

Social Activities Timetable Jan/Feb 2025

These groups are for those being supported by WSxMind

Mon	13.1.25	Get Together	10:30-12pm	Littlehampton	Kit
		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
		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
		Out and About group	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3:30pm	Southwick	Lee
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	15.1.25	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
		Singing for Wellbeing	3-4.30pm	Southwick	Soundcastle
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	16.1.25	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	Lancing	Dean
		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
Fri	17.1.25	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	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	20.1.25	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	21.1.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer Led
		Out and About Group	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3:30pm	Southwick	Lee
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	22.1.25	Get Together	11-12:30pm	Southwick	Peer led
		Get Together	11-12pm	Zoom	Emily
		Get Together	11-12.30	Morag	Pulborough
		Walk (Chanctonbury)	1-2.30pm	CANCELLED	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M

		Singing for Wellbeing	3-4.30pm	Southwick	Soundcastle
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	23.1.25	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Film Club	11-12pm	Zoom	TBC
		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	24.1.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Southwick/Zoom	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	Paul S
Mon	27.1.25	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	28.1.25	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	Lee K

		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	29.1.25	Get Together	11-12pm	Zoom	Emily
		Get Together	11-12:30pm	Southwick	Peer led
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Steyning	Morag
		Singing for Wellbeing	3-4.30pm	Southwick	Soundcastle
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thurs	30.1.25	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	Southwick	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	31.1.25	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
		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	Paul S
Mon	3.2.25	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	4.2.25	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	5.2.25	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	Steyning	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Singing for Wellbeing	3-4.30pm	Southwick	Soundcastle
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	6.2.25	Get Together	10:30-12pm	Worthing(Anx)	Kit /Su
		Film Club	11-12pm	Zoom	TBC
		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	7.2.25	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
		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	Paul S
Mon	10.2.25	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	11.2.25	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3:30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	12.2.25	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	Cancelled	Sharon M
		Get Together	2-3.30pm	Steyning	Morag
		Singing for Wellbeing	3-4.30pm	Southwick	Soundcastle
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	13.2.25	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	Worthing	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	14.2.25	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
		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
Fri	14.2.25	Friday Quiz	3-4pm	Zoom	Paul S
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	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	20.2.25	Get Together	10:30-12pm	Worthing(Anx)	Kit/Su
		Film Club	11-12pm	Zoom	TBC
		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
Fri	21.2.25	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	Paul S

The Monday Art for Relaxation group has been renamed Creative Colouring, to better reflect what the group does.