

# APRIL 2024


















Monday 1st April		Tuesday 2nd April		Wednesday 3rd April		Thursday 4th April		Friday 5th April		
Bank Holiday Hub Closed		<b>ATR STAR Group</b> 10:00 - 12:00 		<b>Hastings Blue Plaque Walk!</b> 10:00 - 11:30 		<b>Women's Breakfast Morning</b> 10:00 - 13:00 	<b>Women's Breakfast Club</b> 10:00 - 11:00 	<b>Men's Mental Health</b> 10:00 - 16:00 		
		<b>Digital College</b> 14:00 - 16:00 	<b>Afternoon STAR Group</b> 13:00 - 14:00 	<b>Intro to Cooking and Table Tennis</b> 14:00 - 16:00 	<b>Music with Meaning</b> 13:00 - 14:00 	<b>CSCS Course</b> 14:00 - 16:00 		<b>Mindful Art</b> 11:00 - 12:00 	<b>Men's Mental Health</b> 10:00 - 16:00 	<b>Accessing Services</b> 13:00 - 14:00 
		<b>Art Afternoon Koerstler posting</b> 14:30 - 15:30 		<b>Terrarium Making</b> 15:00 - 16:00 				<b>Intro to Sewing and Repairs</b> 14:00 - 15:00 	<b>Meditation and Mindfulness</b> 14:00 - 15:00 	
Monday 8th April						Tuesday 9th April		Wednesday 10th April		Thursday 11th April
<b>CSCS Day 1</b> 09:30 - 16:00 	<b>Mindful Monday</b> 10:00 - 11:00 	<b>CSCS Day 2</b> 09:30 - 16:00 	<b>Morning ATR STAR</b> 10:00 - 12:00 	<b>Football in the Park</b> 10:00 - 11:30 	<b>Hub Gym</b> 11:00 - 12:00 	<b>Women's Morning Group</b> 10:00 - 13:00 	<b>Women's Breakfast Club</b> 10:00 - 11:00 	<b>IT Skills</b> 10:00 - 11:00 	<b>Housing and Accommodation Advice</b> 10:00 - 16:00 	
<b>Budget Bites</b> 14:00 - 16:00 		<b>Afternoon STAR</b> 13:00 - 14:00 		<b>Cooking and Table Tennis</b> 14:00 - 16:00 	<b>Life Admin: Organisation and Planning</b> 13:00 - 14:00 	<b>Jewelry Making</b> 11:00 - 12:00 	<b>Boardgames hour</b> 13:00 - 14:00 			
				<b>Painting with Bob Ross</b> 14:30 - 15:30 		<b>Debt Advice</b> 14:00 - 15:00 		<b>CSCS Course</b> 14:00 - 16:00 		

