

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

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|------|---------|------------------------|---------------|----------------|---------------|
| Mon | 17.3.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Creative Colouring | 11am-12.30pm | Worthing/G'way | Andy/Dennise |
| | | 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 | Matthew |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris/Dennise |
| Tues | 18.3.25 | Get Together | 10.30am-12pm | Midhurst | Hannah 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 |
| Wed | 19.3.25 | Get Together | 11am-12:30pm | Southwick | Peer led |
| | | Get Together | 11am-12pm | Cancelled | |
| | | Walk (Chanctonbury) | 1-2.30pm | Pulborough | Hannah W |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| | | Get Together | 11am-12.30pm | Pulborough | Cancelled |
| | | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 20.3.25 | Get Together | 10.30am-12pm | Worthing(Anx) | Kit/Su |
| | | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| | | Women's Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| Fri | 21.3.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| | | Women's Group | 10.30-11.30am | Littlehampton | Leanne/Lisa |
| | | Creative Writing | 10.30-11.30am | Southwick/Zoom | Kate S |
| | | Men's Group | 12-1pm | Littlehampton | Kit D |

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|------|---------|------------------------|--------------|----------------|---------------|
| | | 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 | 24.3.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Creative Colouring | 11am-12.30pm | Worthing/G'way | Andy/Dennise |
| | | 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 | Matthew |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris/Dennise |
| Tues | 25.3.25 | Get Together | 10.30am-12pm | Midhurst | Hannah W |
| | | Painting | 11am-12.30pm | Zoom | Peer led |
| | | 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 | 26.3.25 | Get Together | 11am-12pm | Zoom | Emily |
| | | Get Together | 11am-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 | Upper Beeding | Morag |
| | | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 27.3.25 | Get Together | 10.30-12pm | Worthing(Anx) | Kit /Su |
| | | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| | | Women Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Walk | 1-2.30pm | Shoreham | Dean G |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |

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|------|---------|------------------------|---------------|----------------|---------------|
| Fri | 28.3.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| | | Women's Group | 10.30-11.30am | Littlehampton | Leanne/Lisa |
| | | Creative Writing | 10.30-11.30am | Southwick/Zoom | Kate |
| | | 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 | 31.3.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Creative Colouring | 11am-12.30pm | Worthing/G'way | Andy/Dennise |
| | | 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 | Matthew |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris/Dennise |
| Tues | 1.4.25 | Get Together | 10.30am-12pm | Midhurst | Hannah 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 |
| Wed | 2.4.25 | Get Together | 11am-12:30pm | Southwick | Peer led |
| | | Get Together | 11am-12pm | Zoom | Emily |
| | | Get Together | 11am-12.30pm | Petworth | Morag C |
| | | Walk (Chanctonbury) | 1-2.30pm | Petworth | 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 | 3.4.25 | Get Together | 10.30am-12pm | Worthing(Anx) | Kit /Su |

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|------|--------|------------------------|---------------|----------------|---------------|
| | | Mindful Miles Walk | 12-1.30pm | 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 | 4.4.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| | | Women's Group | 10.30-11.30am | Littlehampton | Leanne/Lisa |
| | | Creative Writing | 10.30-11.30am | Southwick/Zoom | Cancelled |
| | | 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 | 7.4.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Creative Colouring | 11am-12.30pm | Worthing/G'way | Andy/Dennise |
| | | 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 | Matthew |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris/Dennise |
| Tues | 8.4.25 | Get Together | 10.30am-12pm | Midhurst | Hannah W |
| | | Painting | 11am-12.30pm | Zoom | Peer led |
| | | Out & About | 12.30-2.30pm | Midhurst | Sue L |
| | | Poetry | 2-3pm | Zoom | Annie J |
| | | Get Together | 2-3.30pm | Southwick | Lee K |
| | | Badminton | 2.30-3.30pm | Midhurst | Charlie W |
| Wed | 9.4.25 | Get Together | 11am-12pm | Zoom | Emily |
| | | Get Together | 11am-12.30pm | Southwick | Peer led |
| | | Walk (Chanctonbury) | 1-2.30pm | Pulborough | Hannah W |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |

