

## Social Activities Timetable

February/March 2026

Available to those being supported by WSxMind

Please contact [socialactivities@westsussexmind.org](mailto:socialactivities@westsussexmind.org)

or call Help Point on 0300 303 5652

to book onto a group or get a Zoom link

Mon	16.2.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	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	Dennise W
Tues	17.2.26	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	18.2.26	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
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Dennise W/Stephen B
Thur	19.2.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Women's Group	1-2pm	Worthing(Anx)	Jane G/Dennise w
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	20.2.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D

		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon	23.2.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	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	Dennise W
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	24.2.26	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
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	25.2.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12.30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	TBC	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Dennise W/Stephen B
Thur	26.2.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D/Su B
		Women Group	1-2pm	Worthing(Anx)	Jane G/Dennise W
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	27.2.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Paused

Mon	2.3.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	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	Dennise W
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	3.3.26	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	4.3.26	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
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Dennise W/Stephen B
Thur	5.3.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Women's Group	1-2pm	Worthing(Anx)	Jane G/Dennise w
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	6.3.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon	9.3.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	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	Dennise W
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	10.3.26	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
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	11.3.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12.30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	TBC	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Dennise W/Stephen B
Thur	12.3.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D/Su B
		Women Group	1-2pm	Worthing(Anx)	Jane G/Dennise W
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	13.3.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Paused
Mon	16.3.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	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	Dennise W
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	17.3.26	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	18.3.26	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
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Dennise W/Stephen B
Thur	19.3.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Women's Group	1-2pm	Worthing(Anx)	Jane G/Dennise w
		Walk	1-2.30	TBC	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	20.3.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused