

Social Activities Timetable

August/September 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	24.8.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	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	Midhurst	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
		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
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon	31.8.26	No groups due to Bank Holiday			
Tues	1.9.26	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	2.9.26	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	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	3.9.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Walk	1-2.30pm	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	4.9.26	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	7.9.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	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	8.9.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	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	9.9.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	10.9.26	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	11.9.26	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	14.9.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	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	15.9.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Mindfulness	1pm - 2pm	Zoom	Madeleine 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	16.9.26	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	17.9.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	18.9.26	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	21.9.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Create & Chat	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	22.9.26	Get Together	10.30am-12pm	Midhurst	Hannah W

		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Mindfulness	1pm - 2pm	Zoom	Madeleine 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	23.9.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Midhurst	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	24.9.26	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	25.9.26	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