

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

December 2024

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--|---|--|---|--|
| Morning | Relaxation & Mindfulness 9th, 23rd 11am - 12.30pm | Craft for Wellbeing 10.15am - 12pm | Quiz Group 11am - 12pm Centre Closed 25th | Positive News/Activity 10.30am - 12:30pm Centre Closed 26th | Creative Stories for Wellness 20th, 27th 11pm - 12.30pm |
| Afternoon | | New Referral Drop In 17th 2pm - 2.45pm Monthly Wellness with Peer Group 31st 1.30pm - 2.30pm | <u>Centre Closed</u> | Q&A with UOK about the Wellbeing Centres Thursday 12th 1pm – 2pm Hosted by: Stuart Reid (Lead Provider) Supported by: a Senior South-down manager Games Group 5th, 19th, 26th 1.30pm - 3pm | |

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