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

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

		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

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

		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

		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
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		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
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		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Healthy Wellbeing Table Tennis	12.30-1.30pm 1-2pm	Zoom Littlehampton	Hannah W Kit D
		Healthy Wellbeing Table Tennis Mindful Miles	12.30-1.30pm 1-2pm 1-2.30pm	Zoom Littlehampton Brooklands	Hannah W Kit D Nina
Tues	15.4.25	Healthy Wellbeing Table Tennis Mindful Miles Mindful Craft	12.30-1.30pm 1-2pm 1-2.30pm 1.30-2.30pm	Zoom Littlehampton Brooklands Zoom	Hannah W Kit D Nina Matthew
Tues	15.4.25	Healthy Wellbeing Table Tennis Mindful Miles Mindful Craft Get Together	12.30-1.30pm 1-2pm 1-2.30pm 1.30-2.30pm 1.30-3pm	Zoom Littlehampton Brooklands Zoom Worthing/G'way	Hannah W Kit D Nina Matthew Chris/Dennise
Tues	15.4.25	Healthy Wellbeing Table Tennis Mindful Miles Mindful Craft Get Together Get Together	12.30-1.30pm 1-2pm 1-2.30pm 1.30-2.30pm 1.30-3pm 10.30am-12pm	Zoom Littlehampton Brooklands Zoom Worthing/G'way Midhurst	Hannah W Kit D Nina Matthew Chris/Dennise Hannah W
Tues	15.4.25	Healthy Wellbeing Table Tennis Mindful Miles Mindful Craft Get Together Get Together Painting	12.30-1.30pm 1-2pm 1-2.30pm 1.30-2.30pm 1.30-3pm 10.30am-12pm 11am-12.30pm	Zoom Littlehampton Brooklands Zoom Worthing/G'way Midhurst Zoom	Hannah W Kit D Nina Matthew Chris/Dennise Hannah W Peer led
Tues	15.4.25	Healthy Wellbeing Table Tennis Mindful Miles Mindful Craft Get Together Get Together Painting Out & About	12.30-1.30pm 1-2pm 1-2.30pm 1.30-2.30pm 1.30-3pm 10.30am-12pm 11am-12.30pm 12.30-2.30pm	Zoom Littlehampton Brooklands Zoom Worthing/G'way Midhurst Zoom Midhurst	Hannah W Kit D Nina Matthew Chris/Dennise Hannah W Peer led Hannah W

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	ТВС
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

		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

			vvoruning		
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
					Dennise
Mon	31.3.25	Creative Colouring	11am-12.30pm	Worthing/G'way	/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
111011	1 11 11.20	Mindful Miles	1-2.30pm	Brooklands	Nina
		- William Willoo	1 2.00pm	Brooklando	Chris
		Get Together	1.30-3pm	Worthing/G'way	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
\// a al	00.4.05	Cat Tagathar	F C 20mm	Manthing (Chang)	Davisa W
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
	44405	0.7	40.00		16.5
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
			T	T	
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			
	<u> </u>	(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
		Walk			
Wed	26.3.25	(Chanctonbury)	1-2.30pm	Storrington	Hannah W
	T	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
		Out a 7 toodt			
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	2.4.25		2.30-3.30pm 11-12.30pm	Midhurst Petworth	Charlie W Morag C
Wed	2.4.25	Badminton	<u>'</u>		
Wed	2.4.25	Badminton Get Together Walk	11-12.30pm	Petworth	Morag C
Fri	4.4.25	Badminton Get Together Walk (Chanctonbury) Get Together	11-12.30pm 1-2.30pm 10-11.30am	Petworth Petworth Midhurst	Morag C Hannah W Hannah W
		Badminton Get Together Walk (Chanctonbury) Get Together Get Together	11-12.30pm 1-2.30pm 10-11.30am 10:30am-12pm	Petworth Petworth Midhurst Midhurst	Morag C Hannah W Hannah W Hannah W
Fri	4.4.25	Badminton Get Together Walk (Chanctonbury) Get Together Get Together Out & About	11-12.30pm 1-2.30pm 10-11.30am 10:30am-12pm 12.30-2.30pm	Petworth Petworth Midhurst Midhurst Midhurst	Morag C Hannah W Hannah W Hannah W Sue L
Fri	4.4.25	Badminton Get Together Walk (Chanctonbury) Get Together Get Together Out & About Badminton	11-12.30pm 1-2.30pm 10-11.30am 10:30am-12pm	Petworth Petworth Midhurst Midhurst	Morag C Hannah W Hannah W Hannah W
Fri	4.4.25	Badminton Get Together Walk (Chanctonbury) Get Together Get Together Out & About	11-12.30pm 1-2.30pm 10-11.30am 10:30am-12pm 12.30-2.30pm	Petworth Petworth Midhurst Midhurst Midhurst	Morag C Hannah W Hannah W Hannah W Sue L
Fri Tues	4.4.25 8.4.25	Badminton Get Together Walk (Chanctonbury) Get Together Get Together Out & About Badminton Walk	11-12.30pm 1-2.30pm 10-11.30am 10:30am-12pm 12.30-2.30pm 2.30-3.30pm	Petworth Petworth Midhurst Midhurst Midhurst Midhurst	Morag C Hannah W Hannah W Hannah W Sue L Charlie W

