

# Tuesdays in April

# Uckfield

Activity	Time	Location	Description
Craft for Wellbeing	10am - 12pm	Uckfield	April 7, 14, 21, 28
Quiz and Games	12pm - 1pm	Uckfield	April 7, 14, 21, 28

# Fridays in April

Activity	Time	Location	Description
Stories for Wellness	10am - 12pm	Uckfield	April 10, 17, 24, and May 1
Social space	1pm - 2pm	Uckfield	April 10, 17, 24, and May 1
Relaxation	2pm - 3pm	Uckfield	April 10, 17, 24, and May 1



Part of the social space offer



Part of the new peer group offer



Open to new and existing clients



Delivered by external partners

**Southdown**

