 2pm - 3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access	Bi-Polar group Date: 22nd 1:45pm - 3pm

If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. *We are closed on Bank Holidays

Address: Bellbrook Centre, Bell Lane, TN22 1QL

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@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN