

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 09.30am – 3.30pm

June 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Centre Closed	Craft for Wellbeing 10.15am - 12pm Client Led Craft for Wellbeing Date: 24th 10.15am - 12pm	Quiz 10.30am - 12pm	Skill sharing 10.30am - 12pm	Stories for Wellness 11am - 12.30pm
Afternoon	Centre Closed	New Referral Drop In Date: 17th 2pm - 2:45pm	Closed	Relaxation & Mindfulness 1pm—2.30pm	Bi-Polar group Date: 13th 1:45pm - 3pm

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

Address: Bellbrook Centre, Bell Lane, TN22 1QL

Phone: 01825 760684 **Email:** uckfieldwellbeingcentre@southdown.org



@eastsussexwellbeingcentres

www.southdown.org/wellbeingCentresESCN