

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>New Referral Drop-in</b> 10am — 11.00am <b>Community Support Group</b> 11am — 12pm <b>Men's Support Group</b> Dates: 10th 1.15pm — 2.15pm	<b>Heathfield Community</b> Date: 4th 10am — 12.15pm Location: Heathfield Community CTR—UOK meeting <b>History Group</b> Dates: 11th & 25th 10:30am -11:30pm <b>Carry on Latching</b> Date: 18th & 25th 11:30am—12.30pm <b>Creative Warm Space</b> Date: 4th , 18th &25th 1:30pm—2:30pm <b>Lets Talk Series Schizophrenia Part 1</b> Date: 11th 1.15pm-2.15pm	<b>5 Ways to Wellbeing</b> 10am — 11am <b>Anxiety Group</b> 11.30am — 12.30pm <b>Client Meeting</b> Date: 5th 12:30pm-1pm	<b>Puzzle and Connect</b> Date 6th & 27th 10:30am-11:30am <b>Out and About</b> Date: 13th 11am-12pm <b>Lets Talk Series Part2 : Psychosis</b> Date: 20th 10:30am –11:30am <b>Nature Group</b> Date: 13th and 27th 12.45-1.45pm <b>Creative Warm Space</b> Date: 6th & 20th 1:30pm—2:30pm	<b>Mindful Colouring</b> 10am — 11:30am <b>Creative Warm Space</b> Date: 7th 12:30pm—1:30pm <b>Bipolar Support Group</b> Date:14th 11.45am — 12.45pm <b>Hearing Voices Group</b> Date 21st 11.45-12.45pm <b>Relaxation</b> Date: 14th & 28th 1:30 pm — 2:30pm
	<b>Expressive Art</b> Dates: 3rd,17th, 1.15pm — 2.15pm <b>Talk About Songs</b> Date: 24th 1pm –2pm <b>Autism Support Group</b> Date:31st 1.30pm-2.30pm				
	<b>Afternoon</b>				
<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>					
<p><b>Address:</b> Prospects House, 7-9 George Street, Hailsham, BN27 1AD  <b>@eastsussexwellbeingcentres</b></p>					



**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.

**Talk about songs**— listening and discussing Songs that have a happy meanings in you your life

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

**Autism Support Group** - A peer-led safe space to talk openly, share challenges, seek and share support with each other

**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.

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

**Carry on Latching**- textile making continued

**Lets talk series- part 1 -Schizophrenia 11th**, managing thoughts, feelings and staying safe, signposting **psychosis part 2 –20th**

**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.

**Out & About**- Meet at the Hailsham Wellbeing Centre (please speak to staff for more information

**Nature Group**- Discussing all aspects of nature in a fun and informative group

**Puzzle and Connect** Place where clients come together to complete jigsaw puzzles, promoting relaxation and social connection

**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.