

## ESRA Activity Hastings Timetable – March 2019 onwards

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning		<b>Recovery Group</b> <b>10.00am -11.30 am</b> Facilitated by Recovery Coaches (Learn new skills to support your recovery) The Den	<b>Art with Ali</b> <b>10am -12noon</b> Discover your creative side <i>Draw, Paint, Landscape, we have a lot of materials, &amp; books for people to use.</i> The Art Room	<b>Recovery Group</b> <b>11:00am – 12.15pm</b> Facilitated by Recovery Coaches (Learn new skills to support your recovery) The Den	<b>Yoga</b> <b>10.30 – 11.30am</b> <i>(come along and relax with our yoga teacher)</i> The Den
	<b>ESRA Staff &amp; Volunteers Meeting</b> <b>12.00pm – 12.45pm</b> Volunteers, Staff & Facilitators The Den		<b>Bexhill Recovery Group</b> <b>11am – 1.00pm</b> Charter Centre – London Rd, Bexhill Facilitated by Recovery Coaches (Learn new skills to support your recovery)	<b>Your Voice Counts</b> <b>12.30am – 2.00pm</b> <i>“All Welcome to Attend”</i> <b>*Once a Month*</b> <i>(Organisations can ring to arrange attendance)</i> The Den	<b>Women’s group</b> <b>10.30am – 12.00pm</b> <i>(share your experience getting support &amp; understanding from the other ladies in the group)</i> The Art Room
Afternoon	<b>Reading Group</b> <b>1:00pm – 2:30pm</b> <i>“All Welcome to Attend”</i> The Den	<b>Women’s group</b> <b>12.30pm – 2.00pm</b> <i>(share your experience getting support &amp; understanding from the other ladies in the group)</i> The Den	<b>ESFACT</b> <b>12.30pm - 3.00pm</b> Working with families and carers of people with mental health problems and addiction The Art Room		<b>Men’s Group</b> <b>12.30pm – 2.30 pm</b> <i>(share your experience with other men and get support)</i> The Den
	<b>Music &amp; Jamming</b> <b>2.30pm -3.30pm</b> <i>(come along a learn how to play the drums/ guitar with private tutor)</i> The Den	<b>Craft activities</b> <b>2.00pm – 3.30pm</b> <i>(learn different craft activities every month)</i> The Art Room	<b>Creative Writing Group</b> <b>1.00pm – 2.30pm</b> <i>Learn how to write as a tool for recovery</i> The Den	<b>Photography</b> <b>2.00pm – 3.30pm</b> <i>(get the most out of your camera)</i> Front Lobby at the computers	<b>Art afternoon</b> <b>1.30pm – 3.30pm</b> <i>Draw, Paint, Landscape, we have a lot of materials, &amp; books for people to use.</i> The Art Room
Evening				<b>Your Choice</b> <b>6.00pm – 7.30pm</b> The Den	

ESRA: all held at 5 Harold Place, Hastings, TN34 1JA for information call 01424 435318

contact Tel: 01424 435318  
Charity No: 1179560

Email: info@esrauk.org



@East Sussex Recovery Alliance –ESRA



www.esrauk.co.uk