

Wednesdays in April

	Activity	Time	Location	Description
●	Walking group	11am - 1pm	TBC	Weekly group. The meeting point will be shared closer to the time. (1 April, 8 April, 15 April, 22 April 29 April)
●				

● Part of the social space offer

● Part of the new peer group offer

● Open to new and existing clients

● Delivered by external partners

Thursdays in April

Eastbourne

Activity	Time	Location	Description
Online Group	11am - 12noon	Online	Weekly

Fridays in April

Activity	Time	Location	Description
Art	10am - 12noon	Eastbourne	April 10, 17, 24
Quiz	1 - 2pm	Eastbourne	April 10, 17, 24
Meditation	2 - 3pm	Eastbourne	April 10, 17, 24



Part of the social space offer



Part of the new peer group offer



Open to new and existing clients



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