

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

March 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Gentle Scrapbooking 3rd, 17th, 24th, 31st 11am - 12.30pm</p> <p>Centre closed 10th</p>	<p>Craft for Wellbeing 10.15am - 12pm</p>	<p>Quiz Group 11am - 12pm</p>	<p>Skill Sharing and Positive News 6th, 27th 10.30am - 12:30pm</p> <p>Centre Closed 20th</p>	<p>Creative Stories for Wellness 11pm - 12.30pm</p>
Afternoon	<p>Bipolar Group 17th 1.45pm - 3pm</p>	<p>New Referral Drop In 25th 2pm - 2.45pm</p>		<p>Games Group 6th, 13th, 27th 1.30pm - 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