

# Thursdays in April

# Hailsham

	Activity	Time	Location	Description
	Meditation	10 - 11am	Hailsham	April 9, 16, 23, 30
	Online group		Online	April 9, 16, 23, 30
	Social space	10am - 12noon	Hailsham	April 9, 16, 23, 30
	Art and crafts	2pm - 4pm	Hailsham	April 9, 16, 23, 30



Part of the social space offer



Part of the new peer group offer



Open to new and existing clients



Delivered by external partners