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		
		Walk	-				
Wed	16.4.25	(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		
		Walk	-				
Wed	23.4.25	(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		
_	4000=		Southwick/Shoreham		1, ,,		
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	2-3.30pm	Southwick	Peer led		
Thur	10.4.25	Walk	1-2.30pm	Lancing	Dean G		
Fri	10.4.25	Creative Writing	10.30-11.30am	Southwick/Zoom	Cancelled		
1 11	11.7.20	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	Mindful Craft Painting	1.30-2.30pm 11-12.30pm	Zoom Zoom	Matthew Peer led				
Tues	25.3.25		· .						
Tues	25.3.25 26.3.25	Painting	11-12.30pm	Zoom	Peer led				
		Painting Poetry Get Together	11-12.30pm 2-3pm 11-12pm	Zoom Zoom	Peer led Annie J				
		Painting Poetry	11-12.30pm 2-3pm	Zoom Zoom Zoom	Peer led Annie J Emily				
		Painting Poetry Get Together Drawing	11-12.30pm 2-3pm 11-12pm 1.30-3pm	Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P				
Wed	26.3.25	Painting Poetry Get Together Drawing Mindfulness	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm	Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M				
Wed	26.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am	Zoom Zoom Zoom Zoom Zoom Southwick/Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S				
Wed	26.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm	Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B				
Wed Fri	26.3.25 28.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay Mindfulness Friday Quiz	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm 2-3pm 3-4pm	Zoom Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B Sharon M Paul S				
Wed	26.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay Mindfulness Friday Quiz Mindful Relaxation	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm 2-3pm 2-3pm 3-4pm	Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom Zoom Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B Sharon M Paul S Morag C				
Wed Fri	26.3.25 28.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay Mindfulness Friday Quiz Mindful Relaxation Healthy Wellbeing	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm 2-3pm 2-3pm 3-4pm 11am-12pm 12.30-1.30pm	Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom Zoom Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B Sharon M Paul S Morag C Hannah W				
Wed Fri Mon	26.3.25 28.3.25 31.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay Mindfulness Friday Quiz Mindful Relaxation Healthy Wellbeing Mindful Craft	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm 2-3pm 3-4pm 11am-12pm 12.30-1.30pm 1.30-2.30pm	Zoom Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom Zoom Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B Sharon M Paul S Morag C Hannah W Matthew				
Wed Fri	26.3.25 28.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay Mindfulness Friday Quiz Mindful Relaxation Healthy Wellbeing Mindful Craft Painting	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm 2-3pm 3-4pm 11am-12pm 12.30-1.30pm 1.30-2.30pm 11-12.30pm	Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom Zoom Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B Sharon M Paul S Morag C Hannah W Matthew Peer led				
Wed Fri Mon	26.3.25 28.3.25 31.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay Mindfulness Friday Quiz Mindful Relaxation Healthy Wellbeing Mindful Craft Painting Poetry	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm 2-3pm 3-4pm 11am-12pm 12.30-1.30pm 1.30-2.30pm 11-12.30pm 2-3pm	Zoom Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom Zoom Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B Sharon M Paul S Morag C Hannah W Matthew Peer led Annie J				
Wed Fri Mon Tues	26.3.25 28.3.25 31.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay Mindfulness Friday Quiz Mindful Relaxation Healthy Wellbeing Mindful Craft Painting Poetry Get Together	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm 2-3pm 3-4pm 11am-12pm 12.30-1.30pm 1.30-2.30pm 11-12.30pm 2-3pm 11-12pm	Zoom Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom Zoom Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B Sharon M Paul S Morag C Hannah W Matthew Peer led Annie J Emily				
Wed Fri Mon Tues	26.3.25 28.3.25 31.3.25	Painting Poetry Get Together Drawing Mindfulness Creative Writing Friyay Mindfulness Friday Quiz Mindful Relaxation Healthy Wellbeing Mindful Craft Painting Poetry	11-12.30pm 2-3pm 11-12pm 1.30-3pm 2-3pm 10.30-11.30am 1-2pm 2-3pm 3-4pm 11am-12pm 12.30-1.30pm 1.30-2.30pm 11-12.30pm 2-3pm	Zoom Zoom Zoom Zoom Zoom Southwick/Zoom Zoom Zoom Zoom Zoom Zoom Zoom Zoom	Peer led Annie J Emily Rosie P Sharon M Kate S Chris B Sharon M Paul S Morag C Hannah W Matthew Peer led Annie J				

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