November 2026

UOK Wellbeing Hub – Eastbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Walk-in Welcome Session 11am – 2pm Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance. No referral needed			**Online Group** 11am – 12 noon Join us online for a friendly group session.	**Social Space** Space to play games, do puzzles, art & craft, chat with your peers. **10.30am - 1pm**	**Peer Group: Weekend Wellness Group** 10am – 1pm **31 October – 21 November** Registration required
				Client Meeting 12 pm – 1pm **6 November** Come and share your views to help shape the service.	
				Peer Group: Depression Support – Winter Wellbeing 2pm – 3.30pm	

Social Space | **Walk-in Welcome Session** | **Peer Group** | **External provider** | **Staying Well**

Southdown UOK

November 2026

				23 Oct – 11 Dec Registration required	
Staying Well Monday to Friday 5:00 – 10:30pm / Saturday and Sunday 3:00 – 10:30pm					

UOK Wellbeing Hub Community Locations - Eastbourne

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Community Wellbeing Café 2 – 4pm St Saviour's Church Hall Spencer Road, BN21 4PA. A safe, inclusive space to meet new people, engage in activities with free refreshments.	**Social Space** 10am – 12pm Sussex Guildhall Community Hub, Eastbourne Town Hall, BN21 4UG **Peer Group: Over 55s** 1.30 – 3pm **16 September – 4 November** Registration required			

Social Space **Walk-in Welcome Session** **Peer Group** **External provider** **Staying Well**

Southdown UOK

November 2026

		Sussex Guildhall Community Hub, Eastbourne Town Hall, BN21 4UG **Walk-in Welcome Session** 4 – 7pm Sussex Guildhall Community Hub, Eastbourne Town Hall, BN21 4UG Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance. No referral needed			

Social Space | Walk-in Welcome Session | Peer Group | External provider | Staying Well

Southdown UOK