

This month's timetable has been impacted by building works that are required for Hailsham Wellbeing Centre. Whilst the building is closed, the service will still be running at various locations. Please check the description of each group for its location.'

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Café Meet Date: 23rd Meet outside The Laurel, 1 George St, Hailsham BN27 1AD Speak to staff for details</p> <p>Centre Closed 2nd, 9th, 16th, 23rd, 30th</p>	<p>Heathfield Community Drop-in Date: 24th 10am - 11.45am</p> <p>Centre Closed 3rd, 10th, 17th, 24th, 31st</p>	<p>Café Meet Date: 4th, 11th 18th 10am-11am Meet outside The Laurel, 1 George St, Hailsham BN27 1AD Speak to staff for details</p> <p>Walking Group Date: 4th, 11th 18th 11am-12pm Weather Dependant</p>	<p>Quiz Group Date: 5th 10.30am - 11.30am Location: The Inglenook, 2 Market St, Hailsham BN27 1AG</p> <p>History Group Date: 12th 10.30am - 11.30am Location: The Inglenook, 2 Market St, Hailsham BN27 1AG</p> <p>Mysteries of the World 19th 10.30am - 11.30am Location: The Inglenook, 2 Market St, Hailsham BN27 1AG</p>	Centre Closed 6th, 13th, 20th, 27th
Afternoon			<p>Anxiety Group Date: 4th, 18th 1.30pm - 3pm Location: The Inglenook, 2 Market St, Hailsham BN27 1AG</p> <p>Coffee and Chat Date: 11th 1.30pm - 3pm Location: The Inglenook, 2 Market St, Hailsham BN27 1AG</p>	<p>Coffee and Chat Date: 5th, 12th, 19th 1.30pm - 3pm Location: The Inglenook, 2 Market St, Hailsham BN27 1AG</p>	

Please note: If you need support, information or you are struggling to cope, please feel free to call our centre during our opening times to enquire or ask if there is any availability to be seen in person or over the phone. *We are closed on Bank Holidays

5 Ways to Wellbeing - Recovery Worker led group to explore ways to manage your mental health using this model.

Anxiety Group - Recovery Worker led group to learn skills and tools to help manage your anxiety.

Bipolar Support Group - A peer-led safe space to share challenges, seek and offer support to each other.

Café Meet - A Recovery Worker led group in a Café space with a chance for clients to meet up in a community space.

Client Community Meeting - Recovery Worker led session to hear your feedback on the centre, service, and timetables.

Coffee and Chat drop-in - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

Expressive Art and Craft - Clients exploring different forms of art to relax and to help manage overthinking and anxiety.

Hearing Voices Support Group - A peer-led safe space to share challenges, seek, and offer support to each other.

Heathfield Community Drop-In - Recovery Worker led social group exploring topics that impact our lives and wellbeing.

History Group - Fun and discussions on different periods of History.

Mindful Coloring - Recovery Worker led group: spend time colorings in from our large selection of books or bring your own.

Mysteries of The World - fun group Discuss and explore Mysteries, Myths and folklore.

Nature Group - Discussing forms of nature in a Fun informative Group.

Open Access Session - This is for potential clients to chat about the service we offer and on the day assessment (time permitting).

Planning and organising learn skill in planning/organising - Effective planning reduces stress, saves time, and helps provide structure and purpose.

Poetry - Exploring poems and meanings and short poetry writing sessions.

Puzzle and Connect - Jigsaw puzzles in a group.

Read and Reflect - A place of peace to be able to read a book, study or quietly relax.

Relaxation - Recovery Worker led group to explore mindfulness, meditation, and tools to help relax before the weekend.

Safe Space - A place taking yourself away from your normal place to be in a calm and peaceful environment.

World Interest - Explore topics and find out interesting facts from countries across the world.

Zentangle with Relaing Music - *A creative and calming group where clients explore self-expression through Zentangle drawing while listening to music that enhances focus and relaxation.*