

Brighton & Hove

Southdown

The Wellbeing Hub at Preston Park

Spring 2025

What's on
guide



scan me

If you need support for your
mental health or wellbeing, or
know somebody that does,
please call, freephone

0808 196 1768



Groups & Activities

The Wellbeing Hub offers a supportive environment to meet other people who experience mental health challenges, to socialise, learn new skills, and join groups and activities.

We're closed Monday and Sunday but open the rest of the week.

Please email or phone to book on a group.

Friday and Saturday are Open Access—see days for times.

To find out more about groups, changes and cancellations please see the email bulletins or you can phone us on: 01273 565 049.

Tuesday, what's on?

Qigong with Claire, 11 - 12pm

'Qigong is an ancient eastern exercise art form. It promotes healing and health through mind, body development. These classes also explore: breath work, vibrational chanting and meditation, while building core strength, flexibility, balance, endurance and autoimmunity.'



Walk and Talk, 11 - 12.30pm

A gentle walk around Preston Park, the Rock garden or Preston Manor gardens. A chance to chat and socialise whilst getting some exercise, fresh air and enjoying the surroundings. We also go to one of the cafés in Preston Park for a drink or snack.

Tuesday

Singing for Fun, 12 - 1pm (fortnightly)

Every fortnight come and warm-up your vocal chords, have fun, laugh and sing with Ali as we learn simple rounds and harmonies together and then go on to do some karaoke-style singing of pop songs (using words on a screen). No prior singing experience or skill necessary. Just a willingness to sing together!

Make and Mend 1-2.30pm (fortnightly)

Come along with your project to make or mend. We'll be sewing on buttons, darning holes, patching jeans, anything to refresh items in your wardrobe that may be in need of repair! Hide your repair or practice visible mending- an on trend way to look after the clothes we love. You can also bring along other sewing, knitting or crochet projects that you may be doing, a chance to share ideas and skills.

Art with Ali, 1 - 2pm (fortnightly)

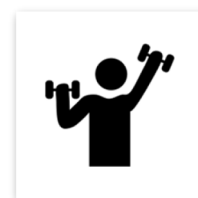
Learn craft skills such as collage and embroidery, printing, papier mâché, or bring your own craft projects to work on with others.

Young Person's Group, 1 - 3pm (fortnightly)

The Young Person's Group is a group for people aged between 18-35. The Group runs one Tuesday a month. Our philosophy is to create a non-judgmental space where diversity is celebrated.

Fitness with Max, 3 - 4pm

Aerobic exercise to music, for all levels,. Held in the Wellbeing Hub ground floor lounges and sometimes in the garden.



1:1 Shiatsu Japanese body work (fully clothed)

One-to-one with Claire, 30 minute sessions, book in at reception. Wear well covering comfy clothing, including clean socks.

There is a small charge for treatments.

Shiatsu is a hands-on relaxing therapy. Shiatsu means 'finger pressure' in Japanese. Normally working on a floor level 'futon mat', seated Shiatsu also available.

Wednesday, what's on?

Games Group, 11 - 12.30pm (fortnightly)

A small, friendly group that play a range of games such as charades, Cranium and Uno.

Beginners Computer Tuition, 11 - 1pm

1:1 support to learn the basics of accessing the internet and get tips on how to stay safe online. Book via reception for an individual slot.

Anchor Point, 11.30 - 1.30pm (monthly)

Monthly meet-up for neurodivergent clients providing gentle fun activities, peer support and optional discussion around relevant topics.



Roots and Resilience, 12.30 - 1.30pm (fortnightly)

We explore different grounding techniques, helping us to find inner calm and strength amid life's storms. We look at different themes each session.

Accessible Art & Craft Group, 2 - 3.30pm (fortnightly)

Learn craft skills such as collage, printing, papier mâché, or bring your own craft projects to work on with others.

Dancing for fun, 2 - 3pm (fortnightly)

Informal light hearted dance session with Ali., follow my leader style.

Gardening 2 - 4pm (monthly)

A fun gardening group, all welcome. Come and join us for some green fingered activity.

Silent Book Club, 3 - 4.15pm (fortnightly)

Bring your own book or take one from our book swap, or even bring an audio book that you like. Read with others and share the books that are exciting you at the moment. Catch-up at the end to share things you've enjoyed!



Thursday, what's on?

Art Space for female clients, 10.30 - 12pm

The Art Room can be booked by female clients during the morning on Thursdays.

Bring Your Own Art, 1 - 2.30pm

The group is a quiet space for people to do their own art in a relaxed environment. Clients can also have access to all the art materials in the two art rooms available.

Hearing Voices & Visions Group, 1.30 - 2.30pm

For those who experience voices and/or visions. This is an open and safe place to talk about your experiences from your own perspective, with others who have similar experiences. The forum is led by those attending the group and underpinned by 'client centred' philosophy values of; unconditional positive regard, empathy and non-judgement.

Dates: runs in 8 week blocks, please ask staff for the current schedule.

Yoga with Tammy, 3.15 - 4.15pm

This is a friendly, playful, class where we will explore more fluid movements to move energy, try classical yoga postures and explore breathing practices. The intention of the class is to bring more lightness and space into your body and mind. This is an accessible class and suitable for everyone.



Friday, what's on?

Computer Tuition, 10 - 12pm

Want to know more about the digital world? Book a 1:1 slot with reception.

Mindfulness Colouring, 11 - 12pm

Colouring can be a way to avoid stress and negative thinking, helping take our minds off our problems. This group offers a social space too but you are welcome to sit quietly concentrating if you prefer. All equipment provided.

