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

Day	Date	Activity	Time	Location	Facilitator
Mon	22.7.24	Get Together	10.30am-12pm	Littlehampton	Stuart C
		Mindfulness	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	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	23.7.24	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	Stuart C
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	24.7.24	Get Together	11-12:30pm	Southwick	Stuart C
		Get Together	11-12pm	Zoom	Paul S
		Pulborough Flower Pressing	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	25.7.24	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Film Club	11-12pm	Zoom	Stuart C
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	26.7.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	Cancelled	Kate S
		Art for Relaxation	10.30-12pm	Southwick	Andy
		Seated Yoga	11-12pm	Zoom	Su B
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Chris B

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Friday Quiz   3-4pm   Zoom   Stuart C				•		
Mon         29.7.24         Get Together         10:30-12pm         Littlehampton         Stuart C           Mindfulness         11-12pm         Zoom         Morag C           Durington Community Centre         Andy           Art for Relaxation         11-12.30pm         Zoom         Handy           Healthy Wellbeing         12:30-1.30pm         Zoom         Hannah W           Table Tennis         1-2pm         Littlehampton         Stuart C           Mindful Craft         1.30-2.30pm         Brooklands         Nina           Mindful Craft         1.30-2.30pm         Zoom         Matthew           Durington Community         Centre         Chris B           Get Together         1.30-3pm         Comm         Matthew           Durington Community         Chris B         Chris B         Durington Community         Chris B           Get Together         1.30-3pm         Zoom         Matthew         Durington Community         Chris B           Tues         30.7.24         Get Together         10:30-3pm         Zoom         Ral H           Tues         30.7.24         Get Together         11:20.30pm         Southwick         Stuart C           Get Together         2-3syopm         Southwick				·		
Mindfulness			Friday Quiz	3-4pm	200111	Stuart C
Art for Relaxation	Mon	29.7.24	Get Together	10:30-12pm	Littlehampton	Stuart C
Art for Relaxation			Mindfulness	11-12pm		Morag C
Table Tennis			Art for Relaxation	11-12.30pm	Community	Andy
Mindful Miles			Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
Mindful Craft			Table Tennis	1-2pm	Littlehampton	Stuart C
Tues         30.7.24         Get Together         1.30-3pm         Durrington Community Centre         Chris B           Tues         30.7.24         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         31.7.24         Get Together         11-12pm         Zoom         Paul S           Get Together         11-12:30pm         Southwick         Stuart C           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           Get Together         5-6.30pm         Worthing/Gway         Denise W           Thur         1.8.24         Get Together         10:30-12pm         Worthin			Mindful Miles	1-2.30pm	Brooklands	Nina
Tues         30.7.24         Get Together         1.30-3pm         Community Centre         Chris B           Tues         30.7.24         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         31.7.24         Get Together         11-12pm         Zoom         Paul S           Get Together         11-12pm         Zoom         Paul S           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           Get Together         5-6.30pm         Worthing/G'way         Denise W           Thur         1.8:24         Get Together         10:30-12pm         Worthing(Anx)			Mindful Craft	1.30-2.30pm		Matthew
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Women's Group 10.30-11.30am Littlehampton Leanne M			Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
	Fri	2.8.24	Get Together	10-11.30am	Midhurst	Hannah W
Creative Writing(Blend) 10.30-11.30am Cancelled Kate S			Women's Group	10.30-11.30am	Littlehampton	Leanne M
			Creative Writing(Blend)	10.30-11.30am	Cancelled	Kate S

Table Tennis 1-2pm Littlehampton Stuar	on M rt C rt C y P g C
Men's Group 12-1pm Littlehampton Kit D Friyay 1-2pm Zoom Chris Running Group 1.30-2.30pm Cancelled Nina Mindfulness 2-3pm Zoom Shard Friday Quiz 3-4pm Zoom Stuar  Mon 5.8.24 Get Together 10.30-12pm Littlehampton Stuar Working Together 11am-12pm Zoom Cathy Mindfulness 11-12pm Zoom Morae  Mindfulness 11-12pm Zoom Morae  Art for Relaxation 11-12.30pm Zoom Hann Table Tennis 1-2pm Littlehampton Stuar	on M rt C rt C y P
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Get Together 2-3:30pm Southwick Stuar	rt C
Poetry 2-3pm Zoom Annie	e J
Badminton 2.30-3.30pm Midhurst Charl	lie W
Wed 7.8.24 Get Together 11-12:30pm Southwick Stuar	rt C
Get Together 11-12pm Zoom Paul	S
Pulborough Pop up 11-12.30pm Pulborough Mora	g
Walk (Chanctonbury) 1-2.30pm Storrington Hann	nah W
Drawing 1.30-3pm Zoom Rosie	e P
Mindfulness 2-3pm Zoom Share	on M
Get Together 5-6.30pm Worthing/G'way Denis	se W
Thur 8.8.24 Get Together 10:30-12pm Worthing(Anx) Kit D	
Film Club 11-12pm Zoom Stuar	rt C
Women's Group 1-2pm Worthing(Anx) Jane/	

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		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	9.8.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	Cancelled	Kate S
		Art for Relaxation	10.30-12pm	Southwick	Andy
		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	12.8.24	Get Together	10:30-12pm	Littlehampton	Stuart C
		Mindfulness	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	Paul S
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	13.8.24	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Out & About 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	14.8.24	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	15.8.24	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise

	Walk	1-2.30pm	Southwick	Stuart C
	Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
16.8.24	Get Together	10-11.30am	Midhurst	Hannah W
	Women's Group	10.30-11.30am	Littlehampton	Leanne M
	Creative Writing(Blend)	10.30-11.30am	Cancelled	Kate S
	Art for Relaxation	10.30-12pm	Southwick	Andy W
	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
	16.8.24	Men's Group  16.8.24 Get Together  Women's Group  Creative Writing(Blend)  Art for Relaxation  Seated Yoga  Men's Group  Friyay  Running Group  Mindfulness	Men's Group         2.30-3.30pm           16.8.24         Get Together         10-11.30am           Women's Group         10.30-11.30am           Creative Writing(Blend)         10.30-11.30am           Art for Relaxation         10.30-12pm           Seated Yoga         11am-12pm           Men's Group         12-1pm           Friyay         1-2pm           Running Group         1.30-2.30pm           Mindfulness         2-3pm	Men's Group 2.30-3.30pm Worthing(Anx)  16.8.24 Get Together 10-11.30am Midhurst  Women's Group 10.30-11.30am Littlehampton  Creative Writing(Blend) 10.30-11.30am Cancelled  Art for Relaxation 10.30-12pm Southwick  Seated Yoga 11am-12pm Zoom  Men's Group 12-1pm Littlehampton  Friyay 1-2pm Zoom  Running Group 1.30-2.30pm Shoreham  Mindfulness 2-3pm Cancelled