

Social Activities Timetable Aug/Sept 2025

Available to those being supported by West Sussex Mind

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	Summer Break	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris
Tues	19.8.25	Mini Bus Trip	10am - 2pm	Shoreham	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
Mon	25.8.25	Bank Holiday			

Tues	26.8.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Summer Break	Trish
		Painting	11am-12.30pm	Zoom	Peer led
		Craft	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	27.8.25	Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Southwick	Peer led
		Walk (Chanctonbury)	1-2.30pm	CANCELLED	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	28.8.25	Get Together	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane
		Walk	1-2.30pm	Shoreham	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	29.8.25	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	1.9.25	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/Denise
Tues	2.9.25	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	Cancelled	Annie J
		Worthing Pop Up	2.30pm - 4pm	Worthing/G'way	Paul S
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	3.9.25	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	Steyning	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	4.9.25	Get Together	10.30am-12pm	Worthing(Anx)	Denise
		Women's Group	1-2pm	Worthing(Anx)	Jane
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	5.9.25	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	8.9.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Paul S
		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/Denise
Tues	9.9.25	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
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	10.9.25	Get Together	11am-12pm	Zoom	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	Denise
Thur	11.9.25	Get Together	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane
		Walk	1-2.30pm	Lancing	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	12.9.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Lisa/Helen
		Creative Writing	10.30-11.30am	Zoom/Southwick	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	15.9.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Paul S
		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/Denise
Tues	16.9.25	Worthing Pop Up	10.15 -11.45am	Worthing/MG	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	17.9.25	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	Denise
Thur	18.9.25	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	19.9.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne/Lisa
		Creative Writing	10.30-11.30am	Zoom/S'wick	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	22.9.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Paul S
		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/Denise
Tues	23.9.25	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
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W

Wed	24.9.25	Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Southwick	Peer led
		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	Upper Beeding	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise
Thur	25.9.25	Get Together	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane
		Walk	1-2.30pm	Worthing	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	26.9.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Lisa/Helen
		Creative Writing	10.30-11.30am	Zoom/S'wick	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