

Eastbourne Wellbeing Centre Timetable

Open: Mon/Tues/Fri 10am-3pm (Wed/Thurs in community/online)

May 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	New Referral Drop-in Dates: 12th, 19th 10am — 11am Hearing Voices Group Date: 12th May 11:30am - 12.30pm	Guided meditations and relaxations Dates: 6th,13th,20th 11am-12pm Care for the Carers Date: 27th May 11am — 12.30pm <i>*Registration required</i>	Groups are operated in the community Walking Group & Nature Photography Hampden Park (meet outside Lakeside Tea Chalet) Dates: 7th, 14t, 21st & 28th 10.30am - 12pm	Groups are operated in the community For other Wellbeing Centre timetables, please contact your recovery worker or visit: https://www.southdown.org/services/wellbeingcentres/	Arts & Crafts Dates: 2nd, 9th, 16th, 23rd & 30th 10.30am - 12pm
Afternoon	Autism Support Group Dates: 19th May 11:30am - 12.30pm Games & Warm Space Dates: 12th & 19th 2pm– 3pm	Printing Course Dates: 6th, 13th & 20th 1pm—3.30pm <i>*Registration required</i> Plant and Grow Group Date: 27th 1.30pm—2.30pm		A trip to Raystede is being planned. <i>*Speak to staff for details and to book a place.</i> Online : Community Drop in 2pm-3pm (run by Wellbeing Centre staff) <i>*Ask staff for link/codes to access</i>	Music Group Dates: 2nd, 9th, 23rd & 30th 1pm - 2.30pm Client Community Meeting Date: 16th May 1pm-2pm

Please note: If you need support, information, or you are struggling to cope, please feel free to call our centre during our opening times and a member of staff will be happy to help when they are available. **We are closed on Bank Holidays. 5th and 26th May**

Address: Eastbourne Wellbeing Centre, Suites 1 & 2, The Printworks, 20 Wharf Road, Eastbourne, BN21 3AW

Phone: 01323 405330

Email: eastbournewellbeingcentre@southdown.org



@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN

New Referral Drop in - For new referrals and/ or external services to find out more about the Wellbeing Service and how we can support you.

Autism Support Group - A peer-led safe space to talk openly, share challenges, seek and share support with each other

Hearing Voices Group - A peer-led safe space to talk openly, share challenges, seek and share support with each other

Games Group & Warm Space - Come and play cards, scrabble, chess, kerplunk and other games with peers, use Wellbeing Centre resources, or bring your own activity and enjoy a nice hot drink at the Wellbeing Centre.

Guided meditations— Relax and try some guided relaxation, with music and some with visual displays on the T.V

Plant & grow— all items provided, start your own planting to take home and care for and see grow over the summer.

Printing Course - Creative Crafts for wellbeing. Experiment with a range of different printmaking techniques and materials across the 5 weeks. No art experience needed just come and have fun being creative.

Care for the Carers Support Group - For those who care for someone else with a mental health condition, who would not be able to cope without support. Contact James Baker from Care for the Carers: jamesb@cftc.org.uk

Walking group & Photography— Enjoy some gentle strolls in nature with the chance to try out your phone cameras with the lovely nature around you.

Arts & Crafts - Open to all abilities - create, draw, design, make, mend, sew, knit or paint your way to positive wellbeing! Bring your own activity

Client Community Meeting - An opportunity for current clients to hear about the latest updates from the Wellbeing Service and to share your feedback about the service, centre, timetable and resources.

Music Group - Enjoy music and explore how it can be used to support your emotional wellbeing or use Wellbeing Centre resources provided

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