

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

		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Cancelled	Sharon M
		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
		Art for Relaxation	11-12.30pm	Durrington Community Centre	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	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/G'way	Denise W
Thur	1.8.24	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Stuart C
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	2.8.24	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	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	Cancelled	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	5.8.24	Get Together	10.30-12pm	Littlehampton	Stuart C
		Working Together	11am-12pm	Zoom	Cathy P
		Mindfulness	11-12pm	Zoom	Morag C
		Art for Relaxation	11-12.30pm	Durrington Community Centre	Denise W
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Stuart C
		Mindful Miles	1-2.30pm	Cancelled	Nina
		Mindful Craft	1:30-2:30pm	Zoom	Paul S
		Get Together	1.30-3pm	Durrington Community Centre	Chris B
Tues	6.8.24	Get Together	10:30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Out & About Group	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	7.8.24	Get Together	11-12:30pm	Southwick	Stuart C
		Get Together	11-12pm	Zoom	Paul S
		Pulborough Pop up	11-12.30pm	Pulborough	Morag
		Walk (Chanctonbury)	1-2.30pm	Storrington	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	8.8.24	Get Together	10:30-12pm	Worthing(Anx)	Kit D
		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	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
Fri	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