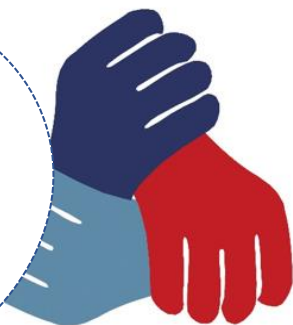


December  
2022

Promoting Wellbeing  
through camaraderie  
& community



# Veterans Outreach Support

\*These opportunities are **free** -- join us if you're ex-forces of **Royal Navy, Army, Royal Air Force, Merchant Navy**, including spouses/partners\*

Date	Time	Location	Activity for VOS	Provider to VOS
Thursday 1 <sup>st</sup> December	1030-1200	Royal Maritime Club	<b>Book Binding</b>	Bound by Veterans
Friday 2 <sup>nd</sup> December	1900-2030	Romsey*	<b>Light Up Sir Harold Hillier Gardens</b> (*minibus leaves RMC at 1810) - Beautiful Christmas Lights walk	Light Up Trails. <i>Family friendly</i>
Saturday 3 <sup>rd</sup> December	1300-1500	Cosham	<b>Christmas Wreath Making</b>	Blossoms of Portsmouth
Wednesday 7 <sup>th</sup> December	1400-1700	Royal Maritime Club	<b>Portsmouth Monthly Drop-In</b>	Delivered by VOS
Thursday 8 <sup>th</sup> December	1630-1730	The Solent	<b>Harbour Lights Tour onboard Seaplane Tender 1502</b> – mulled wine/hot chocolate, mince pies & seeing Pompey by night!	PNBPT
Tuesday 13 <sup>th</sup> December	1830-2000	Royal Maritime Club	<b>VOS Mid-Month Muster</b> – come and relax, banter, socialise. A simple hot meal will be provided	Delivered by VOS
Wednesday 14 <sup>th</sup> December	1830-2000	Royal Maritime Club	<b>Candle Making</b> – super relaxing scent-based activity. All materials & light buffet provided	Wight Apothecaries
Thursday 15 <sup>th</sup> December	1830-2000	Royal Maritime Club	<b>Paint &amp; Chill</b> – painting a Christmas Gnome! All materials & light buffet provided	Paint Chill Co
Saturday 17 <sup>th</sup> December	1630-1800	Midhurst*	<b>Christmas at Cowdray</b> (*minibus leaves RMC at 1540) - Beautiful Christmas Lights walk	Light Up Trails. <i>Family friendly</i>
Wednesday 21 <sup>st</sup> December	1200-1600	Riverside Centre, Newport	<b>IOW Monthly Drop-In &amp; Crafts Activity</b>	VOS & Independent Arts
Wednesday 28 <sup>th</sup> December	1830-2000	Royal Maritime Club	<b>Monthly Skittles &amp; Snorkers Night</b> – hotdog basket meal and refreshments provided	Delivered by VOS

Contact [wellbeing@vosuk.org](mailto:wellbeing@vosuk.org) to reserve a place at any of the activities

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(023) 9273 1767

[www.vosuk.org](http://www.vosuk.org)



veteransoutreachsupport

