

# Hailsham Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

**October 2024**

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New Referral Drop-in</b> 10am -11.00am	<b>Heathfield Community Centre Support Drop-in</b> Date: 8th Oct 10am -12.15pm Location: Heathfield	<b>5 Ways to Wellbeing</b> 10am — 11am Date: 2nd ,16th & 23rd	<b>South Korea event</b> Date: 10th oct 11am-1:00pm	<b>Mindful Colouring</b> 10am — 11:30am
	<b>Community Support Group</b> Date:7th ,14th & 28th Oct 11am -12.15pm	<b>Papier Mache Modelling</b> Dates 1st, 8th, 15th, 22nd 10.00am-12.30pm *Registration required	<b>Anxiety Group</b> Dates: 2nd ,16th & 23rd 11.30am — 12.30pm	<b>Creative Skills Share</b> Date: 3rd, 17th & 24th 11am-12pm	<b>Bipolar Support Group</b> Date: 4th Oct 11.45am — 12.45pm
	<b>Expressive Art</b> Dates: 7th & 28th Oct 1.15pm -2.15pm	<b>Autumn Garden Group</b> Dates: 15th & 29th oct 1:30pm—2:30pm	<b>Client Community Meeting</b> Date 30th Oct 10am– 10:45am	<b>Exploring Music &amp; Sound</b> Date: 17th & 24th Oct 1pm-2.00pm	<b>Warm space</b> Dates: 11th , 18th & 25th 12:30pm—1:30pm
Afternoon	<b>Men's Support Group</b> Dates: 14th Oct 1.15pm -2.15pm	<b>History group</b> Dates: 22nd 1.30pm -2.30pm	<b>Taking photos on phones</b> Date:30th Oct 11am-12pm	<b>Exploring the Decades</b> Date: 31st Oct 1pm-2pm	<b>Relaxation</b> Date: 11th & 25th Oct 1:30 pm — 2:30pm
	<p><b>Please note:</b> 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. <b>Centre closed for Bank Holidays</b></p>				

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

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@eastsussexwellbeingcentres

[www.southdown.org/wellbeingCentresESCN](http://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.

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

**Autumn Garden Group** - Recovery Worker led group to share knowledge whilst maintaining the garden and linked craft activities (Weather permitting)

**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.

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

**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.

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

**Creative Skill Share**- Come along and join in sharing your skills with others, whilst socializing, please bring your own creative projects

**Taking photos on Phones** - Join in and share enjoyment of taking photos, hints and tips

**Lets talk songs**- listening and discussing Songs that have a happy meanings in you your life

**South Korea Event**- Enjoy embracing the culture of South Korea and traditions with Crafts and sample of food

**Warm Space**-A place where clients can gather to support their well-being. Offering a sense of community, comfort, and emotional support.

**Exploring music & sounds**- Staff led -enjoy music in a variety of wellbeing ways

**Exploring the Decades**- looking at the 80s decade and Cultures including fashion, sport, music and events

**History Group**- An opportunity to delve into key historical events, figures, and themes, group discussions, presentations, and exploration of various historical periods in a fun friendly group.

**Papier Mache Modelling**-The course is for anyone who wishes to get creative in modelling Papier Mache to create 3D models (Registration Required)