

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in Dates: 5th, 12th & 19th 10am -10.45am	Heathfield Community Centre Date: 6th 10am- 11.30am Community Hall Followed by Pink Cafe	5 Ways to Wellbeing Dates: 7th, 14th & 21st 10am — 11am	Out and About Battle Date: 8th *Ask staff to book	Mindful Colouring 10am - 11am Date: 2nd,9th,16th,23rd &30th
	Community Support Group Dates: 5th, & 19th 11am -12pm	Garden Group Dates: 13th & 27th 10am- 11am	Anxiety Group Dates: 7th, 14th & 21st 11.30am — 12.30pm	Pevensey Date: 22nd *Ask staff to book	Bipolar Support Group Date: 2nd August 11.15am—12.15pm
	Client Community Meeting Date: 12th 12am-12.30pm	International Day of Friendship Date: 13th 12pm– 1.30pm	History Group Date: 28th 10am-11am	Peer Support Group Date: 8th & 29th 10.30am-11.30am	Community Support Group Dates: 16th & 30th 11.30-am - 12.30pm
Afternoon	Hearing Voices Group Date: 5th August 12.15am—1.15pm	Expressive Art Dates: 20th & 27th 1pm- 2pm		Exploring the Decades Date: 15th 1pm-2pm	Relaxation Date: 9th & 23rd 1pm - 2pm
	Men's Support Group Dates: 12th August 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 for support either by phone or asking if they have availability to see you in person. **Centre closed for Bank Holiday on Mon 26th Aug 2024.**

New Referral Drop in - Recovery Worker led space to find out more about our service and how we might support you.

Community Support Group - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

Hearing Voices Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Men's Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Heathfield Community Drop-In - Recovery Worker led social group exploring topics that impact our lives and wellbeing

Garden Group - Recovery Worker led group to share knowledge whilst maintaining the garden and linked craft activities.

Expressive Art - Co-produced group with the Wellbeing Centre and clients exploring different forms of art to relax and to help manage overthinking

5 Ways to Wellbeing - Recovery Worker led group to explore ways to manage your mental health using this model.

Anxiety Group - Recovery Worker led group to learn skills and tools to help manage your anxiety.

Out and About - Meet at the Hailsham Wellbeing Centre (please speak to staff).

Client Community Meeting - Recovery Worker led session to hear your feedback on the centre, service, and timetables.

Exploring the Decades - Recovery Worker led group to explore music, fashion, and trends through the decades (This month the 1970s)

Mindful Colouring - Recovery Worker led group: spend time colorings in from our large selection of books or bring your own.

Bipolar Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

History Group - Recovery Worker led group to learn and share knowledge of history, visit the Hailsham Museum

Relaxation - Recovery Worker led group to explore mindfulness, meditation, and tools to help relax before the weekend.

Peer Support Group - Come along and meet our New Peer support Specialist and learn some new skills

International Day of friendship - Peer/client led group celebrating friendship with a taste of Mediterranean food, come along, a ticket for lunch is a picture or postcard of a place you would like to visit and an interesting fact of your country of choice.