

Eastbourne Wellbeing Centre Timetable

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

November 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am Autism Support Group Date: 11th Nov 11.30am — 12.30pm Experimental Sketchbooking for growing idea College course 1pm -3:30pm *booking required	Relaxation 10:00am—11:00am World Kindness Event Date: 12th November 11:00am—1pm Wellbeing in Autumn Date:19th Nov 11:30am -12:30pm Care for the Carers Date: 26th November 11am — 12.30pm <i>*Registration required</i> Warm & Welcoming space 1:00pm -2:30pm	Groups are operated in the community Walking Group Dates: 6th 10:30am — 12.00pm Hampden Park *weather permitting Café Group Age concern Eastbourne Junction Rd BN21 3QY Date: 20th & 27th 11am—12pm	Groups are operated in the community and at other Wellbeing Centres See timetables	Arts & Crafts 10.30am— 12 noon Games 1pm — 2:30pm Client Community Meeting Date: 15th Nov 2:30pm—3:30pm
	Afternoon				

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**

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.

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

Sketch Booking: Using the humble sketchbook, we will explore different ideas and techniques for developing and making art, learning how any idea is a good idea. Explore a range of art materials including pencils, pastels, and paints to develop your own creative style! Open to any level. All materials provided. Registration required— college course

Relaxation - A quiet, safe space, for you to enjoy some peace and tranquillity away from day to day stressors.

World Kindness day: Fun facts, crafts, games and interesting information.

Wellbeing in Autumn—Recovery worker led group to discuss and share ideas on wellbeing in Autumn.

Warm & Welcoming Space. A space to attend that is warm and comfortable , bring you own things to do.

Care for the Carers Support Group - If you care for someone who would not be able to cope without your support, and you would like to attend this group, please contact a member of staff.

Walking Group - Come and join peers and recovery workers on a stroll in nature.

Café Group: Meet at Age Concern Eastbourne— Venton centre for a cuppa and a chat with recovery workers

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.

Games Group—. Enjoy a variety of table games in a safe and friendly group.

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.