

EAST SUSSEX INTERGROUP ONE DAY CONVENTION SATURDAY 11 NOVEMBER 2023

9.00am till late

at THE LANSDOWNE HOTEL

**King Edward's Parade,
Eastbourne, BN21 4EE**

**Al-Anon participation, Sharing from the
platform, Workshop, Literature, Raffle,
evening entertainment with a difference.**

**Tea, coffee etc., available all day. Lunch
available in the restaurant, snacks in the
bar.**

**Convention rates for overnight
accommodation.**

(Why not enjoy a weekend at the seaside?)

Registration £5

Contact: Rosie W: 07983 622840

Ali: 07761 010392

Hotel reservations:

Lansdowne Hotel: 01323 725174



**keep
it
simple**



A Guideline of the Day

| TIME | WHAT'S ON | ROOM |
|---------------|--|-----------|
| 9.00 - 5.00 | Registration, Raffle tickets, Tea & Coffee, Literature, Share stand, ...and more.... | Jevington |
| 10.00 - 3.00 | Drop-in Workshop considering The Higher Power | Berwick |
| 10.00 - 5.00 | Al-Anon meetings | Glynde |
| 10.30 - 12.00 | Main Platform Meeting - Open | Lawns |
| LUNCH | | |
| 12.15 - 1.45 | Come & Go Meeting - AA closed | Lawns |
| 2.00 - 3.00 | Newcomers Main Platform Meeting -Open | Lawns |
| 3.30 - 5.30 | 'Spiritual' Meeting / Sobriety countdown | Lawns |
| 7.00 - 11.00 | Evening Entertainment including Raffle | Lawns |