



Weekly Activities

3rd Floor, Brighthelm
Centre
BN1 1YD

info@cascadecr.org

Text/WhatsApp
07512 639 758

Open Mic Night
1st Saturday 6.30-
10.00pm

Karaoke
3rd Saturday 6.30-
9.30pm

Monday

Ease into the Week

10.30-11.30am

Breathwork, self massage
& wellbeing

Cuppa Connections

12.00-2.00pm

Free cuppas & WiFi

Tuesday

Women's Support Group

10.30-11.30am For anyone
identifying as female

Cuppa Connections

12.00-2.00pm

Art 1.30-4.00pm Just
bring inspiration

Yoga 4.30-5.30pm Check
for availability

Wednesday

CGL Groups

Contact CGL for timetable

Thursday

Acupuncture 10.30-
11.30am

Cuppa Connections

12.00-2.00pm

Friday

Mens Group 10.00-
11.30am

Cuppa Connections

12.00-2.00pm

Crafting 1.00-3.00pm

Creative Writing 4.00-
6.00pm

Weekend

Cascade Recovery Choir

Saturday 10.30am-
12.30pm

Enthusiasm the only
requirement!

Samba Drumming

Sunday 12.00-1.30pm