

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New Referral Drop-in</b> 10am — 11am <b>Autism Support Group</b> Dates: 3rd & 17th 11.30am - 12.30pm <b>Hearing Voices Group</b> Date: 10th Feb 11.30am —12.30pm	<b>Mindful Colouring</b> Dates: 4th, 11th, 18th, 25th 10 - 11am <b>Client Community Meeting</b> Date: 4th Feb 11am -- 12 noon <b>Music Group</b> Dates: 11th, 18th 11am - 12 noon <b>Care for the Carers</b> Date: 25th Feb 11am — 12.30pm *Registration required	<b>Groups are operated in the community</b>  <b>Café Group</b> Age concern Eastbourne Junction Rd, BN21 3QY Dates: 5th, 12th, 19th & 26th 10:30am—11:30am	<b>Groups are operated in the community</b>  For other Wellbeing Centre timetables, please contact your recovery worker or visit: <a href="https://www.southdown.org/services/wellbeingcentres/">https://www.southdown.org/services/wellbeingcentres/</a>	<b>Arts &amp; Crafts</b> Dates: 7th, 14th, 21st & 28th 10.30am - 12pm  <b>Games Group &amp; Warm Space</b> Dates: 7th Feb 1 - 3pm
	<b>Origami Course</b> Dates: 3rd Feb 1:30pm -3:30pm *booking required <b>Warm Space</b> Dates: 10th & 17th 1pm - 2.30pm <b>Wood Whittling Course</b> Date: 24th Feb 1pm - 3.30pm *booking required	<b>UOK Q&amp;A Client Meeting</b> Date: 11th Feb 1 - 2pm <b>Writing for Wellbeing</b> Dates:4th, 18th, 25th 1.30 - 3pm			<b>Roadmap to Recovery Group</b> Dates: 14th, 21st, 28th 1 - 3.30pm *registered clients only

**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.
- 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
- 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 – course delivered by ESCG (East Sussex College Group)
- Warm Space** - Enjoy a warm space and hot drink with staff and other clients .
- 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
- Music Group** - Enjoy music and explore how it can be used to support your emotional wellbeing
- 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.
- Mindful Colouring** - Adult colouring books and pencils provided. You are welcome to bring your own quiet activity.
- 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
- UOK Q&A Client Meeting** - an opportunity for current Wellbeing Centre clients to ask questions and to learn more about the latest redesign and transformation updates.
- Writing for Wellbeing** - A calm, quiet space to journal and write freely. Staff will provide writing prompts.
- 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.
- Roadmap to Recovery** - Delivered in partnership with ATS. \*registered clients only.