

Eastbourne Wellbeing Centre Timetable

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

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Meditation & Relaxation 10am - 11am Neurodiversity Support Group Date: 3rd 11.30am - 12.30pm Hearing Voices Support Group Date: 24th 11.30am - 12.30pm Client Community Meeting Date: 17th 12.30pm - 1.30pm Client Involvement Tea & cake Date 17th 1:30pm-2:30pm Music & Singing Group Date: 3rd, 10th, & 24th 1.30pm– 2.30pm	Open Access Session 10am - 12pm *For members of public Experimental Water Colours college course 12:30-3pm *booking required	Groups are operated in the community Community Social Group Age Concern Venton Centre Café (meet inside) Dates: 5th, 12th & 26th 10.30am - 11:30pm	Groups are operated in the community Online Community Support Group* 2pm-3pm	Arts & Crafts 10.30am - 12pm Games Group Dates: 7th & 21st 1pm– 2.30pm Quiz Group Dates: 14th & 28th 1pm-2:30pm

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.**

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

Social Safe Space - Enjoy the Wellbeing Centre Space to feel safe, relax, and connect with others.

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

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

Mindful Colouring - Enjoy some peace and calm to colour freely. Resources can be provided or bring your own.

Client Involvement Cake & Chat - Led by Rebecca Sharma, Client & Tenant Involvement Lead, Southdown.

Guided Meditation & Relaxation - Enjoy some peace and tranquillity at the Wellbeing Centre. Guided meditations are provided on the large TV in the group room.

Quiz Group - Take part in our quiz for fun! Challenge yourself or join a team with other clients.

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 & Singing Group - Enjoy music and singing with staff and clients. Some instruments provided

Community Social Group - Meet Staff and Clients for a cuppa and chat at Age Concern Venton Centre Café (6-12 Kilburn Terrace, Eastbourne BN21 3QY)

Online Community Support group - Facilitated by Eastbourne Wellbeing Centre staff. Online behaviour guidelines apply.
*Please speak to staff for access details.

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

Games Group - Come and play a game with clients and staff! Use Wellbeing Centre resources, or bring your own activity.

Open Access - Members of the public can just come in, have a look around, ask questions, and if you'd like to join our groups, we'll look to complete a short needs assessment with you. If you're not ready to join, we'll offer information and signposting to other services.