

Hailsham Wellbeing Centre Timetable

Open: Monday to Friday 10am - 3pm

May 2025

Morning

Afternoon

Monday	Tuesday	Wednesday	Thursday	Friday
New Referral Drop-in Dates: 12th, 19th 10am — 11.00am	Heathfield Community Date: 13th 10am — 12.15pm Heathfield Community CTR	5 Ways to Wellbeing Dates: 7th, 14th, 28st 10am — 11am	Out and About Date: 1st Bluebell Wood Date: 22nd M Priory Speak to staff for details	Mindful Colouring Dates: 2nd, 9th, 16th, 23rd, 30th 10am — 11:30am
Community Support Group Dates: 12th, 19th 11am — 12pm	VE Day Celebration Date: 6th 10.45am – 12.15pm	Anxiety Group Dates: 7th, 14th, 28th 11.30am — 12.30pm	Garden Group Dates 8th, 15th 10.15pm – 11.15pm	Bipolar Support Group Date: 2nd 11.45am — 12.45pm
Client Community Meeting Date: 12th 12pm – 12:30pm	Expressive Art Date: 20th 11am – 12pm		History Group Date: 8th 1.15pm – 2.15pm	Hearing Voices Group Date: 9th 11.45 – 12.45pm
Men's Support Group Dates: 19th 1.15pm — 2.15pm	Creative space Date: 27th 11am – 12pm	Mood Boosting Meals (continue from last Month) Dates: 7th, 14th, 21st Time: 10am – 1pm * Course Fully Booked	Lets Talk – Happiness Date: 15th 12.00pm – 1.00pm	Relaxation Date: 9th, 16th 1:00 pm — 2:00pm
Expressive Art Dates: 12th 1.15pm — 2.15pm	Puzzle and Connect Date: 6th, 20th 1.30pm – 2.45pm		Autism Group Date: 15th 1.30pm – 2.30pm	Creative Space Date: 2nd, 23rd, 30th 12:30pm – 1:30pm
	Nature Group Date: 13th, 27th 1.00pm – 2:00pm		Creative Space Date: 29th 10.30am – 11.30am and 12.00pm – 1.00pm	
Please note: 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 phone or asking if they have availability to see you in person. Centre closed for Bank Holidays : Monday 5th & 26th May				

Address: Prospects House, 7-9 George Street, Hailsham, BN27 1AD

Phone: 01323 442706 **Email:** hailshamwellbeingcentre@southdown.org



@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN

New Referral Drop in - Recovery Worker led space to find out more about our service and how we might support you.

Community Support Group - A peer-led group to explore topics that impact our lives and Wellbeing and other services that can support.

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

Expressive Art - Co-produced group with staff and clients exploring different forms of art to relax and to help manage overthinking

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

Lets talk series— Happiness is a mindset, what makes us happy

Puzzle and Connect— Jigsaw puzzles in a group

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

Nature Group— Discussing forms of nature in a Fun informative Group, 13th guest speaker on climate Change

Celebrate VE Day— VE Celebration day with guest speaker

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.

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

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

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

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

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

Creative Space— A place where clients can gather to be creative and a sense of community, comfort and support.

History Group— Fun and discussions on different periods of History

Online : Community Drop in 2pm-3pm (run by Wellbeing Centre staff) * Ask staff for link/codes to access