Social Activities Timetable

October/November 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	26.10.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	11am-12.30pm	Worthing/G'way	Frances
		Healthy Wellbeing	1-2pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2:30pm	Zoom	Romina
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	27.10.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Volunteer break	Trish W
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3.30pm	Southwick	Rona T
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	28.10.26	Get Together	11am-12pm	Zoom	Laura A
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Petworth	Hannah W
		Get Together	5-6.30pm	Worthing/G'way	Paul S
Thur	29.10.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Pip
Fri	30.10.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	**TBC**
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A

		Walk (Littlehampton)	2pm – 3.30pm	Littlehampton	Paul S
Mon	02.11.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	11am-12.30pm	Worthing/G'way	Frances
		Healthy Wellbeing	1-2pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	2-3pm	Zoom	Mathew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	03.11.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Wal & Talk	1pm - 2pm	Worthing	Paul S
		Get Together	2-3.30pm	Southwick	Rona T
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	04.11.26	Get Together	11am-12pm	Zoom	Laura A
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Midhurst	Hannah W
		Get Together	5-6.30pm	Worthing/G'way	Paul S
Thur	05.11.26	Get Together	10.30am-12pm	Worthing(Anx)	Paul S
		Walk	1-2.30pm	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Paul S
Fri	06.11.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
		Walk (Bognor)	2-3.30pm	Bognor	Paul S

Mon	09.11.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	11am-12.30pm	Worthing/G'way	Frances
		Healthy Wellbeing	1-2pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	2-3pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	10.11.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Geocaching	11 – 12.30pm	Worthing	Paul S
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3.30pm	Southwick	Rona T
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	11.11.26	Get Together	11am-12pm	Zoom	Laura A
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	CANCELLED	Hannah W
		Get Together	5-6.30pm	Worthing/G'way	Paul S
Thur	12.11.26	Get Together	10.30am-12pm	Worthing(Anx)	Paul S
		Walk	1-2.30pm	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Pip
Fri	13.11.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon	16.11.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	11am-12.30pm	Worthing/G'way	Frances
		Healthy Wellbeing	1-2pm	Zoom	Hannah W

		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	2-3pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	17.11.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Ilex Way Walk Goring	11.30am - 12.30pm	Worthing	Paul S
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Mindfulness	1pm - 2pm	Zoom	Madeleline W
		Get Together	2-3.30pm	Southwick	Rona T
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	18.11.26	Get Together	11am-12pm	Zoom	Laura A
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	19.11.26	Get Together	10.30am-12pm	Worthing(Anx)	Paul S
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Pip
Fri	20.11.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon	23.11.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	11am-12.30pm	Worthing/G'way	Frances
		Healthy Wellbeing	1-2pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	2-3pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H

Tues	24.11.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Mindfulness	1pm - 2pm	Zoom	Madeleline W
		Get Together	2-3.30pm	Southwick	Rona T
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	25.11.26	Get Together	11am-12pm	Zoom	Laura A
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Midhurst	Hannah W
		Blended Pop-Up Quiz	2pm - 3pm	Gateway/Zoom	Paul S
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	26.11.26	Get Together	10.30am-12pm	Worthing(Anx)	Paul S
		Walk	1-2.30pm	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Pip
Fri	27.11.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused