

UOK Wellbeing Hub – Hailsham

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk-in welcome session Mental Health Support coordinators 11am-2pm			Social Activities group Space to play games, do puzzles, Art & Craft, Chat with your peers 10.30am-1pm 20th August 10:30-11:30 this space will be used for the client planning meeting.		
			Have your say session 6th August 11am-12pm		
			Online group 11am-12pm		
Social Activities Group 2-4pm Space to play games, do puzzles, Art & Craft, Chat with your peers. Not running on the 10th of August.			Peer group Coping Skills for wellbeing 2.30pm-4pm Starts 10th September (Registration required)		

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

