

What is A Good Week?

A week with different ideas for improving our wellbeing and making (or deepening) connections being handed out each day by 'Hastings & St Leonards – Action for Happiness'. Happiness matters; why else do you do what you do? Have you learned yet how to maintain perfect happiness? If so, come and tell us.

All the events in AGoodWeek are free for you:

Monday, 20 June	
10:30	-11.30 - Happiness 101 Introduction
12:00	-15.00 Southwater Centre Streetbank open
12:00	-13.00 Stories that heal
15:00	-16.00 Talk/Discussion: Optimum Nutrition for happiness
16:00	Tea after talk/discussion
19:30	-20.30 Creating more sharing community
19:30	-20.30 Introduction to Action for Happiness
Tuesday, 21 June	
10:00	-11.15 Yoga for all
11:30	-12.30 Optimum Nutrition for happiness (then 10 free lunches if U book)
17:30	-19.30 Film -Pay It Forward
Wednesday, 22 June	
10:00	-11.00 Talk/discussion - How to deal with Stress
10:30	-12.30 Fruit and Veg Stall (as every Weds)
11:30	-12.30 Introduction to Action for Happiness
14:00	-15.00 Stories That Heal (Workshop)
15:40	-16.00 Stories that Heal (Performance)
19:30	-21.30 Film -Pay It Forward
Thursday, 23 June	
10:30	-11.30 Creating a more Sharing Community
11:30	-15.00 streetbank.com depot open
12:00	-13.00 Stories that Heal Workshop
14:00	-16.00 Meditation class
16:00	-18.00 Film: What About Me? - 1 Giant Leap
19:30	-20.30 How to deal with Stress
Friday, 24 June	
11:00	-15.00 Streetbank depot open
15:30	-17.30 Film -Pay It Forward
17:30	-18.30 How to deal with Stress
19:15	-22.15 Introduction to Landmark Education
20:00	-21.00 The Story of the Holy Grail (for adults)
Saturday, 25 June	
10:00	Mayor's Surgery & Hastings & St Leonards Action for Happiness Petition submitted
10:30	-16.00 Southwater Centre Streetbank open
12:00	Mithril Healing session (teaching self-healing)
12:30	-13.45 Introduction to Action for Happiness
14:30	-15.30 Creating a Vision for your future
16:00	-17.30 Blogging for Social Change
18:00	-19.30 Review Session -what have we learned from AGoodWeek so far?

Free Prize Draw – Win an Amazon Kindle

(Electronic Book Reader):

Name & contact details for entry into draw to win an Amazon Kindle

(Electronic Book reader R.R.P.

£111):.....

On a piece of paper (or on-line), please answer the three questions & ideally tick the box below:

- 1) Name a 'good thing' -it doesn't matter how small – that someone is doing in Hastings/ St Leonards?
- 2) What big change would you like to see so that we create a “more caring & sharing Hastings & St Leonards”?
- 3) Name one step that you have taken, or will take this week to make it a good week for you & others?

(Multiple entries welcome; with different answers to the questions above please)

TICK BOX QUESTION:

I am fine if you let the Mayor know that I too want **unused office space** in the Southwater Centre to be made available to the Hastings & St Leonards Action for Happiness group to develop local well-being groups, to develop more sharing, eg via www.streetbank.com and more Good Weeks: .

Please Tick ... ☐

Well-being involves Body, Mind, Spirit, People, Place & Planet.

Each weekday in AGoodWeek we'll have a different themed leaflet available and a free postcard with details of one of the

'5 actions a day' for your well-being. Leaflet

text is also available via the “Action for

Hastings Happiness” facebook group OR

www.actionforhastingshappiness.blogspot.com

For more details & updates please see the Southwater Area Centre (pink building by Platform 2); please look at the Mediation Support Ltd office windows on the London Road side of the door (ie left as you face).

FREE HEALING THERAPIES ALL WEEK AT THE SOUTHWATER AREA COMMUNITY CENTRE (Pink Building next to Platform 2, Warrior Sq.)

1) CIRCLE up to 5 THERAPY SLOTS for which you are available

2a) POST THIS THROUGH THE SOUTHWATER CENTRE MAIN DOOR WITH YOUR name & PHONE NUMBER ON

2b) or email actionforhappiness@mediationsupport.info

3) Wait to hear from us, or pop back and ask

KEY to colours in the table:

Homoeopathy (2 hrs) with Sue

Reiki (1 hour) with Roger

Reiki (30mins) withGaye

Reiki (you choose 30-60mins) with Hilary

Indian Head Massage (20m)-

Zero Balancing with Nicky- Weds before noon

		Mon	Mon	Tue	Tue	Wed	Wed	Wed	Thu	Thu	Thu	Fri	Fri	Sat	Sat
9am-10am	9am			9am		9am	9.30		9am	9.30		9am	9.30		
10am-11am	10am			10am		10am	10, 10.30	10.30, 10.50	10am	10.30		10am	10, 10.30		
11am-12pm	11am			11am		11am	11	11, 11.30	11am	11		11am	11		
12pm-1pm	Noon	Noon		Noon		Noon		12, 12.20, 12.40	Noon			Noon			
1pm-2pm	1pm			1pm		1pm		1, 1.20, 1.40	1pm			1pm			
2pm-3pm	2pm			2pm		2pm		2, 2.20, 2.40	2pm			2pm			
3pm-4pm	3pm			3pm		3pm		3, 3.20, 3.40	3pm			3pm			
4pm-5pm	4pm			4pm		4pm		4, 4.20, 4.40	4pm			4pm			
5pm-6pm	5pm			5pm		5pm		5, 5.20, 5.40	5pm			5pm			
6pm-7pm	6pm			6pm		6pm		6, 6.20, 6.40	6pm			6pm			
7pm-8pm	7pm			7pm		7pm			7pm			7pm			
8pm-9pm	8pm			8pm		8pm			8pm			8pm			