

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		Client Led Craft for Wellbeing 10-15am - 12pm		Positive News/Activity 10-30am - 12pm	Creative Stories for Wellness 11am - 12-30pm
Afternoon		Monthly Wellness with Peer Group 29th October 1-30pm - 2-30pm New Referral Drop In 15th October 2pm - 2-45pm	Centre Closed	Relaxation & Mindfulness 3rd and 10th October 1-45pm - 2-45pm Client Led Relaxation and Mindfulness 17th, 24th and 31st October 1:45pm—2-45pm	

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