

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11am	Heathfield Community Date: 7th Jan 10am — 12.15pm Location: Heathfield Community CTR	5 Ways to Wellbeing 10am — 11am	Eco Crafts (E.S college course) Start date: 9th 10am-12.30am *register with staff to attend	Mindful Colouring 10am — 11:30am
	Community Support Group 11am — 12pm	Warm Space Date: 14th, 21st & 28th 10:30am 11.30am	Anxiety Group 11.30am — 12.30pm	Lets Talk Songs Date: 16th Jan 1pm-2pm	Bipolar Support Group Date: 10th 11.45am — 12.45pm
	Expressive Art Dates: 6th, 20th & 27th 1.15pm — 2.15pm	Paint that Tune Date: 7th & 14th 1.30pm-2.30pm		Writing for pleasure Date: 30th Jan 1pm– 2pm	Hearing Voices Group Date 31st 11.45-12.45pm
Afternoon	Men's Support Group Date: 13th 1.15pm — 2.15pm	Learn Latch hook Craft Date: 21st & 28th 1.30pm-2.30pm		History Group Dates: 9th & 23rd 12:15pm-1.15pm	Warm Space Date: 17th 1:30pm—2:30pm
				Client Meeting Date: 23rd 1.30pm-2.30pm	Relaxation Date: 3rd & 10th 1:30 pm — 2:30pm
				Warm Space Date: 2nd, 9th & 16th 2pm-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 for support either by phone or asking if they have availability to see you in person. **Centre closed for Bank Holidays 1st January 2025**

Address: Prospects House, 7-9 George Street, Hailsham, BN27 1AD

Phone: 01323 442706

Email: hailshamwellbeingcentre@southdown.org

 @eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN

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.

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

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

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

Warm Space— a place where clients can gather to support their wellbeing offering a sense of community, comfort and support

History Group— An opportunity to delve into key historical events, figures, and themes, group discussions, presentations, and exploration

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.

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

Crafting – Craft making

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.

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

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

Writing for pleasure— using different forms of writing to learn more about the things we enjoy

Learn Latch Hook Craft— Latch hook craft is a form of textile art that involves creating rugs, wall hangings, or other decorative items using a tool called a latch hook.

Eco Craft— learn the art of recycling and repurposing in this fun creative course

Paint that Tune— expressing yourself in painting with music