

Uckfield Wellbeing Centre Timetable

Open: Monday to Friday 10am – 3pm

May 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Relaxation & Mindfulness 11am - 12.30pm Centre closed 5th and 26th	Craft for Wellbeing 10.15am - 12pm	Quiz Group 10.30am - 12pm	Skill Sharing and Positive News 10.30am - 12:30pm	Healthy One Pot Cookery *Sign Up Required 2nd, 9th, 16th and 23rd 10am - 1pm
Afternoon	Bipolar Group 19th 1.45pm - 3pm	New Referral Drop In 20th 2pm - 2.45pm		ONLINE Community drop-in 2pm-3pm (run by Wellbeing Centre staff) *Ask staff for link/codes to access	Creative Stories for Wellness 1.30pm - 2.45pm

Please note: In addition to the sessions listed in this timetable, we offer one-to-one appointments for advice and support. 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 asking if they have availability to see you in person or over the phone. ***We are closed on Bank Holidays**

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www.southdown.org/wellbeingCentresESCN