# APRIL 2024

Monday 15th April		Tuesday 16th April		Wednesday 17th April		Thursday 18th April		Friday 19th April	
<b>Mindful Monday</b> 10:00 - 11:00 	<b>Future Focus: Action Plan Slot</b> 11:00 - 12:00 	<b>Morning ATR Group</b> 10:00 - 12:00  STAR Drug and Alcohol Service Change Your Life East Sussex	<b>Hub Hike</b> 10:00 - 14:00 	<b>Mug Printing</b> 10:00 - 12:00 		<b>Women's Breakfast Group</b> 10:00 - 13:00 	<b>Women's Citizen Advice</b> 10:00 - 12:00	<b>Men's Mental Health</b> 10:00 - 16:00 	
<b>Budget Bites</b> 14:00 - 16:00 	<b>Citizens Advice Drop-in</b> 13:00 - 16:00	<b>Afternoon STAR Group</b> 13:00 - 14:00  STAR Drug and Alcohol Service Change Your Life East Sussex		<b>Intro to Cooking</b> 13:00 - 14:00 	<b>Employability Workshop</b> 13:00 - 14:00 		<b>Mindful Art and Practical Advice</b> 12:00 - 13:00 	<b>Men's Mental Health</b> 10:00 - 16:00 	<b>Fun Friday: Boardgames</b> 14:00 - 15:30 
	<b>CV Help and Advice</b> 14:00 - 15:00 	<b>Digital College</b> 14:00 - 16:00 	<b>Art Afternoon</b> 14:30 - 15:30 	<b>Table Tennis</b> 14:00 - 15:00 	<b>Music with Meaning</b> 14:00 - 15:00 	<b>CSCS Info Dropin</b> 14:00 - 16:00 	<b>Intro to Sewing and Repairs</b> 14:00 - 15:00		
Monday 22nd April		Tuesday 23rd April		Wednesday 24th April		Thursday 25th April		Friday 26th April	
<b>Earth Day</b>									
<b>Mindful Monday</b> 10:00 - 11:00 	<b>IT Skills: Employability</b> 11:00 - 12:00	<b>Morning STAR Group</b> 10:00 - 12:00  STAR Drug and Alcohol Service Change Your Life East Sussex		<b>Managing Anxiety</b> 10:00 - 11:00 	<b>Debt and Budgeting Advice</b> 11:00 - 12:00	<b>Women's Focus Group</b> 10:00 - 13:00 	<b>Women's Breakfast</b> 10:00 - 11:00 	<b>Housing and Accommodation Advice</b> 10:00 - 16:00 	<b>Terrarium Making</b> 11:00 - 12:00 
<b>Hub Bake Off</b> 14:00 - 16:00 	<b>Digital College</b> 14:00 - 16:00 	<b>Hub Wildlife Walk Earth Day</b> 14:00 - 16:00 	<b>Afternoon STAR Group</b> 13:00 - 14:00  STAR Drug and Alcohol Service Change Your Life East Sussex	<b>Intro to cooking and table tennis</b> 13:00 - 15:00 			<b>Jewelry Making</b> 11:00 - 12:00 		<b>Mental Health Café</b> 13:00 - 14:00 
			<b>Art Afternoon mixed media</b> 14:30 - 15:30 	<b>Accessing Services</b> 13:00 - 14:00 	<b>Music with Meaning</b> 14:00 - 15:00 	<b>Embroidery with Emily</b> 14:00 - 15:00	<b>CSCS Course</b> 14:00 - 16:00 		<b>Hub Quiz Nature theme</b> 14:00 - 15:00

Please contact your support worker to book onto activities 01424619618

# APRIL 2024

Monday 29th April		Tuesday 30th April		Wednesday 1st May		Thursday 2nd May		Friday 3rd May									
<b>CSCS Day 1</b> 09:30 - 16:00 		<b>Mindful Monday</b> 10:00 - 11:00 		<b>CSCS Day 2</b> 09:30 - 16:00 		<b>Morning STAR ATR Group</b> 10:00 - 12:00 		<b>Hastings Blue Plaque Walk!</b> 10:00 - 11:30 		<b>Employability Workshop</b> 11:00 - 12:00 		<b>Women's Breakfast Morning</b> 10:00 - 13:00 		<b>Women's Breakfast</b> 10:00 - 11:00 		<b>Men's Mental Health</b> 10:00 - 16:00 	
		<b>Budget Bites</b> 14:00 - 16:00 		<b>Afternoon STAR</b> 13:00 - 14:00 		<b>Intro to Cooking and Table Tennis</b> 14:00 - 16:00 		<b>Domestic Abuse Help and Advice</b> 11:00 - 12:00		<b>Men's Mental Health</b> 10:00 - 16:00 		<b>Hub Workout</b> 13:00 - 14:00 					
		<b>Art Afternoon</b> 14:00 - 15:00 		<b>Obtaining ID Slot</b> 14:00 - 15:00 		<b>Digital College</b> 14:00 - 16:00 		<b>Intro to Sewing and Repairs</b> 14:00 - 15:00		<b>CV Advice</b> 14:00 - 15:00 