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|------|---------|--------------------|---------------|----------------|---------------|
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| | | Get Together | 2-3.30pm | Upper Beeding | Morag |
| | | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 10.4.25 | Get Together | 10.30am-12pm | Worthing(Anx) | Kit /Su |
| | | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| | | Women Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Walk | 1-2.30pm | Lancing | Dean G |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| Fri | 11.4.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| | | Women's Group | 10.30-11.30am | Littlehampton | Leanne/Lisa |
| | | Creative Writing | 10.30-11.30am | Southwick/Zoom | Cancelled |
| | | 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 | 14.4.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Creative Colouring | 11am-12.30pm | Worthing/G'way | Andy/Dennise |
| | | 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 | Matthew |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris/Dennise |
| Tues | 15.4.25 | Get Together | 10.30am-12pm | Midhurst | Hannah 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 |

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|------|---------|------------------------|---------------|----------------|--------------|
| Wed | 16.4.25 | Get Together | 11am-12.30pm | Southwick | Peer led |
| | | Get Together | 11am-12pm | Zoom | Emily |
| | | Walk (Chanctonbury) | 1-2.30pm | Steyning | Hannah W |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| | | Get Together | 11am-12.30pm | Pulborough | Morag C |
| | | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 17.4.25 | Get Together | 10.30am-12pm | Worthing(Anx) | Kit/Su |
| | | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| | | Women's Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| Fri | 18.4.25 | Cuppa and a Chat | 10.30-11.30am | Zoom | TBC |
| | | | | | |
| Mon | 21.4.25 | Cuppa and a Chat | 10.30-11.30am | Zoom | TBC |
| Tues | 22.4.25 | Get Together | 10.30am-12pm | Midhurst | Hannah W |
| | | Painting | 11am-12.30pm | Zoom | Peer led |
| | | Out & About | 12.30-2.30pm | Midhurst | Sue L |
| | | Poetry | 2-3pm | Zoom | Annie J |
| | | Get Together | 2-3.30pm | Southwick | Lee K |
| | | Badminton | 2.30-3.30pm | Midhurst | Charlie W |
| Wed | 23.4.25 | Get Together | 11am-12pm | Zoom | Emily |
| | | Get Together | 11am-12:30pm | Southwick | Peer led |
| | | 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 | Upper Beeding | Morag |
| | | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 24.4.25 | Get Together | 10.30am-12pm | Worthing(Anx) | Kit /Su |
| | | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| | | Women Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Walk | 1-2.30pm | Lancing | Dean G |

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|-----|---------|------------------|---------------|----------------|-------------|
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| Fri | 25.4.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| | | Women's Group | 10.30-11.30am | Littlehampton | Leanne/Lisa |
| | | Creative Writing | 10.30-11.30am | Southwick/Zoom | Kate |
| | | 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 |

Location-specific timetable

| | | Worthing | | | |
|------|---------|--------------------|--------------|----------------|---------------|
| Mon | 17.3.25 | Creative Colouring | 11am-12.30pm | Worthing/G'way | Andy/Dennise |
| | | Mindful Miles | 1-2.30pm | Brooklands | Nina |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris B |
| Wed | 19.3.25 | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 20.3.25 | Get Together | 10:30-12pm | Worthing(Anx) | Kit/Su |
| | | Women's Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| | | | | | |
| Mon | 24.3.25 | Creative Colouring | 11-12.30pm | Worthing/G'way | Andy/Dennise |
| | | Mindful Miles | 1-2.30pm | Brooklands | Nina |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris B |
| Wed | 26.3.25 | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 27.3.25 | Get Together | 10:30-12pm | Worthing(Anx) | Kit /Su |
| | | Women Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| | | | | | |
| Mon | 31.3.25 | Creative Colouring | 11am-12.30pm | Worthing/G'way | Dennise /Andy |
| | | Mindful Miles | 1-2.30pm | Brooklands | Nina |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris B |
| Wed | 2.4.25 | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 3.4.25 | Get Together | 10:30-12pm | Worthing(Anx) | Kit /Su |
| | | Women Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| | | | | | |
| Mon | 7.4.25 | Creative Colouring | 11-12.30pm | Worthing/G'way | Andy |

| | | | | | |
|------|---------|--------------------|--------------|----------------|-----------------|
| | | Mindful Miles | 1-2.30pm | Brooklands | Nina |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris B |
| Wed | 9.4.25 | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 10.4.25 | Get Together | 10:30-12pm | Worthing(Anx) | Kit/Su |
| | | Women's Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| | | | | | |
| Mon | 14.4.25 | Creative Colouring | 11am-12.30pm | Worthing/G'way | Andy/Dennise |
| | | Mindful Miles | 1-2.30pm | Brooklands | Nina |
| | | Get Together | 1.30-3pm | Worthing/G'way | Chris B/Dennise |
| Wed | 16.4.25 | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 17.4.25 | Get Together | 10:30-12pm | Worthing(Anx) | Kit/Su |
| | | Women's Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |
| | | | | | |
| Wed | 23.4.25 | Get Together | 5-6.30pm | Worthing/G'way | Denise W |
| Thur | 24.4.25 | Get Together | 10:30-12pm | Worthing(Anx) | Kit/Su |
| | | Women's Group | 1-2pm | Worthing(Anx) | Jane/Dennise |
| | | Men's Group | 2.30-3.30pm | Worthing(Anx) | Kit D |

Littlehampton

| | | | | | |
|------|---------|--------------------|---------------|---------------|---------------|
| Mon | 17.3.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Table Tennis | 1-2pm | Littlehampton | Kit D |
| Thur | 20.3.25 | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| Fri | 21.3.25 | Women's Group | 10.30-11.30am | Littlehampton | Leanne N/Lisa |
| | | Men's Group | 12-1pm | Littlehampton | Kit D |
| | | | | | |
| Mon | 24.3.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Table Tennis | 1-2pm | Littlehampton | Kit D |
| Thur | 27.3.25 | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| Fri | 28.3.25 | Women's Group | 10.30-11.30am | Littlehampton | Leanne N/Lisa |
| | | Men's Group | 12-1pm | Littlehampton | Kit D |
| | | | | | |
| Mon | 31.3.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Table Tennis | 1-2pm | Littlehampton | Kit D |
| Thur | 3.4.25 | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| Fri | 4.4.25 | Women's Group | 10.30-11.30am | Littlehampton | Leanne N/Lisa |
| | | Men's Group | 12-1pm | Littlehampton | Kit D |
| | | | | | |
| Mon | 7.4.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Table Tennis | 1-2pm | Littlehampton | Kit D |

| | | | | | |
|------|---------|--------------------|---------------|---------------|---------------|
| Thur | 10.4.25 | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| Fri | 11.4.25 | Women's Group | 10.30-11.30am | Littlehampton | Leanne N/Lisa |
| | | Men's Group | 12-1pm | Littlehampton | Kit D |
| | | | | | |
| Mon | 14.4.25 | Get Together | 10.30am-12pm | Littlehampton | Kit D |
| | | Table Tennis | 1-2pm | Littlehampton | Kit D |
| Thur | 17.4.25 | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| | | | | | |
| Thur | 24.4.25 | Mindful Miles Walk | 12-1.30pm | Littlehampton | Nina |
| Fri | 25.4.25 | Women's Group | 10.30-11.30am | Littlehampton | Leanne N/Lisa |
| | | Men's Group | 12-1pm | Littlehampton | Kit D |

Midhurst/Chanctonbury

| | | | | | |
|------|---------|------------------------|--------------|---------------|-----------|
| Tues | 18.3.25 | Get Together | 10:30am-12pm | Midhurst | Hannah W |
| | | Out & About | 12.30-2.30pm | Midhurst | Hannah W |
| | | Badminton | 2.30-3.30pm | Midhurst | Charlie W |
| Wed | 19.3.25 | Get Together | 11am-12.30pm | Cancelled | Morag C |
| | | Walk (Chanctonbury) | 1-2.30pm | Pulborough | Hannah W |
| Fri | 21.3.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| | | | | | |
| Tues | 25.3.25 | Get Together | 10:30am-12pm | Midhurst | Hannah W |
| | | Craft Group | 12.30-2.30pm | Midhurst | Hannah W |
| | | Badminton | 2.30-3.30pm | Midhurst | Charlie W |
| Wed | 26.3.25 | Walk (Chanctonbury) | 1-2.30pm | Storrington | Hannah W |
| | | Get Together | 2-3.30pm | Upper Beeding | Morag |
| Fri | 28.3.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| | | | | | |
| Tues | 1.4.25 | Get Together | 10:30am-12pm | Midhurst | Hannah W |
| | | Out & About | 12.30-2.30pm | Midhurst | Hannah W |
| | | Badminton | 2.30-3.30pm | Midhurst | Charlie W |
| Wed | 2.4.25 | Get Together | 11-12.30pm | Petworth | Morag C |
| | | Walk (Chanctonbury) | 1-2.30pm | Petworth | Hannah W |
| Fri | 4.4.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| | | | | | |
| Tues | 8.4.25 | Get Together | 10:30am-12pm | Midhurst | Hannah W |
| | | Out & About | 12.30-2.30pm | Midhurst | Sue L |
| | | Badminton | 2.30-3.30pm | Midhurst | Charlie W |
| Wed | 9.4.25 | Walk (Chanctonbury) | 1-2.30pm | Pulborough | Hannah W |
| | | Get Together | 2-3.30pm | Upper Beeding | Morag C |

| | | | | | |
|--------------------|---------|------------------------|---------------|----------------|-----------|
| Fri | 11.4.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| Tues | 15.4.25 | Get Together | 10:30am-12pm | Midhurst | Hannah W |
| | | Out & About | 12.30-2.30pm | Midhurst | Hannah W |
| | | Badminton | 2.30-3.30pm | Midhurst | Charlie W |
| Wed | 16.4.25 | Walk (Chanctonbury) | 1-2.30pm | Steyning | Hannah W |
| | | Get Together | 11-12.30 | Pulborough | Morag C |
| Tues | 22.4.25 | Get Together | 10:30am-12pm | Midhurst | Hannah W |
| | | Out & About | 12.30-2.30pm | Midhurst | Hannah W |
| | | Badminton | 2.30-3.30pm | Midhurst | Charlie W |
| Wed | 23.4.25 | Walk (Chanctonbury) | 1-2.30pm | Steyning | Hannah W |
| | | Get Together | 2-3.30pm | Upper Beeding | Morag C |
| Fri | 25.4.25 | Get Together | 10-11.30am | Midhurst | Hannah W |
| Southwick/Shoreham | | | | | |
| Tues | 18.3.25 | Get Together | 2-3:30pm | Southwick | Lee K |
| Wed | 19.3.25 | Get Together | 11-12:30pm | Southwick | Peer led |
| Fri | 21.3.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Kate S |
| | | Running Group | 1.30-2.30pm | Shoreham | Nina |
| Tues | 25.3.25 | Get Together | 2-3:30pm | Southwick | Lee K |
| Wed | 26.3.25 | Get Together | 11-12:30pm | Southwick | Peer led |
| Thur | 27.3.25 | Walk | 1-2.30pm | Shoreham | Dean G |
| Fri | 28.3.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Kate S |
| | | Running Group | 1.30-2.30 | Shoreham | Nina |
| Tues | 1.4.25 | Get Together | 2-3:30pm | Southwick | Lee K |
| Wed | 2.4.25 | Get Together | 11-12:30pm | Southwick | Peer led |
| Fri | 4.4.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Cancelled |
| | | Running Group | 1.30-2.30 | Shoreham | Nina |
| Tues | 8.4.25 | Get Together | 2-3:30pm | Southwick | Lee K |
| Wed | 9.4.25 | Get Together | 11-12:30pm | Southwick | Peer led |
| Thur | 10.4.25 | Walk | 1-2.30pm | Lancing | Dean G |
| Fri | 11.4.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Cancelled |
| | | Running Group | 1.30-2.30 | Shoreham | Nina |
| Tues | 15.4.25 | Get Together | 2-3:30pm | Southwick | Lee K |
| Wed | 16.4.25 | Get Together | 11-12:30pm | Southwick | Peer led |
| Tues | 22.4.25 | Get Together | 2-3:30pm | Southwick | Lee K |

| | | | | | |
|------|---------|--------------------|---------------|----------------|----------|
| Wed | 23.4.25 | Get Together | 11-12:30pm | Southwick | Peer led |
| Thur | 24.4.25 | Walk | 1-2.30pm | Lancing | Dean G |
| Fri | 25.4.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Kate S |
| | | Running Group | 1.30-2.30 | Shoreham | Nina |
| Zoom | | | | | |
| Mon | 17.3.25 | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Healthy Wellbeing | 12.30-1.30pm | Zoom | Hannah W |
| | | Mindful Craft | 1.30-2.30pm | Zoom | Matthew |
| Tues | 18.3.25 | Painting | 11-12.30pm | Zoom | Peer led |
| | | Poetry | 2-3pm | Zoom | Annie J |
| Wed | 19.3.25 | Get Together | 11-12pm | Cancelled | Emily |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| Fri | 21.3.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Kate S |
| | | Friyay | 1-2pm | Zoom | Chris B |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| | | Friday Quiz | 3-4pm | Zoom | Paul S |
| | | | | | |
| Mon | 24.3.25 | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Healthy Wellbeing | 12.30-1.30pm | Zoom | Hannah W |
| | | Mindful Craft | 1.30-2.30pm | Zoom | Matthew |
| Tues | 25.3.25 | Painting | 11-12.30pm | Zoom | Peer led |
| | | Poetry | 2-3pm | Zoom | Annie J |
| Wed | 26.3.25 | Get Together | 11-12pm | Zoom | Emily |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| Fri | 28.3.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Kate S |
| | | Friyay | 1-2pm | Zoom | Chris B |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| | | Friday Quiz | 3-4pm | Zoom | Paul S |
| | | | | | |
| Mon | 31.3.25 | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Healthy Wellbeing | 12.30-1.30pm | Zoom | Hannah W |
| | | Mindful Craft | 1.30-2.30pm | Zoom | Matthew |
| Tues | 1.4.25 | Painting | 11-12.30pm | Zoom | Peer led |
| | | Poetry | 2-3pm | Zoom | Annie J |
| Wed | 2.4.25 | Get Together | 11-12pm | Zoom | Emily |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |

| | | | | | |
|------|---------|--------------------|---------------|----------------|-----------|
| Thur | 3.4.25 | Singalong | 2-3pm | Zoom | Chris B |
| Fri | 4.4.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Cancelled |
| | | Friyay | 1-2pm | Zoom | Chris B |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| | | Friday Quiz | 3-4pm | Zoom | Paul S |
| | | | | | |
| Mon | 7.4.25 | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Healthy Wellbeing | 12.30-1.30pm | Zoom | Hannah W |
| | | Mindful Craft | 1.30-2.30pm | Zoom | Matthew |
| Tues | 8.4.25 | Painting | 11-12.30pm | Zoom | Peer led |
| | | Poetry | 2-3pm | Zoom | Annie J |
| Wed | 9.4.25 | Get Together | 11-12pm | Zoom | Emily |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| Fri | 11.4.25 | Creative Writing | 10.30-11.30am | Southwick/Zoom | Cancelled |
| | | Friyay | 1-2pm | Zoom | Chris B |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| | | Friday Quiz | 3-4pm | Zoom | Paul S |
| | | | | | |
| Mon | 14.4.25 | Mindful Relaxation | 11am-12pm | Zoom | Morag C |
| | | Healthy Wellbeing | 12.30-1.30pm | Zoom | Hannah W |
| | | Mindful Craft | 1.30-2.30pm | Zoom | Matthew |
| Tues | 15.4.25 | Painting | 11-12.30pm | Zoom | Peer led |
| | | Poetry | 2-3pm | Zoom | Annie J |
| Wed | 16.4.25 | Get Together | 11-12pm | Zoom | Emily |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| Fri | 18.4.25 | Cuppa and a Chat | 10.30-11.30am | Zoom | TBC |
| | | | | | |
| Mon | 21.4.25 | Cuppa and a Chat | 10.30-11.30am | Zoom | TBC |
| Tues | 22.4.25 | Painting | 11-12.30pm | Zoom | Peer led |
| | | Poetry | 2-3pm | Zoom | Annie J |
| Wed | 23.4.25 | Get Together | 11-12pm | Zoom | Emily |
| | | Drawing | 1.30-3pm | Zoom | Rosie P |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| Fri | 25.4.25 | Creative Writing | 10.30-11.30am | Zoom | Kate S |
| | | Friyay | 1-2pm | Zoom | Chris B |
| | | Mindfulness | 2-3pm | Zoom | Sharon M |
| | | Friday Quiz | 3-4pm | Zoom | Paul S |