






Amazing Futures East Sussex Timetable September to October 2022

What is on	When	Where
Halloween disco party	Tuesday 25 October 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Ed's run fit exercise group  Come along and have fun getting fit.	Thursday 27 October 4.30-5.15pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Thursday Group B Games night at the YMCA Pre allocated group session A chance to have your fix of fun activities, art & food – this group is more GAMES focused	Thursday 27 October 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Tuesday Bexhill group Join the group for your fix of fun activities, games, art & food	Tuesday 1 November 7-9pm	Bexhill Youth and Community Centre 10 Station Road Bexhill on Sea TN40 1RE
Ed's run fit exercise group  Come along and have fun getting fit.	Thursday 3 November 4.30-5.15pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Thursday Group A at the YMCA Pre allocated group session A chance to have your fix of fun activities, art & food – this group is more ART focused and mixed ability	Thursday 3 November 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Tuesday group at the YMCA Join the group for your weekly fix of fun activities games, pool, art & food	Tuesday 8 November 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Morrison's foodbank give back session Come along to the supermarket and help create food bags for the foodbank scheme. Be part of a friendly team, learn new	Wednesday 9 November 1.30-3pm start	Morrison's supermarket Lottbridge Drove, Eastbourne BN23 6QN

workability skills including on the tills and give back to your community Alternate weeks		
Ed's run fit exercise group yoga special for 18+ Come along and try a yoga session. Booking essential as limited spaces	Thursday 10 November 4.30-5.30pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Thursday B Group at the YMCA A chance to have your fix of fun activities, art & food – this group is more GAMES focused	Thursday 10 November 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Tuesday Bexhill group – isend visit Join the group for your fix of fun activities, games, art & food	Tuesday 15 November 7-9pm	Bexhill Youth and Community Centre 10 Station Road Bexhill on Sea TN40 1RE
Wednesday creative club New club to join in and get creative	Wednesday 16 November 2-4pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Ed's run fit exercise group  Come along and have fun getting fit.	Thursday 17 November 4.30-5.15pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Thursday Group A at the YMCA Pre allocated group session A chance to have your fix of fun activities, art & food – this group is more ART focused and mixed ability	Thursday 17 November 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Tuesday Morrison's foodbank give back session Come along to the supermarket and help create food bags for the foodbank scheme. Be part of a friendly team, learn new workability skills including on the tills and give back to your community Alternate weeks	Tuesday 22 November 11-30am-1pm	Morrison's supermarket Lottbridge Drove, Eastbourne BN23 6QN
Tuesday group at the YMCA Join the group for your weekly fix of fun activities games, pool, art & food	Tuesday 22 November 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Morrison's foodbank give back session Come along to the supermarket and help create food bags for the foodbank scheme. Be part of a friendly team, learn new workability skills including on the tills	Wednesday 23 November 1.30-3pm	Morrison's supermarket Lottbridge Drove, Eastbourne BN23 6QN

and give back to your community Alternate weeks		
Ed's run fit exercise group  Come along and have fun getting fit.	Thursday 24 November 4.30-5.15pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Mental health training workshop For peer supporters	Thursday 24 November 6-8pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Tuesday Bexhill group Join the group for your fix of fun activities, games, art & food	Tuesday 29 November 7-9pm	Bexhill Youth and Community Centre 10 Station Road Bexhill on Sea TN40 1RE
Creative art club New club to join in and get creative	Wednesday 30 November 2-4pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Ed's run fit exercise group  Come along and have fun getting fit.	Thursday 1 December 4.30-5.15pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Thursday Group A at the YMCA Pre allocated group session A chance to have your fix of fun activities, art & food – this group is more ART focused and mixed ability	Thursday 1 December 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Tuesday group at the YMCA Join the group for your weekly fix of fun activities games, pool, art & food	Tuesday 6 December 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Morrison's foodbank give back session Come along to the supermarket and help create food bags for the foodbank scheme. Be part of a friendly team, learn new workability skills including on the tills and give back to your community Alternate weeks	Wednesday 7 December 1.30-3pm	Morrison's supermarket Lottbridge Drove, Eastbourne BN23 6QN
Thursday Group A at the YMCA Pre allocated group session A chance to have your fix of fun activities, art & food – this group is more ART focused and mixed ability	Thursday 8 December 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL

Thursday B Group at the YMCA A chance to have your fix of fun activities, art & food – this group is more GAMES focused	Thursday 8 December 5-7pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Tuesday Bexhill group festive session Join the group for your fix of festive fun activities, games & snacks	Tuesday 13 December 7-9pm	Bexhill Youth and Community Centre 10 Station Road Bexhill on Sea TN40 1RE
Creative art club festive session New club to join in and get creative	Wednesday 14 December 2-4pm	Meet at the Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
Ed's run fit exercise group  Come along and have fun getting fit.	Thursday 15 December 4.30-5.15pm	Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL
 Festive party Anyone accessing amazing futures across the groups is welcome	Thursday 15 December 5-7pm	Meet at the Y.A.C. Eastbourne 56-58 Seaside Eastbourne BN22 7QL

Closed over the festive season & groups resume on 3 January

To register and book onto any of these sessions,

Please email claire@amazesussex.org.uk or call **07484 915038**