

Social Activities Timetable

July/August 2026

Available to those being supported by WSxMind

Please contact socialactivities@westsussexmind.org or call Help Point on 0300 303 5652 to book onto a group or get a Zoom link

Mon	27.7.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	28.7.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Volunteer break	Trish W
		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	3-4pm	Zoom	Paul S
Wed	29.7.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12.30pm	Southwick	Lee K
		Community Pop- Up	11am -12.30pm	Worthing	Paul S
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1-2.30pm	Zoom	TBC
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	30.7.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D
		Walk	1-2.30	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	31.7.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H
		Creative Writing	10.30-11.30am	Southwick/Zoom	Andy

		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Paused
Mon	3.8.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	4.8.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Volunteer break	Trish W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3.30pm	Southwick	Lee K
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	5.8.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	6.8.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	7.8.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Fox
		Stronger Together	12-1pm	Littlehampton	Kit D
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused

Mon	10.8.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	11.8.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Volunteer break	Trish W
		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	3-4pm	Zoom	Paul S
Wed	12.8.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12.30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Petworth	Hannah W
		Drawing	1-2.30pm	Zoom	TBC
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	13.8.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D
		Walk	1-2.30pm	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	14.8.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H
		Creative Writing	10.30-11.30am	Southwick/Zoom	Fox
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Paused
Mon2	17.8.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W

		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	18.8.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Volunteer break	Trish W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3.30pm	Southwick	Lee K
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	19.8.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	20.8.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	21.8.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Fox
		Stronger Together	12-1pm	Littlehampton	Kit D
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon2	24.8.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	25.8.26	Get Together	10.30am-12pm	Midhurst	Hannah W

		Mixed Media Art	10.30am-12pm	Volunteer break	Trish W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3.30pm	Southwick	Lee K
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	26.8.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	27.8.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D
		Walk	1-2.30pm	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	28.8.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Fox
		Stronger Together	12-1pm	Littlehampton	Kit D
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon	31.08.26	No groups due to bank holiday Monday			