



Monday	Tuesday	Wednesday	Thursday	Friday
	 <b>Peer Support Community group</b> 10.30am — 11.30am (run by Peer Support)  <b>NOT running on 7th &amp; 21st Jan</b>		 <b>Community Support Group</b> 2pm — 3pm (run by Eastbourne)	

- Please remember we ask all individuals attending to follow the Personal Behaviour Guidelines.
- Should no client turn up within the first 15minutes, the session will close.
- If only 1 attendee shows we will review together, and decide whether the activity can continue or close the session.
- Zoom links will be changed at the beginning of January, April, July, and October.

The above sessions are available to clients of any of the Wellbeing Centres and Peer Support Service. Please contact your Wellbeing Centre for session details and passwords in advance of the group session.

## Wellbeing Centre Phone numbers

**Hastings/ St Leonard's:** 01424 435472

**Eastbourne:** 01323 405330

**Lewes:** 01273 472453

**Uckfield:** 01825 760684

**Bexhill:** 01424 215548

**Hailsham:** 01323 442706

**Newhaven:** 01273 517641

## Staying Well Service – Contact details

If you need urgent mental health support, outside of normal working hours, the Staying Well Space is here for you. Get help and advice in a relaxed, friendly and safe environment. Open 7 days a week, 365 days a year. The service is free and available to adults (18+) with urgent mental health support needs living across East Sussex.

### Eastbourne

Telephone (Freephone): 0800 023 6475

Choose option #1

**Email:** [stayingwell.eastbourne@southdown.org](mailto:stayingwell.eastbourne@southdown.org)

### Hastings (St Leonards-on-Sea)

Telephone (Freephone): 0800 023 6475

Choose option #2

**Email:** [stayingwell.hastings@southdown.org](mailto:stayingwell.hastings@southdown.org)

**Please check our website for the opening times**