

# Eastbourne Wellbeing Centre Timetable

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

**October 2024**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New Referral Drop-in</b> Dates: 10am — 11am  <b>Client Community Meeting</b> Date: 7th Oct 11:30—12:30am	<b>Guided Meditation:</b> <b>10:00-11:00</b>  <b>Wellbeing Workshop</b> 8th , 15th & 22nd 11:30am—12.30pm	<b>Groups are operated in the community</b>  <b>Walking Group</b> Dates: 2nd & 16th Oct 10:30am — 12.00pm Hampden Park *weather permitting	<b>Groups are operated in the community and at other Wellbeing Centres</b>  <b>See timetables</b>	<b>Arts &amp; Crafts</b> 10.30am— 12 noon  <b>Exploring Music &amp; Sound</b> Dates: 4th , 11th & 18th 1.30pm — 2.30pm  <b>History of Halloween</b> <i>Ancient Celtic festival</i> <b>Date: 25th Oct</b> <b>1pm –2:30pm</b>
	<b>Peer support Group</b> Date: 14th Oct 11.30am — 12.30pm  <b>Autism Support Group</b> Date: 28th October 11.30am — 12.30pm  <b>ATS – SPFT Sensory workshop</b> 1pm -3:30pm  * Private Group	<b>Care for the Carers Support Group</b> Date: 29th Oct 11am — 12.30pm <i>*Registration required</i>  <b>Positive Hour</b> <b>1:30pm -2:30pm</b>			

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.

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

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

**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.

**ATS-SPFT—Sensory Workshop**— Assessment and Treatment service deliver a course for their service users , developing partnership working - private group

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

**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.

**Positive Hour**— A space to leave your stresses at the door and focus on positivity.

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

**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.

**History of Halloween**— Fun facts, crafts, games and interesting information on Halloween through the ages in the UK.

**Exploring Music & Sound for Wellbeing**— Staff led. Enjoy music in a variety of wellbeing ways