

## Wednesdays in April

Activity	Time	Location	Description
Quiz Group	3 - 4pm	Bexhill	
Yoga	3 - 4pm	Bexhill	(1, 8, 15, 22 and 29 April only)
Drop-in and Chat	4 - 5pm	Bexhill	
Games Group	6 - 7pm	Bexhill	1, 15, 22, and 29 April only)



Part of the social space offer



Part of the new peer group offer



Open to new and existing clients



Delivered by external partners

# Wednesdays continued...

# Bexhill

Activity	Time	Location	Description
Meditation	6 - 7pm	Bexhill	(8 April only).

# Thursdays in April

Activity	Time	Location	Description
Art	10am - 12noon	Bexhill	
Peer support Group	10am - 12noon	Bexhill	
Online Group	11am-12noon	Online	
Drop-in and Chat	2-4pm	Bexhill	



Part of the social space offer



Part of the new peer group offer



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**Southdown**

