

## Social Activity Christmas/New Year Timetable

Available to those being supported by WSxMind

Mon	15.12.25	Get Together	10.30am-12pm	Littlehampton	Leanne N
		Mindful Relaxation	11am-12pm	Paused	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Denise/Paul
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Leanne N
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Dennise
Tues	16.12.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Festive break	Trish
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	2-3pm	Zoom	Paul S
Wed	17.12.25	Get Together	11am-12pm	Zoom	Emily C
		Wellbeing Group	11am-12pm	Zoom	Various
		Get Together	11am-12.30pm	Corner House	Su B
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Cancelled	Morag
		Get Together	5-6.30pm	Worthing/G'way	Dennise/Stephen
Thur	18.12.25	Christmas Bring & Share	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	19.12.25	Get Together	10-11.30am	Midhurst	Hannah W

		Sisterhood	10.30-11.30am	Littlehampton	Lisa/Helen
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	1.30-2.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Sharon M
Mon	22.12.25	Bring & Share	10.30am-12pm	Littlehampton	Kit/Leanne
		Mindful Relaxation	11am-12pm	Paused	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Denise/Paul
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Bring & Share	1.30-3pm	Worthing/G'way	Dennise
Tues	23.12.25	Bring & Share	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Festive break	Trish
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Bring & Share	2-3.30pm	Southwick	Lee K
		Poetry	2-3pm	Festive break	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	24.12.25	Get Together	10.30-12pm	Worthing/G'way	Paul S
		Wellbeing Group	11am-12pm	Zoom	Various
		Get Together	11am-12pm	Festive break	Emily C
		Get Together	11am-12:30pm	Corner House	Recovery Staff & Volunteers
		Get Together	11am-12.30pm	Cancelled	Morag C
		Walk (Chanctonbury)	1-2.30pm	Cancelled	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Festive break	Sharon M

Thur	25.12.25	Cuppa & Chat	10.30-11.30am	Zoom	Cathy P
Fri	26.12.25	Cuppa & Chat	10.30-11.30am	Zoom	Courtney E
Mon	29.12.25	Get Together	10.30am-12pm	Littlehampton	Kit/Leanne
		Mindful Relaxation	11am-12pm	Paused	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Paul
		Healthy Wellbeing	12.30-1.30pm	Festive break	Hannah W
		Table Tennis	1-2pm	Littlehampton	Leanne N
		Mindful Craft	1.30-2.30pm	Festive break	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Paul S
Tues	30.12.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Festive break	Trish
		Painting	11am-12.30pm	Zoom	Peer led
		Craft Group	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Festive break	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Hannah W
		Quiz	2-3pm	Zoom	Paul S
Wed	31.12.25	Get Together	10.30-12pm	Worthing/G'way	Paul S
		Get Together	11am-12pm	Zoom	Emily C
		Get Together	11am-12.30pm	Corner House	Recovery Staff & Volunteers
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Cancelled	Morag
Thur	1.1.26	Cuppa & Chat	10.30-11.30am	Zoom	Cathy & Courtney
Fri	2.1.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa
		Creative Writing	10.30-11.30am	Festive break	Kate
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A

		Run Group	1.30-2.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Sharon M

Please contact [socialactivities@westsussexmind.org](mailto:socialactivities@westsussexmind.org) or call Help Point on 0300 303 5652 to book onto a group or get a Zoom link.