

Mid Sussex Community Wellbeing Classes – Burgess Hill

January 2012

The following courses are subsidised specifically for people with mental health issues.

ICT at Marle Place

Tuesday 10 January, 10:00-12:00, for 10 weeks, cost: £25.20

Positive Thinking for Wellbeing at Marle Place

Wednesday 11 January, 11:00-13:00 for 10 weeks, cost: £25.20

Tai Chi and Meditation at Park Centre

Wednesday 11 January, 10:00-11:30 for 10 weeks, cost: £18.90

Confidence building at Marle Place

Thursday 12 January, 14:00-16:30 for 10 weeks, cost: £25.20

Art for Wellbeing at Marle Place

Thursday 12 January, 15:30-17:30 for 10 weeks, cost: £15.20.

Money Management at Marle Place

Friday 13 January, 14:00-16:00 for 10 weeks, cost: £25.20

Womens' Groups, Burgess Hill and East Grinstead

We have also launched two new womens' groups, one in Burgess Hill and one in East Grinstead on Friday afternoons. Three weeks out of four they will meet in the community and one week in four they will have a room to do demonstrations or have guest speaks. Contact Suki Westmore on 07919 597743 for the timetable of activities and flyers.

***For more information contact the Mid Sussex Community Wellbeing
Team on: 01444 416391***