

UOK Wellbeing Hub – Eastbourne

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk-in Welcome Session 11am – 2pm			Online Group 11am – 12 noon	Peer Group: Depression Support – Light Ahead 10.30am – 12pm 14 Aug – 2 Oct Not running on 21st August (Registration required)	
Have Your Say Session 2.30pm – 3.30pm 10 August					
	Peer Group: Preparing for Change 1.30pm – 3pm 28 th July – 13 th Oct Not running on 18th & 25th and 1st Sept				
				12pm – 1pm Client Planning Group 7 August	
				Arts, Craft & Games 2 – 4pm	
Staying Well Monday to Friday 5:00 – 10:30pm / Saturday and Sunday 3:00 – 10:30pm					

Social Space	Walk-in Welcome Session	Peer Group	Client Planning Group/ 'Have Your Say'
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Southdown



Community locations - Eastbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Community Walk 11am – 1pm Speak to staff for location Peer Group: Peaceful Connections for Seniors Friend’s Meeting House, Wish Road 2.30pm – 4pm 16th Sept – 4th Nov (Registration required) Walk-in Welcome Session 4 – 7pm Recovery Cafe, 5 North Street			

Social Space

Walk-in Welcome Session

Peer Group

Client Planning Group/
‘Have Your Say’