

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

Mon	9.12.24	Get Together	10.30am-12pm	Littlehampton	Stuart C
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Art for Relaxation	11am-12.30pm	Worthing/G'way	Andy
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Stuart C
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Mindful Craft	1.30-2.30pm	Zoom	Mathew
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	10.12.24	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Craft Group	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3:30pm	Southwick	Stuart C
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	11.12.24	Gentle Walk to Run	10-11am	Worthing	Nina
		Get Together	11-12:30pm	Southwick	Stuart C
		Get Together	11-12pm	Zoom	Emily
		Bring and Share	11-12.30pm	Pulborough	Morag
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	12.12.24	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit
		Film Club	11-12pm	Zoom	Stuart C
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	13.12.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Cancelled	Kate S
		Seated Yoga	11-12pm	Zoom	Su B
		Men's Group	12-1pm	Littlehampton	Kit D

		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	16.12.24	Get Together	10:30-12pm	Littlehampton	Stuart C
		Mindful Relaxation	11-12pm	Zoom	Morag C
		Art for Relaxation	11-12.30pm	Worthing/G'way	Andy
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Stuart C
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Mindful Craft	1.30-2.30pm	Zoom	Mathew
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	17.12.24	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Craft group	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3:30pm	Southwick	Stuart C
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	18.12.24	Gentle Walk to Run	10-11am	Worthing	Nina
		Get Together	11-12pm	Zoom	Emily
		Get Together	11-12:30pm	Southwick	Stuart C
		Walk (Chanctonbury)	1-2.30pm	Steyning	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Steyning	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	19.12.24	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Bring and Share	10:30-12pm	Worthing(Anx)	Kit
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Stuart C

		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	20.12.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing(Blend)	10.30-11.30am	Southwick/Zoom	Festive break
		Seated Yoga	11am-12pm	Zoom	Su B
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	23.12.24	Bring and Share	10.30-12pm	Littlehampton	Stuart C
		Mindful Relaxation	11-12pm	Zoom	Morag C
		Art for Relaxation	11-12.30pm	Worthing/G'way	Andy
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Mindful Craft	1:30-2:30pm	Zoom	Cathy
		Bring and Share	1.30-3pm	Worthing/G'way	Chris B
Tues	24.12.24	Bring and Share	10:30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Out & About Group	12.30-2.30pm	Midhurst	Hannah W
		Bring and Share	2-3:30pm	Southwick	Stuart C
		Poetry	2-3pm	Zoom	Festive break
		Badminton	2.30-3.30pm	Midhurst	Festive break
Wed	25.12.24	Cuppa and Chat	10.30-11.30am	Zoom	Cathy
Thur	26.12.24	Cuppa and Chat	10.30-11.30am	Zoom	Cathy
Fri	27.12.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Southwick/Zoom	Festive break
		Seated Yoga	11-12pm	Zoom	Su B
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Festive break
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M

		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	30.12.24	Get Together	10:30-12pm	Littlehampton	Stuart C
		Mindful Relaxation	11-12pm	Zoom	Morag C
		Art for Relaxation	11-12.30pm	Worthing/G'way	Paul S
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Stuart C
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Mindful Craft	1.30-2.30pm	Zoom	Cathy
		Get Together	1.30-3pm	Worthing/G'way	Paul S
Tues	31.12.24	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Craft group	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Festive break
		Get Together	2-3:30pm	Southwick	Stuart C
		Badminton	2.30-3.30pm	Midhurst	Festive break
Wed	1.1.25	Cuppa and Chat	10.30-11.30am	Zoom	Cathy
Thur	2.1.25	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Shoreham	Stuart C
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	3.1.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing(Blend)	10.30-11.30am	Southwick/Zoom	Festive break
		Seated Yoga	11am-12pm	Zoom	Su B
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	6.1.25	Get Together	10.30am-12pm	Littlehampton	Stuart C

		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Art for Relaxation	11am-12.30pm	Worthing/G'way	Andy
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Stuart C
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Mindful Craft	1.30-2.30pm	Zoom	Paul S
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	7.1.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Craft Group	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3:30pm	Southwick	Stuart C
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	8.1.25	Gentle Walk to Run	10-11am	Worthing	Nina
		Get Together	11-12:30pm	Southwick	Stuart C
		Get Together	11-12pm	Zoom	Emily
		Pulborough Pop-up	11-12.30pm	Pulborough	Morag
		Walk (Chanctonbury)	1-2.30pm	Petworth	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Singing for Wellbeing	2-3.30pm	Southwick	Soundcastle
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	9.1.25	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit
		Film Club	11-12pm	Zoom	Stuart C
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	10.1.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Cancelled	Kate S
		Seated Yoga	11-12pm	Zoom	Su B
		Men's Group	12-1pm	Littlehampton	Kit D

		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	13.1.25	Get Together	10:30-12pm	Littlehampton	Stuart C
		Mindful Relaxation	11-12pm	Zoom	Morag C
		Art for Relaxation	11-12.30pm	Worthing/G'way	Andy
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Stuart C
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Mindful Craft	1.30-2.30pm	Zoom	Mathew
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	14.1.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Craft group	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3:30pm	Southwick	Stuart C
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	15.1.25	Gentle Walk to Run	10-11am	Worthing	Nina
		Get Together	11-12pm	Zoom	Emily
		Get Together	11-12:30pm	Southwick	Stuart C
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Steyning	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	16.1.25	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Stuart C
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	17.1.25	Get Together	10-11.30am	Midhurst	Hannah W

		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing(Blend)	10.30-11.30am	Southwick/Zoom	Kate S
		Seated Yoga	11am-12pm	Zoom	Su B
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Cancelled	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C