

Eastbourne Wellbeing Centre Timetable

Open: Mon/Tues/Fri 10am-3pm (Wed/Thurs in community/online)

January 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am Autism Support Group Date: 6th & 20th 11.30am — 12.30pm Relaxation Dates: 13th & 27th 11.30am — 12.30pm	Warm Space 10am—11am Exploring Music & Sound Date: 7th & 14th 11am—12pm Client Community Meeting Date: 21st 11am—12pm Care for the Carers Date: 28th 11am — 12.30pm <i>*Registration required</i>	Groups are operated in the community Café Group Age concern Eastbourne Junction Rd, BN21 3QY Date: 8th, 15th, 22nd & 29th 10:30am—11:30am	Groups are operated in the community For other Wellbeing Centre timetables, please contact your recovery worker or visit: https://www.southdown.org/services/wellbeingcentres/	Arts & Crafts 10.30am— 12 noon Games Group Dates: 3rd, 10th & 17th 12.30pm—1.30pm Warm space Dates: 3rd, 10th, & 17th 1.30pm—2.30pm
	Origami Course Dates: 13th, 20th & 27th 1:30pm -3:30pm <i>*booking required</i>	Action Planning for the New Year Date: 14th & 21st 1:30pm– 2:30pm			

Please note: If you need support, information, or you are struggling to cope, please feel free to call our centre during our opening times and a member of staff will be happy to help when they are available. *** Please remember we are closed on Bank Holidays 1st January 2025**

Address: Eastbourne Wellbeing Centre, Suites 1 & 2, The Printworks, 20 Wharf Road, Eastbourne, BN21 3AW

Phone: 01323 405330

Email: eastbournewellbeingcentre@southdown.org



@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN

New Referral Drop in - For new referrals and/ or external services to find out more about the Wellbeing Service and how we can support you.

Relaxation— A space for you to enjoy a moment of peace and tranquillity

Autism Support Group - A peer-led safe space to talk openly, share challenges, seek and share support with each other

Origami Course - This is the art of folding paper into shapes and designs. This is a fun and productive way to give your mind a break, improving overall mental wellbeing and reducing stress. *Registration required— college course

Care for the Carers Support Group - For those who care for someone else with a mental health condition who would not be able to cope without support. Contact James Baker from Care for the Carers: jamesb@cftc.org.uk

Warm Space – Enjoy a warm space and hot drink with staff and other clients .

Exploring Music & Sound— Peer support led. Enjoy music in a variety of wellbeing ways

Action Planning for the New Year—Suggested by Eastbourne Wellbeing Centre clients. A space for you to discuss and create an action plan for your goals in the New Year.

Arts & Crafts - Open to all abilities—create, draw, design, make, mend, sew, knit or paint your way to positive wellbeing! Bring your own activity or use Wellbeing Centre resources provided.

Client Community Meeting- An opportunity for current clients to hear about the latest updates from the Wellbeing Service and to share your feedback about the service, centre, timetable and resources.

Games Group - Come and play cards, scrabble, chess, kerplunk and other games with peers. Games provided.