

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

August 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Bank Holiday Monday 26th August Centre Closed</p>	<p>Craft for Wellbeing 10am - 12pm</p>	<p>Music Appreciation 11am - 11-45am</p> <p>Quiz Group 11-45am - 12-30pm</p>	<p>Skill Sharing & Positive News 1st, 8th, and 15th August 10-30am - 12-30pm</p> <p>Positive News/Social Group 22nd and 29th August 10-30am - 11-30am</p>	<p>Creative Stories for Wellness 11am - 12-30pm</p>
Afternoon	<p>Monthly Bipolar Support Group 19th August 1-45pm - 3pm</p>	<p>Monthly Wellness with Peer Group 27th August 1.30pm - 2.30pm</p>	<p>Centre Closed</p>	<p>Relaxation & Mindfulness 1st and 8th August 1-45pm - 2-45pm</p> <p>Client Led Relaxation 22nd and 29th August 1-45pm - 2-45pm</p>	<p>New Referral Drop In 2nd and 16th August 2pm - 2-45pm</p>

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. 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 asking if they have availability to see you in person or over the phone. ***We are closed on Bank Holidays**

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www.southdown.org/wellbeingCentresESCN