

# Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

January 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Relaxation &amp; Mindfulness</b> 11am - 12.30pm	<b>Craft for Wellbeing</b> 10.15am - 12pm	<b>Quiz Group</b> 11am - 12pm  <b>Centre Closed 1st</b>	<b>Skill Sharing and Positive News</b> 10.30am - 12:30pm	<b>Creative Stories for Wellness</b> 11pm - 12.30pm
Afternoon	<b>Bipolar Group</b> 27th 1.45pm - 3pm	<b>New Referral Drop In</b> 21st 2pm - 2.45pm  <b>Monthly Wellness with Peer Group</b> 28th 1.30pm - 2.30pm	<b>Centre Closed</b>	<b>Games Group</b> 1.30pm - 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**

Address: Bellbrook Centre, Bell Lane, TN22 1QL

Phone: 01825 760684 Email: uckfieldwellbeingcentre@southdown.org



@eastsussexwellbeingcentres

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