

These groups are open only to those being supported by West Sussex Mind

Mon	21.7.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy/Dennise
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Cancelled	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris/Dennise
Tues	22.7.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish
		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
Wed	23.7.25	Get Together	11am-12:30pm	Southwick	Peer led
		Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Pulborough	Morag C
		Walk (Chanctonbury)	1-2.30pm	Petworth	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	24.7.25	Get Together	10.30am-12pm	Worthing(Anx)	Kit /Su
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	25.7.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne/Lisa
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	28.7.25	Get Together	10.30am-12pm	Littlehampton	Kit D

		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy/Dennise
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Cancelled	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris/Dennise
Tues	29.7.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Summer Break	Trish
		Painting	11am-12.30pm	Zoom	Peer led
		Craft Group	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
Wed	30.7.25	Get Together	11am-12pm	Summer Break	Emily
		Get Together	11am-12.30pm	Southwick	Peer led
		Walk (Chanctonbury)	1-2.30pm	Steyning	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Upper Beeding	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	31.7.25	Get Together	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Cancelled	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	1.8.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Lisa/Helen
		Creative Writing	10.30-11.30am	Summer Break	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	4.8.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Cancelled	Morag C

		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy/Dennise
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Dennise
Tues	5.8.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Summer Break	Trish
		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
Wed	6.8.25	Get Together	11am-12:30pm	Southwick	Peer led
		Get Together	11am-12pm	Summer Break	Emily
		Get Together	11am-12.30pm	Cancelled	Morag C
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	7.8.25	Get Together	10.30am-12pm	Worthing(Anx)	Kit /Su
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Singalong	2-3pm	Cancelled	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	8.8.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne/Lisa
		Creative Writing	10.30-11.30am	Summer Break	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	11.8.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Cancelled	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy

		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Paul S
Tues	12.8.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Summer 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
Wed	13.8.25	Get Together	11am-12pm	Summer Break	Emily
		Get Together	11am-12.30pm	Southwick	Peer led
		Walk (Chanctonbury)	1-2.30pm	Petworth	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Upper Beeding	Morag
		Get Together	5-6.30pm	Worthing/G'way	Paul S
Thur	14.8.25	Get Together	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane
		Walk	1-2.30pm	Southwick	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	15.8.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Lisa/Helen
		Creative Writing	10.30-11.30am	Summer Break	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	18.8.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W

		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris
Tues	19.8.25	Mini Bus Trip	10am - 2pm	TBC	Paul S
		Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Summer Break	Trish
		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
Wed	20.8.25	Get Together	11am-12:30pm	Southwick	Peer led
		Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Pulborough	Morag C
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Paul S
Thur	21.8.25	Get Together	10.30am-12pm	Worthing(Anx)	Kit /Su
		Women's Group	1-2pm	Worthing(Anx)	Jane
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	22.8.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne/Lisa
		Creative Writing	10.30-11.30am	Summer Break	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S