

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in 10am — 11.00am Community Support Group Dates: 11th & 18th 11am — 12.30pm Expressive Art Dates: 11th Nov 1.15pm — 2.15pm	Heathfield Community Centre Support Drop-in Date: 5th November 10am — 12.15pm Location: Heathfield *Registration required Community Support Group Dates: 12th, 19th & 26th 11am – 12:30 History group Dates: 19th & 26th Nov 1.30pm — 2.30pm	5 Ways to Wellbeing 10am — 11am Date: 6th, 20th, 27th. Anxiety Group Dates: 11.30am — 12.30pm Date: 6th, 20th, 27th	Community Support Group 11am—12:30pm Walking Group 1:30pm– 2:30pm Dates: 7th Nov Exploring the Decades Date: 14th, 21st & 28th Nov 1:30 pm-2:30pm	Mindful Colouring 10am — 11:00am Community Support Group 11am– 12:30pm Client Community Meeting Date 22th Nov 11:30am– 12pm Relaxation 1:30 pm — 2:30pm
	Men's Support Group Dates: 18th November 1.15pm — 2.15pm				
	Afternoon				

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**

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 safe space to feel part of the Wellbeing community.

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

Men's Support Group - A Recovery worker 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

History Group— Recovery Worker led- Learn and share interesting knowledge about the past.

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.

Walking Group - Meet at the Hailsham Wellbeing Centre (please speak to staff).

Explore The Decades- Recovery Worker led group to explore music, fashion, and trends through the decades.

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

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

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