

# Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

November 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Relaxation &amp; Mindfulness</b> <b>11th, 25th November</b> 11am - 12-30pm	<b>Client Led Craft for Wellbeing</b> 10-15am - 12pm	Centre Closed	<b>Positive News/Activity</b> 10-30am - 12pm	<b>Mood Boosting Meals Course</b> <i>*sign-up required</i> <b>8th, 15th, 22nd, 29th November</b> 10am - 1pm
Afternoon		<b>Monthly Wellness with Peer Group</b> <b>26th November</b> 1-30pm - 2-30pm  <b>New Referral Drop In</b> <b>12th November</b> 2pm - 2-45pm	Centre Closed	<b>Games Group</b> <b>14th, 21st, 28th November</b> 1-30pm - 3pm	<b>Creative Stories for Wellness</b> 1-30pm - 2-30pm

**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](http://www.southdown.org/wellbeingCentresESCN)