

# Wellbeing Activities – September 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	FACILITATOR	CAPACITY
Monday 4th Sept	0930- 1030	The John Pound Centre	★ Pottery Workshop	Fatclay Pottery - Matt	10
Wednesday 6th Sept	1400- 1700	Royal Maritime Hotel (RMH)	Portsmouth Drop-In	VOS	ALL WELCOME!
Saturday 9th Sept	1130- 1940	Waverley trip - Portsmouth Departure	★ Southcoast and Isle of Wight sailing	Waverley	15
Tuesday 12th Sept	1800- 2000	RMH	★ Printing - Sea Swimmers pin up style	Nusye, Southsea Eyes	8
Wednesday 13th Sept	1830- 2000	RMH	★ Mid-Monthly Muster (games night)	VOS	20
Wednesday 20th Sept	1200- 1600	Riverside Centre, IOW	IOW Drop-In	VOS	ALL WELCOME!
Thursday 21st Sept	1800- 2000	RMH	★ Book Binding	Bound by Veterans	8
Tuesday 26th Sept	1830- 2000	RMH - Skittle Alley	★ Skittles and Snorkers	VOS	40
Wednesday 27th Sept	1000- 1200	GVA	Mini-drop-in	VOS / GVA	ALL WELCOME!
Friday 29th Sept	1000- 1200	RMH- Hood Room	★ Craft and Chat	VOS	10
Saturday 30th Sept	1000- 1200	Port Solent	★ Sailing	Gwenli Trust	8