

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

Mon	17.2.25	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 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	18.2.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		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	19.2.25	Get Together	11-12:30pm	Southwick	Peer led
		Get Together	11-12pm	Zoom	Emily
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	11 - 12.30pm	Cancelled	Morag C
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	20.2.25	Get Together	10:30-12pm	Worthing(Anx)	Kit/Su
		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	21.2.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		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	Paul S

Mon	24.2.25	Get Together	10:30-12pm	Littlehampton	Kit D
		Mindful Relaxation	11-12pm	Zoom	Morag C
		Creative Colouring	11-12.30pm	Worthing/G'way	Andy
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		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	25.2.25	Get Together	10:30am-12pm	Cancelled	Hannah W
		Painting	11-12.30pm	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	26.2.25	Get Together	11-12pm	Zoom	Emily
		Get Together	11-12:30pm	Southwick	Peer led
		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	27.2.25	Get Together	10:30-12pm	Worthing(Anx)	Kit /Su
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Shoreham	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	28.2.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate
		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	Paul S

Mon	3.3.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Denise/Paul
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		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	4.3.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	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	5.3.25	Get Together	11-12:30pm	Southwick	Peer led
		Get Together	11-12pm	Zoom	Emily
		Get Together	11-12.30pm	Pulborough	Morag C
		Walk (Chanctonbury)	1-2.30pm	Petworth	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	6.3.25	Get Together	10:30-12pm	Worthing(Anx)	Kit /Su
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	7.3.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		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	Paul S

Mon	10.3.25	Get Together	10:30-12pm	Littlehampton	Kit D
		Mindful Relaxation	11-12pm	Zoom	Morag C
		Creative Colouring	11-12.30pm	Worthing/G'way	Andy
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		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	11.3.25	Get Together	10:30am-12pm	Cancelled	Hannah W
		Painting	11-12.30pm	Cancelled	Peer led
		Out & About	12.30-2.30pm	Midhurst	Sue L
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3:30pm	Cancelled	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	12.3.25	Get Together	11-12pm	Zoom	Emily
		Get Together	11-12:30pm	Southwick	Peer led
		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	Upper Beeding	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	13.3.25	Get Together	10:30-12pm	Worthing(Anx)	Kit /Su
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Lancing	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	14.3.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate
		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	Paul S

Mon	17.3.25	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 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	18.3.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		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	19.3.25	Get Together	11-12:30pm	Southwick	Peer led
		Get Together	11-12pm	Zoom	Emily
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	11-12.30	Pulborough	Morag C
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	20.3.25	Get Together	10:30-12pm	Worthing(Anx)	Kit/Su
		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	21.3.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		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	Paul S

Social Activity Group in Worthing

Mon	17.2.25	Creative Colouring	11am-12.30pm	Worthing/G'way	Andy
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Wed	19.2.25	Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	20.2.25	Get Together	10:30-12pm	Worthing(Anx)	Kit/Su
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Mon	24.2.25	Creative Colouring	11-12.30pm	Worthing/G'way	Andy
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Wed	26.2.25	Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	27.2.25	Get Together	10:30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Mon	3.3.25	Creative Colouring	11am-12.30pm	Worthing/G'way	Denise /Paul
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Wed	5.3.25	Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	6.3.35	Get Together	10:30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Mon	10.3.25	Creative Colouring	11-12.30pm	Worthing/G'way	Andy
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Wed	12.3.25	Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	13.3.25	Get Together	10:30-12pm	Worthing(Anx)	Kit/Su
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Mon	17.3.25	Creative Colouring	11am-12.30pm	Worthing/G'way	Andy
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Wed	19.3.25	Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	20.3.25	Get Together	10:30-12pm	Worthing(Anx)	Kit/Su
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D

Social Activity Group in Littlehampton

Mon	17.2.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Table Tennis	1-2pm	Littlehampton	Kit D
Thur	20.2.25	Mindful Miles Walk	12-1pm	Littlehampton	Nina
Fri	21.2.25	Women's Group	10.30-11.30am	Littlehampton	Leanne N

		Men's Group	12-1pm	Littlehampton	Kit D
Mon	24.2.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Table Tennis	1-2pm	Littlehampton	Kit D
Thur	27.2.25	Mindful Miles Walk	12-1pm	Littlehampton	Nina
Fri	28.2.25	Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Men's Group	12-1pm	Littlehampton	Kit D
Mon	3.3.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Table Tennis	1-2pm	Littlehampton	Kit D
Thur	6.3.25	Mindful Miles Walk	12-1pm	Littlehampton	Nina
Fri	7.3.25	Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Men's Group	12-1pm	Littlehampton	Kit D
Mon	10.3.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Table Tennis	1-2pm	Littlehampton	Kit D
Thur	13.3.25	Mindful Miles Walk	12-1pm	Littlehampton	Nina
Fri	14.3.25	Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Men's Group	12-1pm	Littlehampton	Kit D
Mon	17.3.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Table Tennis	1-2pm	Littlehampton	Kit D
Thur	20.3.25	Mindful Miles Walk	12-1pm	Littlehampton	Nina
Fri	21.3.25	Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Men's Group	12-1pm	Littlehampton	Kit D

