

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 09.30am – 3.30pm

July 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Centre Closed	Craft for Wellbeing Date: 1st, 8th, 29th 10.15am - 12pm Client Led Craft for Wellbeing Date: 15th 10.15am - 12pm	Quiz 10.30am - 12pm	Skill sharing Date: 10th, 17th, 24th, 31st 10.30am - 12pm Client Led Skill Sharing Date: 3rd 10.30am - 12pm	Stories for Wellness Date: 11th, 18th, 25th 11am - 12.30pm Client Led Stories for Wellness Date: 4th 11am - 12.30pm
Afternoon	Centre Closed	New Referral Drop In Date: 22nd 2pm - 2:45pm	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: 25th 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

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@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN