

Mondays in April

Hastings

| Activity | Time | Description |
|-----------------|---------|-------------|
| Arts and Crafts | 2 - 3pm | |
| Meditation | 3 - 4pm | |

Tuesdays in April

| Activity | Time | Description |
|---------------------|---------------|--|
| Seasonal Sketchbook | 10:30am - 1pm | Delivered by East Sussex College (14, 21 and 28 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 in April

Hastings

| | Activity | Time | Description |
|--|--------------------|---------------|-------------|
| | Peer Support Group | 10am - 12noon | |
| | Games | 3 - 4pm | |

Thursdays in April

| | Activity | Time | Description |
|--|--------------|---------------|-------------|
| | Online Group | 11am - 12noon | |



Part of the social space offer



Part of the new peer group offer



Open to new and existing clients



Delivered by external partners

Fridays in April

Hastings

| | Activity | Time | Description |
|--|----------------|------------|----------------------------|
| | Arts and Craft | 11am - 1pm | (10, 17 and 24 April only) |
| | Quiz | 2 - 3pm | |



Part of the social space offer



Part of the new peer group offer



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