

# Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 09.30am – 3.30pm

February 2026

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	CENTRE CLOSED	<p>Craft for Wellbeing 10.15am - 11.45am</p> <p>CENTRE CLOSED 10th</p>	<p>Quiz 10.30am - 12pm</p> <p>Social Drop-In 12pm - 12.30pm</p>	<p>5 ways to Wellbeing 10.30am - 12pm</p> <p>ONLINE Community drop-in 11am - 12pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access</p> <p>CENTRE CLOSED 26th</p>	<p>Stories for Wellness 11am - 12.30pm</p>
Afternoon	CENTRE CLOSED	<p>Open Access Session Date: 3rd, 17th, 24th 12.30pm - 2.30pm *For members of the public</p>	CENTRE CLOSED	<p>Relaxation &amp; Mindfulness 1pm - 2.30pm</p>	<p>Client Meeting Date: 13th 1.30pm - 2.30pm</p> <p>Bi-Polar group Date: 27th 1:45pm - 3pm</p>

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

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

**5 Ways to Wellbeing** - Recovery Worker led group to explore ways to manage your mental health using this model.

**Bipolar Support Group** - A peer-led safe space to share challenges, seek, and offer support to each other.

**Cake and Chat Involvement Group** - Meet with Rebecca Sharma, Southdown's Client and Tenant Involvement Lead to discuss a range of topics effecting Southdown tenants/clients

**Client Community Meeting** - Recovery Worker led session to hear your feedback on the centre, service, and timetables.

**Craft for Wellbeing** - Recovery Worker led group enabling clients to spend time completing art and craft activities.

**Open Access Session** - Members of the public can just come in, have a look around, ask questions, and if you'd like to join our groups, we'll look to complete a short needs assessment with you. If you're not ready to join, we'll offer information and sign posting to other services.

**Positive News** - Recovery worker led group discussing positive news stories and how they can impact the world for the better.

**Quiz** - a Recovery worker led session which enables you to test your knowledge with fellow clients across an array of subjects.

**Stories for Wellness** - Talking about stories and poems and discussing the impact of literature and how we feel, react and respond.

**Relaxation and Mindfulness** - Recovery Worker led group to explore mindfulness, meditation, and tools to help relax before the weekend.

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