

Wellbeing Activities – August 2023

All these opportunities are **FREE** - Join us if you are ex-forces of **Royal Navy, Army, Royal Air Force, or Merchant Navy**, including spouses/partners.



Activities with ★ have limited spaces, so visit [Eventbrite](#) to book yours (first come, first served). You can also scan the QR code at the bottom of this page to access our Eventbrite!

DATE	TIME	PLACE	ACTIVITY	FACILIT ATOR	CAPACITY
Wednesday 2 nd August	1330-1700	Royal Maritime Hotel (RMH)	Portsmouth Drop-In	VOS	ALL WELCOME!
Sat. 5th August	1000-1200	RMH	★ Gelli Printing	Deborah Porter	8
Sat. 12 th August	1030-1600	Daffodil Barn, Wiltshire	★ Book Binding	Bound by Veterans	SOLD OUT
Tue. 15 th August	1800-2000	RMH – Hood Room	★ Printing Tote Bags, 15 th VOS Anniversary	Nuyse, Southesea Eyes	SOLD OUT
Wed. 16 th August	1830-2000	RMH – Hood Room	★ Mid-Monthly Muster	VOS	20
Wed 16th August	1200-1600	Riverside Centre	IOW Drop-In	VOS	ALL WELCOME!
Tuesday 22 nd August	1000-1200	RMH	★ Paint and Chill	Paint and Chill Co	10
Friday 25 th August	1000-1200	RMH	★ Craft and Chat	VOS	10
Saturday 26 th August	1000-1200	Port Solent	★ Sailing Trip	Gwenli Trust	SOLD OUT
Wed. 30 TH August	1000-1200	GVA – Gosport	★ Mini Drop-in	VOS	ALL WELCOME!
Wed. 30 th August	1830-2000	RMH	★ Skittles and Snorkers	VOS	40 Twenty sold already

