

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	
	Drop in and Chat Social Space	1 - 3pm	
	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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