

Social Activities Timetable

June/July 2026

Available to those being supported by WSxMind

Please contact socialactivities@westsussexmind.org or call Help Point on 0300 303 5652 to book onto a group or get a Zoom link

Mon	22.6.26	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	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	23.6.26	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	24.6.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1-2.30pm	Zoom	TBC
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	25.6.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Walk	1-2.30	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	26.6.26	Get Together	10-11.30am	Midhurst	Hannah W

		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	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	29.6.26	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	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	30.6.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Volunteer break	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	1.7.26	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	TBC
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	2.7.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D/Su B
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	3.7.26	Get Together	10-11.30am	Midhurst	Hannah W

		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H
		Creative Writing	10.30-11.30am	Southwick/Zoom	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	6.7.26	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	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	7.7.26	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	8.7.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	9.7.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	10.7.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Volunteer break

		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	13.7.26	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	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	14.7.26	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	15.7.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12.30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1-2.30pm	Zoom	TBC
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	16.7.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D/Su B
		Walk (Chanctonbury)	1-2.30	Southwick	Dean
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	17.7.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H

		Creative Writing	10.30-11.30am	Southwick/Zoom	Volunteer break
		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	20.7.26	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	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	21.7.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Volunteer break	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	22.7.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Steynin	Hannah W
		Drawing	1-2.30pm	Zoom	TBC
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	23.7.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	24.7.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Volunteer break
		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