November 2026

Neighbourhood Wellbeing Hub - Uckfield

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hub Closed	**10-11:30 Creative space**. Space to be creative or follow a staff led Art activity. 11:30-12:30 **Social Activities Group.** Space to play games, do puzzles, Art & Craft, Chat with your peers **17th November Client planning Meeting** 11:30-12:30 1:30-2:30 **Guided meditation for relaxation.** **Walk-in welcome session.** Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance.	**Wrap for Wellbeing. Facilitated by Coastal wellbeing.** **10-1pm** Starts 11th November and runs for 6 weeks. Speak to a staff member to book a place.	Online group 11-12	**Eat Better, Eat Fresh, Reduce UPFs. Facilitated by East Sussex College.** Fridays 13th – 27th November 10am to 1pm (3 weeks) Please speak to a member of staff to register.	Hub Closed

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

Southdown UOK

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	4-7pm No referral is needed.				
				2-3:30 **Quiz Group and Social Space.**	

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

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