Social Activity Group in Midhurst/Chanctonbury

Tues	18.2.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	19.2.25	Get Together	11am-12.30pm	Cancelled	Morag C
Fri	21.2.25	Get Together	10-11.30am	Midhurst	Hannah W
Tues	25.2.25	Get Together	10:30am-12pm	Midhurst	Cancelled
		Craft Group	12.30-2.30pm	Midhurst	Hannah W
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	26.2.25	Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
Fri	28.2.25	Get Together	10-11.30am	Midhurst	Hannah W
Tues	4.3.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	5.3.25	Get Together	11-12.30pm	Pulborough	Morag C
Fri	7.3.25	Get Together	10-11.30am	Midhurst	Hannah W
Tues	11.3.25	Get Together	10:30am-12pm	Midhurst	Cancelled
		Out & About	12.30-2.30pm	Midhurst	Sue L
		Badminton	2.30-3.30pm	Midhurst	Charlie W

Wed	12.3.25	Get Together	2-3.30pm	Upper Beeding	Morag
Fri	14.3.25	Get Together	10-11.30am	Midhurst	Hannah W
Tues	18.3.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	19.3.25	Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Get Together	11-12.30	Pulborough	Morag C
Fri	21.2.25	Get Together	10-11.30am	Midhurst	Hannah W

Social Activity Groups in Southwick/Shoreham

Tues	18/2/25	Get Together	2-3:30pm	Southwick	Lee K
Wed	19.2.25	Get Together	11-12:30pm	Southwick	Peer led
Fri	21.2.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Running Group	1.30-2.30pm	Shoreham	Nina
Tues	25.2.25	Get Together	2-3:30pm	Southwick	Lee K
Wed	26.2.25	Get Together	11-12:30pm	Southwick	Peer led
Thur	27.2.25	Walk	1-2.30pm	Shoreham	Dean G
Fri	28.2.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Running Group	1.30-2.30	Shoreham	Nina
Tues	4.3.25	Get Together	2-3:30pm	Southwick	Lee K
Wed	5.3.25	Get Together	11-12:30pm	Southwick	Peer led
Fri	7.3.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Running Group	1.30-2.30	Shoreham	Nina
Tues	11.3.25	Get Together	2-3:30pm	Southwick	Cancelled
Wed	12.3.25	Get Together	11-12:30pm	Southwick	Peer led
Fri	14.3.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Running Group	1.30-2.30	Shoreham	Nina
Tues	18.3.25	Get Together	2-3:30pm	Southwick	Lee K
Wed	19.3.25	Get Together	11-12:30pm	Southwick	Peer led
Fri	21.3.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Running Group	1.20-2.30	Shoreham	Nina

Groups on Zoom

Mon	17.2.25	Mindful Relaxation	11am-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Mindful Craft	1.30-2.30pm	Zoom	Mathew
Tues	18.2.25	Painting	11-12.30pm	Zoom	Ral H
		Poetry	2-3pm	Zoom	Annie J
Wed	19.2.25	Get Together	11-12pm	Zoom	Emily
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
Fri	21.2.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S

		Friyay	1-2pm	Zoom	Chris B
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	24.2.25	Mindful Relaxation	11am-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Mindful Craft	1.30-2.30pm	Zoom	Mathew
Tues	25.2.25	Painting	11-12.30pm	Zoom	Ral H
		Poetry	2-3pm	Zoom	Annie J
Wed	26.2.25	Get Together	11-12pm	Zoom	Emily
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
Fri	28.2.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Friyay	1-2pm	Zoom	Chris B
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	3.3.25	Mindful Relaxation	11am-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Mindful Craft	1.30-2.30pm	Zoom	Mathew
Tues	4.3.25	Painting	11-12.30pm	Zoom	Ral H
		Poetry	2-3pm	Zoom	Annie J
Wed	5.3.25	Get Together	11-12pm	Zoom	Emily
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
Thur	6.3.25	Singalong	2-3pm	Zoom	Chris B
Fri	7.3.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Friyay	1-2pm	Zoom	Chris B
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	10.3.25	Mindful Relaxation	11am-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Mindful Craft	1.30-2.30pm	Zoom	Mathew
Tues	11.3.25	Painting	11-12.30pm	Zoom	Cancelled
		Poetry	2-3pm	Zoom	Annie J
Wed	12.3.25	Get Together	11-12pm	Zoom	Emily
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
Fri	14.3.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Friyay	1-2pm	Zoom	Chris B
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	17.3.25	Mindful Relaxation	11am-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Mindful Craft	1.30-2.30pm	Zoom	Mathew

Tues	18.3.25	Painting	11-12.30pm	Zoom	Ral H
		Poetry	2-3pm	Zoom	Annie J
Wed	19.3.25	Get Together	11-12pm	Zoom	Emily
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
Fri	21.3.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Friyay	1-2pm	Zoom	Chris B
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S