

## SCDA Employability Wellbeing Day

Tuesday 16<sup>th</sup> September 2025 10am-2pm

Kings Centre, 27 Edison Way, Eastbourne, BN23 6PT



### **ESTHER - CONFIDENCE BOX, confidence boosting workshops for job seekers.**

Looking for a job but low on confidence? Join Esther from The Confidence Box and boost your skills with practical tools to support your job search and interview techniques by looking at how to build confidence, self-esteem and resilience.

This session will be paced to ensure individuals are able to connect, feel supported and have time to ask more questions.

**45 minute sessions throughout the day at 10.30am, 11.30am, 12.30pm. Book your session on the day.**



### **Introduction to Breathworks by Hannah Nedas, Co-Creator of Grounded Life & Course Leader at Breathing Space.**

Introducing the basics of Breathwork, a powerful yet simple practice that uses breathing techniques to improve your mental, physical, and emotional well-being. No experience is necessary.

**45 minute sessions throughout the day at 10.30am, 11.30am, 12.30am. Book your session on the day.**

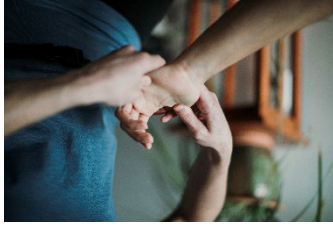


### **20 minute reflexology session by Louise Hayes, Level 3 Diploma in Reflexology, full member of The Association of Reflexologists.**

Participants will be given a goodie bag, along with a hand reflexology map, so they can continue their wellbeing at home. A brief example of the hand reflexology map will be taught to participants by the end of the session.

A short consultation will be required for each session which will be strictly confidential.

**20 minute sessions bookable on the day.**



**Hand massage by A Touch of Gentleness**, a growing community of people who are committed to bringing 'connection, touch, and gentleness' back to society. Volunteers are trained to give a beautiful hand massage whilst listening with deep gentleness.

**Sessions available throughout the day.**



**Acupuncture by Joy Bell BSc (Hons) RGN RMN.** The physical, mental, and spiritual benefits of acupuncture can be profound. Health problems are addressed by a subtle re-balancing with the insertion of very fine needles into the ear to stimulate points where energy accumulates.

**Sessions available throughout the day.**



**Drum Circle hosted by Music Therapist Denys Davydiuk, founder of Be Together Drum Circle.** Come along and play the drums - distract yourself from the stress of everyday activities and immerse yourself in the sounds of drumming. No experience necessary.

**45 minute sessions throughout the day at 10.30am, 11.30am, 12.30pm. Book your session on the day.**



**Team Tamper,**

Feeling Tense?

Come along and enjoy a Seated Massage (neck, back and shoulder for 10 minutes).

**Sessions available throughout the day.**



**Are you claiming the right benefits? Are you Entitled to more?** Come and try SCDA's Better Off Calculator with the SCDA Team

**Sessions available throughout the day.**

**There will be over 20 local Organisations attending the day including:**

- One You - providing health checks and smoking cessation advice
- East Sussex Library Services
- Breakeven - gambling support and advice
- ESTAR - East Sussex Wellbeing Team
- Course information from the Recovery College
- Apprenticeship information from East Sussex College
- Southeast Water - reducing water usage and water costs
- Southdown Wellbeing
- Salvation Army- employability services
- People Matter - careers and employment support.
- Mankind - mental health support for men
- Care for the Carers
- Change Grow live
- East Sussex MSK
- East Sussex Hearing
- East Sussex College Group
- Just Friends
- 3VA
- Crafty Annie
- YES
- I-Rock
- Parents in Mind

**Q&A**

**Who should attend?**

Anyone who is currently on a SCDA Employability Project and anyone who is not working or working limited hours.

**Travel expenses?**

If you are currently on a SCDA Employability project, please speak to your Advisor who will be able to arrange expenses for you prior to coming.

**Travelling to the event?**

If you are currently on a SCDA Employability Project and you are worried about travelling to the event, then please speak to your Advisor who may be able to meet you before it starts.

**Do I need to bring money?**

No, all activities and workshops are free.

**Do I need to pre book the workshops?**

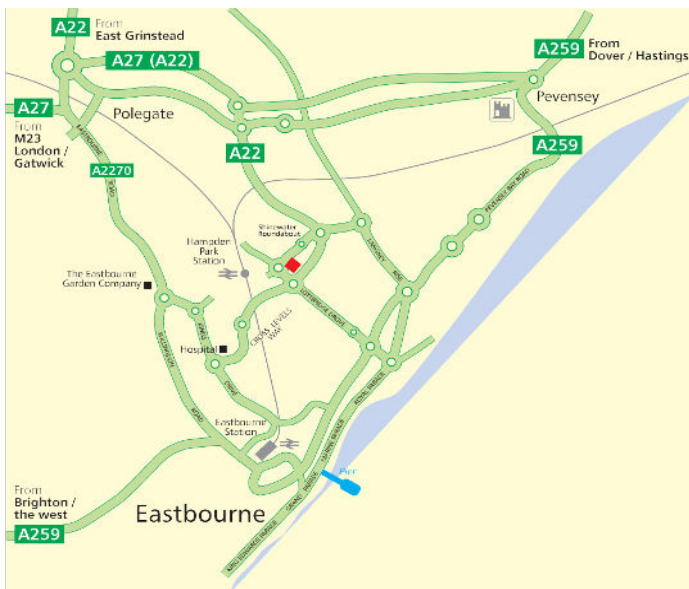
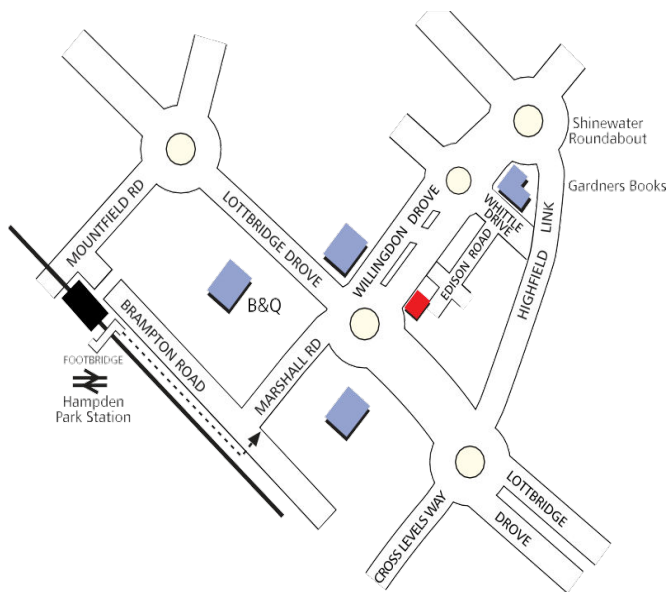
No, you can book when you arrive. Workshops take place at 10.30am, 11.30am and 12.30pm.

**Will there be food at the event?**

Yes, there will be refreshments such as tea, coffee, fruit, biscuits and pastries.

## How do I get to the Kings Centre?

- **By car:** Follow A22 to end of Golden Jubilee Way.  
At roundabout take third exit into Willingdon Drive.  
Turn left at first roundabout into Highfield Industrial Estate (South).  
Turn right into Edison Road.  
The Kings Centre is on the right at the end of Edison Road.
- **By train:** a short walk from Hampden Park (see map below).
- **By Bus:** multiple services run frequently between Eastbourne Town Centre and Shinewater Shopping Centre.



Chaperones CAN be available on the day should you need someone to show you around.