

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New Referral Drop-in</b> 10am — 11.00am	<b>Heathfield Community</b> Date: 4th 10am — 12.15pm	<b>5 Ways to Wellbeing</b> Dates: 5th,12th,26th 10am — 11am	<b>Eco Crafts</b> Dates:6th & 13th 10am-12.30am	<b>Mindful Colouring</b> 10am — 11:30am
	<b>Community Support Group</b> 11am — 12pm	Location: Heathfield Community CTR <b>UOK Q &amp; A</b>	<b>Anxiety Group</b> Dates: 5th 12th, 26th 11.30am — 12.30pm	<b>Fully Booked</b>	<b>Bipolar Support Group</b> Date: 14th 11.45am — 12.45pm
	<b>Men's Support Group</b> Dates: 10th 1.15pm — 2.15pm	<b>Client Meeting</b> Date: 11th Feb 11am-12pm	<b>Warm space</b> Date: 19th Feb 10:30-11:30	<b>Lets Talk Songs</b> Date: 20th 10:30am –11.30am	<b>Hearing Voices Group</b> Date 21st 11.45-12.45pm
Afternoon	<b>Expressive Art</b> Dates: 3rd & 17th 1.15pm — 2.15pm	<b>Lets Talk series</b> Date: 11th Feb 1.15pm-2.15pm		<b>Lets talk series</b> Date: 27th 10:30am –11:30	<b>Relaxation</b> Date: 7th & 21st 1:30 pm — 2:30pm
		<b>Creative Warm Space</b> Date: 4th ,18th & 25th 1:30pm—2.30pm		<b>History Group</b> Dates: 6th & 13th 12:45pm-1.45pm	<b>Creative Warm Space</b> Date: 28th 1:30pm—2:30pm
		<b>Hug In A Mug</b> Date:25th 11am --12.30pm		<b>Vision Boards</b> Date: 27th 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 Holidays**

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

**Phone:** 01323 442706    **Email:** hailshamwellbeingcentre@southdown.org



@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.

**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

**Creative Warm Space** - a place where clients can gather to be creative and a sense of community, comfort and support.

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

**Lets talk series- Healthy Relationships on 11th feb & suicidal ideation & Safety planning on 27th** lets talk scenarios and better manage expectations with yourself and others.

**Hug in a Mug** - Eating and cooking together

**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.

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

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

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

**Vision Boards** - make vision boards and visualization techniques for wellbeing.

**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.