

	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning	New Referral Drop-in 10am — 11am	Writing for Wellbeing Dates: 11th 10 :30am 12 noon	Groups are operated in the community	Groups are operated in the community	Arts & Crafts Dates: 7th, 14th, 21st & 28th 10.30am - 12pm	
	Mindful Colouring 11:30am –12:30pm Dates: 3rd & 10th & 31st	Coping Skills & The 5 Ways to Wellbeing Dates: 4th & 18th, 11am - 12 noon			Café Group Age concern Eastbourne Junction Rd, BN21 3QY Dates: 5th, 12th, 19th & 26th 10:30am—11:30am	Diamond Painting with Peers Date: 14th March 10.30 - 12pm
	Hearing Voices Group Date: 17th 11.30am —12.30pm	Client Community Meeting Date: 11th 12pm -- 1pm			Let's talk Mental Health Age concern Eastbourne Junction Rd, BN21 3QY Dates: 5th (Sleep & Mental Health), & 19th (Anxiety & Mental Health) 11.30am - 12.30pm *booking required	For other Wellbeing Centre timetables, please contact your recovery worker or visit: https://www.southdown.org/services/wellbeingcentres/
Afternoon	Autism Support Group Dates: 24th 11.30am - 12.30pm	Care for the Carers Date: 25th March 11am — 12.30pm *Registration required	Music Group Dates: 14th, 28th 1 - 2:30pm			
	Wood Whittling Course Date: 3rd & 10th 1pm - 3.30pm *booking required	Meditation & Wellness Course Dates: 4th, 1th,18th & 25th 12.30 - 3pm	International Day of Happiness Celebration Date: 21st March 1 - 2.30pm			
	Games & Warm Space Dates: 17th, 24th & 31st 1.30 - 3pm					

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. **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.

Mindful Colouring- Adult colouring books and pencils provided. You are welcome to bring your own quiet activity.

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

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

Games Group & Warm Space - Come and play cards, scrabble, chess, kerplunk and other games with peers, use Wellbeing Centre resources, or bring your own activity and enjoy a nice hot drink at the Wellbeing Centre.

Wood Whittling Course - A fun introduction to whittling with wood suitable for beginners with an interest in wood crafts. Whittle a letter knife, spreader and spoon - a project each week with a range of green woods. *Registration required - course delivered by ESCG

Writing for Wellbeing- A calm, quiet space to journal and write freely. Staff will provide writing prompts

Coping Skills & The 5 Ways to Wellbeing- Peer and recovery worker led. Discuss and share how The 5 Ways to Wellbeing and coping skills can help us to manage our own mental health. * Booking required as spaces are limited

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.

Meditation & Wellness Course - focus on aligning the body, meditation exercises for beginners, Chi Kung, mindfulness and many other techniques. *Registration required - course delivered by ESCG

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

Lets Talk Mental Health - Themed group. Peer and recovery worker led space to share experiences and coping skills. 5th March - Sleep & Mental Health, 19th March - Anxiety & Mental Health. *Registration required

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

Diamond Painting with Peers - Peer led demonstration of how to do diamond art painting. Resources provided.

Roadmap to Recovery - Delivered in partnership with ATS. *registered clients only.

Music Group - Enjoy music and explore how it can be used to support your emotional wellbeing or use Wellbeing Centre resources provided

International Day of Happiness Celebration - Join staff and other peers in a celebration of everything that brings us joy and happiness.