Cooking Group, 11 - 12.30pm (monthly)

A small friendly group where we learn to cook healthy meals and eat together at the end.

Art Space, 10.30 - 12.30pm and 1 - 3pm

The Art Room can be booked these times on Friday.

Open Access 11 - 3pm

Drop-in and use the space to chat with others, grab a tea or coffee,.

Anna's Writing Group, 11.30 - 12.30pm (fortnightly)

A relaxed creative writing group for all abilities.

Lunch Club, 12.30 - 2pm

The café space is open for you to bring in some food and eat with others.

Self-care Shiatsu Group with Claire, 3 - 4pm

Connect with your Ki or 'Life Energy'. Expand your breath and your horizons. These Ki-full & peaceful exercises help to keep the body subtle, strengthen muscles & bones and help overall wellness.

Events & Activities, what's on?

Nature in Mind Group

Once a month we will be heading out for a mindful walk in one of the beautiful green spaces around Brighton and Hove - check with staff for details and upcoming dates.



The walks will normally be around two hours / four miles long, with some routes including more challenging, hilly sections. All attending need to be confident walking this distance, and to have joined either a Monday Walk & Talk group or a previous Nature in Mind walk before.

Park Life Magazine

Why not get involved in our Hub magazine? A celebration of creativity by individuals who attend the Hub. You could submit some poetry, photography or artwork, puzzles, or articles on a specific theme to be included.

Look out for posters in reception/in the e-bulletin or contact:

alison.purbrick@southdown.org or tim.garrett@southdown.org for details.

Upcoming Events:

Keep an eye out on the email Bulletin and noticeboards.

Deneway Trip to Local Nature Reserve – come and join this regular group with light conservation tasks led by Sussex Wildlife Trust ranger. There is uneven ground and some inclines to access the reserve. We finish with a cuppa with a storm kettle at the end. Book via reception.

Sound Bath - check posters for dates.

Cinema Trips at Cineworld (Brighton Marina) - see posters for details of dates and screenings.

Music Jam - check posters for dates.

To find out more about groups, changes and cancellations please see the email bulletins or you can phone us on:

01273 565 049.

To book on a group please contact reception.

Employment Service

We offer an individually tailored approach to support you to find and maintain paid work. Your Employment Specialist will work with you to develop an employment plan, work on a CV, advise on job applications, interview techniques and support you whilst at work to better manage your mental health in the workplace or help you maintain arrangements between you and your employer.

"The Employment Service really helped me, from creating a CV and a cover letter to helping research for job vacancies and prepare for interviews. They also guided me through the process of registering as self-employed. I now have a job and am getting my own business started, both of them with great support from this service." a service user



Fiona, Employment Specialist

Welfare Benefits

If you are in need of support please contact one of the following organisations:

For Universal Credit migration:

CAB on 0800 144 8444 – <https://www.citizensadvice.org.uk/benefits/universal-credit/claiming/contact-us-about-universal-credit/>

St Luke's Advice Service

tel. 01273 549203 – <https://www.stlukesadviceservice.org.uk/>

Brighton Unemployed Centre Families Project

tel. 01273 601211 – <https://bucfp.org/>

Possability People

tel. 1273 894040 – <https://www.possabilitypeople.org.uk/>

Money Advice Plus

tel. 08081 963699 – <https://www.moneyadviceplus.org.uk/contact-us/>

Let's be agreement

Respectful

Respect one another, give each other space to talk and show kindness.

Sensitive to others

Please have sensitivity around topics you talk about within groups and awareness about only sharing things you feel safe to share.

Confidential

Keep things you hear within groups and conversations confidential.

Kind to Yourself

If you feel overwhelmed or need a break from a group, it's fine to have some timeout, just let the facilitator know.

Mindful of Language

Be aware of your use of language, avoid swearing or using any language that is discriminatory.

Considerate

Please endeavor to be punctual to groups and leave the space used for the group clean and tidy.

Some of our groups can be accessed online and links are sent out in the email bulletins, by joining an online group you agree:

- When sharing, consider the impact this may have on others.
- When in chat or social groups, we may ask people to raise their hands online when they want to speak.
- If someone is speaking, please wait until they have finished before responding.
- Take good care of yourselves when sharing, to see if it's right for you to say what you plan to say.
- If there is a lot of background noise we may ask you to mute.
- Everything said in the group remains confidential (facilitators may have to raise any safety concerns).

We strive to make everyone feel welcome



If you use a wheelchair, there is sloped access on the drive and level access at the rear of the building.

We have a lift to the first floor but if you use it, you must be able to evacuate via the stairs, in the event of a fire. Please discuss with staff and we may complete a Personal Emergency Evacuation Plan (a PEEP).

If there is a group on the first floor and you cannot use the stairs we can move the group to the ground floor (when the lounges are available). Please discuss with staff.

If you use a mobility scooter, you can park the scooter in the back garden, just avoid blocking any exits or pathways.

If you need to bring your scooter into the building we may have to discuss the size of the vehicle, due to space and safety.

We cannot allow you to charge your scooter battery, due to health and safety.



Please talk to us about any accessibility needs.

About Southdown

Southdown is a not-for-profit, specialist provider of support and housing services to people across Sussex. Our vision is "To provide exceptional community services across Sussex which enable people to live well".

Fundamental to all services we deliver is the ethos of working alongside clients to coach and empower them to develop the skills and confidence to take action and responsibility to increase their independence.

The Wellbeing Hub at Preston Park

18 Preston Park Avenue

Brighton BN1 6HL

Tel: 01273 565 049

Email: wellbeinghub.booking@southdown.org

More information and our referral form can be found online:

Web: www.uok.org.uk/services/wellbeing-hub-preston-park



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