

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lino-Cut Printing 10am – 12.30pm 2 November – 7 December Explore Lino-cut printing in this 6-week art course delivered by East Sussex College. All abilities are welcome. Registration required.	Walk-in Welcome Session 11am – 2pm Drop in and chat with one of our Mental Health Support Coordinators. Get support, information, and guidance. No referral needed.		Social Space 10am – 11am Safe, inclusive space to chat with your peers. Arts, Crafts & Games 11am – 12pm Safe space to play games, do puzzles, art and craft, chat with your peers Music Appreciation 10.30am – 11.30am 3 and 17 September Enjoy music, explore different themes, and chat with others in a relaxed group setting.		

Social Space	Walk-in Welcome Session	Peer Group	External provider
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	Script Reading 10.30am – 11.30m 10 and 24 September Enjoy reading scripts together in a relaxed group setting. No acting experience needed.
Fabric Crafts with Lynn 2 – 4pm Join Lynn for a relaxed, volunteer-led craft session, including sewing, clothing repairs, crochet, patchwork, quilting, tapestry and knitting. All abilities welcome.	Online Group 11am – 12 noon Join us online for a friendly group session. Ask a member of staff for the link.
Peer Group: Living with Anxiety and Overthinking 5:30 – 7pm 29 September – 17 November	Client Meeting 12 noon – 1pm 3 September Come and share your views to help shape the service.
	Card Making with Lynn 2 – 4pm Join Lynn for a volunteer-led craft session to make greeting cards. All abilities welcome.

	Registration required.		Peer Group: Coping Skills for Wellbeing 2:30 – 4pm 20 August – 15 October Not running on 3 rd September Registration required.		
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Social Space

Walk-in Welcome Session

Peer Group

External provider