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

	1		1	1	_
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

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24.2.25			·	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
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
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
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
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
	26.2.25	Mindful Relaxation Creative Colouring Healthy Wellbeing Table Tennis Mindful Miles Mindful Craft Get Together 25.2.25 Get Together Painting Craft Group Poetry Get Together Badminton 26.2.25 Get Together Walk (Chanctonbury) Drawing Mindfulness Get Together Get Together Set Together Walk (Chanctonbury) Drawing Mindfulness Get Together Group Walk Women Group Walk Men's Group Creative Writing Men's Group Friyay Running Group Mindfulness	Mindful Relaxation	Mindful Relaxation 11-12pm Zoom Creative Colouring 11-12.30pm Worthing/G'way Healthy Wellbeing 12.30-1.30pm Zoom Table Tennis 1-2pm Littlehampton Mindful Miles 1-2.30pm Brooklands Mindful Craft 1.30-2.30pm Zoom Get Together 1.30-3pm Worthing/G'way 25.2.25 Get Together 10:30am-12pm Cancelled Painting 11-12.30pm Zoom Craft Group 12.30-2.30pm Midhurst Poetry 2-3pm Zoom Get Together 2-3:30pm Southwick Badminton 2.30-3.30pm Midhurst 26.2.25 Get Together 11-12pm Zoom Get Together 11-12pm Zoom Get Together 11-12:30pm Southwick Walk (Chanctonbury) 1-2.30pm Pulborough Drawing 1.30-3pm Zoom Mindfulness 2-3pm Zoom Get Together 2-3.30pm Steyning Get Together 2-3.30pm Steyning Get Together 10:30-12pm Worthing/G'way 27.2.25 Get Together 10:30-12pm Worthing/G'way Mindful Miles Walk 12-1pm Littlehampton Women Group 1-2pm Worthing(Anx) Walk 1-2.30pm Shoreham Men's Group 10.30-11.30am Midhurst Women's Group 10.30-11.30am Littlehampton Creative Writing 10.30-11.30am Littlehampton Friyay 1-2pm Zoom Running Group 1.30-2.30pm Shoreham Men's Group 10.30-11.30am Littlehampton Friyay 1-2pm Littlehampton Friyay 1-2pm Littlehampton Friyay 1-2pm Soom Mindfulness 2-3pm Shoreham Men's Group 10.30-11.30am Southwick/Zoom Men's Group 10.30-2.30pm Shoreham Men's Group 10.30-2.30pm Shoreham Mindfulness 2-3pm Zoom

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

		Social Ac	tivity Group in wort	9	1
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

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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
	ı				
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
	l				
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

		Journal Activity Of	oups in Southwick	Shorenam	T
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