

# MARCH 2024

Monday 4th March		Tuesday 5th March		Wednesday 6th March		Thursday 7th March		Friday 8th March	
International Women's Day and Mother's Day									
		<b>ATR Breakfast Club</b>				<b>Breakfast Club 09:00 - 10:00</b>		<b>Staff wear purple for IWD :)</b>	
<b>Mindful Monday</b> 10:00 - 11:00 	<b>Goal Setting and Future Planning</b> 11:00 - 12:00 	<b>CGL STAR Breakfast Group</b> 10:00 - 12:00 		<b>Obtaining ID</b> 10:00 - 11:00 	<b>Hub Gym</b> 11:00 - 12:00 	<b>Women's Focus Group</b> 10:00 - 13:00 	<b>Women's Domestic Abuse Help and Advice</b> 11:00 - 13:00 	<b>Housing and Debt Advice</b> 10:00 - 12:00 	
<b>Hub Bake Off</b> 14:00 - 16:00 	<b>Stress and Anxiety Management</b> 15:00 - 16:00 	<b>Digital College</b> 14:00 - 16:00 	<b>CGL STAR Afternoon Group</b> 13:00 - 14:00  <b>Painting with Bob Ross</b> 14:30 - 15:30 	<b>Cooking and Table Tennis</b> 13:00 - 15:00 	<b>Hike Planning and Walk in the park</b> 13:00 - 15:00 	<b>Greener Futures</b> 10:00 - 13:00 		<b>Housing and Debt Advice</b> 13:00 - 16:00 	<b>International Women's Day &amp; Mother's Day</b> 14:00 - 16:00 
				<b>Sewing and Repairs</b> 14:00 - 15:00 	<b>CSCS course</b> 14:00 - 16:00 		<b>IT Skills</b> 14:00 - 15:00 		
Monday 11th March		Tuesday 12th March		Wednesday 13th March		Thursday 14th March		Friday 15th March	
Friday Fry-up 09:00 - 10:00									
<b>Mindful Monday</b> 10:00 - 11:00 	<b>Life Admin: Organisation Skills</b> 11:00 - 12:00 	<b>CGL STAR Breakfast Group</b> 10:00 - 12:00 		<b>Mug Printing</b> 10:00 - 12:00 		<b>Women's Focus Group</b> 10:00 - 13:00 	<b>Greener Futures: Forestry and Parks Maintenance</b> 10:00 - 13:00 		<b>Housing and Debt Advice</b> 10:00 - 12:00 
				<b>Lunch Club 13:00 - 14:00</b>		<b>Co-Operative Boardgames Afternoon!</b> 14:00 - 15:30 			
<b>Budget Bites</b> 14:00 - 16:00 	<b>CSCS Information Drop In</b> 14:00 - 15:00 	<b>Future in Focus Action Plan Slot</b> 13:00 - 14:00 	<b>CGL STAR Afternoon Group</b> 13:00 - 14:00  <b>Art Afternoon</b> 14:30 - 15:30 	<b>Tennis in the park</b> 14:00 - 15:30 	<b>Job Readiness</b> 14:00 - 15:00 	<b>Embroidery with Emily</b> 14:00 - 15:00 		<b>CSCS Course</b> 14:00 - 16:00 	<b>Indoor Gardening</b> 14:00 - 15:00 

# MARCH 2024

Monday 18th March		Tuesday 19th March		Wednesday 20th March		Thursday 21st March		Friday 22nd March	
Neurodiversity Celebration Week									
<b>Citizens Advice Dropin</b> 13:00 - 16:00  <b>Hub Bake Off</b> 14:00 - 16:00 	<b>CSCS Course Day 1</b> 09:30 - 16:00 	<b>CGL STAR Breakfast Group</b> 10:00 - 12:00  STAR Drug and Alcohol Service East Sussex		<b>Walking Football</b> 10:00 - 11:00 	<b>Life Admin: Organisation and planning</b> 11:00 - 12:00	<b>Women's Focus Group</b> 10:00 - 13:00 	<b>Citizens Advice Women's Drop in</b> 10:00 - 12:00	<b>Hub Gym</b> 10:00 - 11:00 	<b>Terrarium Making</b> 11:00 - 12:00 
		<b>CSCS Course Day 2</b> 09:30 - 16:00 	<b>CGL STAR Afternoon Group</b> 13:00 - 14:00  STAR Drug and Alcohol Service East Sussex	<b>Cooking and Table Tennis</b> 13:00 - 15:00 			<b>Greener Futures</b> 10:00 - 13:00 	<b>Housing and Debt Advice and Mentoring</b> 10:00 - 16:00 	<b>Disclosure Letter Advice</b> 13:00 - 14:00 
		<b>Painting with Bob Ross</b> 14:30 - 15:30 	<b>Accessing Services and Benefit Advice</b> 14:00 - 15:00	<b>Beach Litter Picking</b> 15:00 - 16:00 	<b>Sewing and Repairs</b> 14:00 - 15:00 	<b>Digital College</b> 14:00 - 16:00 	<b>Hub Quiz! (internal)</b> 14:00 - 15:00		
Monday 25th March		Tuesday 26th March		Wednesday 27th March		Thursday 28th March		Friday 29th March	
<b>Therapy Animals Day</b> 10:00 - 16:00 	<b>IT Skills</b> 10:00 - 11:00 	<b>CGL STAR Breakfast Group</b> 10:00 - 12:00  STAR Drug and Alcohol Service East Sussex		<b>Hub Hike</b> 10:00 - 14:00 	<b>Job Searching Hour</b> 11:00 - 12:00 	<b>Women's Focus Group</b> 10:00 - 13:00 	<b>Greener Futures: Forestry Maintenance</b> 10:00 - 12:00 	<b>Housing and Debt Help and Advice</b> 10:00 - 16:00 	<b>Hub's Got Talent Revisted!</b> Auditions 11:00 - 12:00 
	<b>Budget Bites</b> 14:00 - 16:00 	<b>Koestler Hub Exhibition</b> 13:00 - 14:00	<b>CGL STAR Afternoon Group</b> 13:00 - 14:00  STAR Drug and Alcohol Service East Sussex	<b>Cooking and Table Tennis</b> 13:00 - 15:00 	<b>Women's Film Club</b> 11:00 - 13:00 		<b>CV Advice</b> 14:00 - 15:00 		
		<b>Digital College</b> 14:00 - 16:00 	<b>Art Afternoon</b> 14:30 - 15:30 	<b>Obtaining ID</b> 15:00 - 16:00 	<b>CSCS Course</b> 14:00 - 16:00 	<b>Embroidery with Emily</b> 14:00 - 15:00			