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

|          | 1       |                            |                   |                |              |
|----------|---------|----------------------------|-------------------|----------------|--------------|
| Mon      | 9.9.24  | Get Together               | 10:30-12pm        | Littlehampton  | Stuart C     |
|          |         | Mindful Relaxation         | 11-12pm           | Zoom           | Morag C      |
|          |         | Art for Relaxation         | 11-12.30pm        | Worthing/G'way | Andy         |
|          |         | Healthy Wellbeing          | 12.30-<br>1.30pm  | Zoom           | Hannah W     |
|          |         | Table Tennis               | 1-2pm             | Littlehampton  | Stuart C     |
| <u> </u> |         | Mindful Miles              | 1-2.30pm          | Brooklands     | Nina         |
|          |         | Mindful Craft              | 1.30-2.30pm       | Zoom           | Mathew       |
|          |         | Get Together               | 1.30-3pm          | Worthing/G'way | Chris B      |
| Tues     | 10.9.24 | Get Together               | 10:30am-<br>12pm  | Midhurst       | Hannah W     |
|          |         | Painting                   | 11-12.30pm        | Zoom           | Ral H        |
|          |         | Out & About Group          | 12.30-<br>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      | 11.9.24 | Get Together               | 11-12pm           | Zoom           | Emily        |
|          |         | Get Together               | 11-12:30pm        | Southwick      | Stuart C     |
|          |         | Walk (Chanctonbury)        | 1-2.30pm          | TBC            | 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     | 12.9.24 | Get Together               | 10:30-12pm        | Worthing(Anx)  | Kit          |
|          |         | Women Group                | 1-2pm             | Worthing(Anx)  | Jane/Dennise |
|          |         | Walk                       | 1-2.30pm          | Shoreham       | Stuart C     |
|          |         | Tai Chi/Qigong Pop-<br>up  | 1.45-2.45pm       | Littlehampton  | Rebecca      |
|          |         | Men's Group                | 2.30-3.30pm       | Worthing(Anx)  | Kit D        |
| Fri      | 13.9.24 | Get Together               | 10-11.30am        | Midhurst       | Hannah W     |
|          |         | Women's Group              | 10.30-<br>11.30am | Littlehampton  | Leanne M     |
|          |         | Creative<br>Writing(Blend) | 10.30-<br>11.30am | Summer Break   | 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      | Cancelled      | Nina          |
|       |         | Mindfulness                       | 2-3pm            | Zoom           | Sharon M      |
| 1     |         | Friday Quiz                       | 3-4pm            | Zoom           | Stuart C      |
| Mon   | 16.9.24 | Get Together                      | 10.30am-<br>12pm | Littlehampton  | Stuart C      |
|       |         | Mindful Relaxation                | 11am-12pm        | Zoom           | Morag C       |
|       |         | Art for Relaxation                | 11am-<br>12.30pm | Worthing/G'way | Andy          |
|       |         | Healthy Wellbeing                 | 12.30-<br>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         | Worthing/G'way | Chris B       |
| Tues  | 17.9.24 | Get Together                      | 10:30am-<br>12pm | Midhurst       | Hannah W      |
|       |         | Painting                          | 11-12.30pm       | Zoom           | Ral H         |
|       |         | Out & About                       | 12.30-<br>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   | 18.9.24 | Get Together                      | 11-12:30pm       | Southwick      | Stuart C      |
|       |         | Get Together                      | 11-12pm          | Zoom           | Emily         |
|       |         | Pulborough Pop-up                 | 11-12.30pm       | Pulborough     | Morag         |
|       |         | Walk (Chanctonbury)               | 1-2.30pm         | TBC            | 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  | 19.9.24 | Get Together                      | 10:30-12pm       | Worthing(Anx)  | Kit           |
|       |         | Film Club                         | 11-12pm          | Zoom           | Stuart C      |
|       |         | Women's Group Tai Chi/Qigong Pop- | 1-2pm            | Worthing(Anx)  | Jane/Dennise  |
|       |         | Mon's Croup                       | 1.45-2.45pm      | Littlehampton  | Nina<br>Kit D |
| □ □ □ | 20.0.04 | Men's Group                       | 2.30-3.30pm      | Worthing(Anx)  | Kit D         |
| Fri   | 20.9.24 | Get Together                      | 10-11.30am       | Midhurst       | Hannah W      |

|      |         | Women's Group              | 10.30-<br>11.30am | Littlehampton  | Leanne M     |
|------|---------|----------------------------|-------------------|----------------|--------------|
|      |         | Creative<br>Writing(Blend) | 10.30-<br>11.30am | Southwick/Zoom | 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  | 23.9.24 | Get Together               | 10:30-12pm        | Littlehampton  | Stuart C     |
|      |         | Mindful Relaxation         | 11-12pm           | Zoom           | Morag C      |
|      |         | Art for Relaxation         | 11-12.30pm        | Worthing/G'way | Andy         |
|      |         | Healthy Wellbeing          | 12.30-<br>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           | Mathew       |
|      |         | Get Together               | 1.30-3pm          | Worthing/G'way | Chris B      |
| Tues | 24.9.24 | Get Together               | 10:30am-<br>12pm  | Midhurst       | Hannah W     |
|      |         | Painting                   | 11-12.30pm        | Zoom           | Ral H        |
|      |         | Craft group                | 12.30-<br>2.30pm  | Midhurst       | Hannah W     |
|      |         | Poetry                     | 2-3pm             | Cancelled      | Annie J      |
|      |         | Get Together               | 2-3:30pm          | Southwick      | Stuart C     |
|      |         | Badminton                  | 2.30-3.30pm       | Midhurst       | Charlie W    |
| Wed  | 25.9.24 | Get Together               | 11-12pm           | Zoom           | Emily        |
|      |         | Get Together               | 11-12:30pm        | Southwick      | Stuart C     |
|      |         | Walk (Chanctonbury)        | 1-2.30pm          | TBC            | 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          | TBC            | Denise W     |
| Thur | 26.9.24 | Get Together               | 10:30-12pm        | Worthing(Anx)  | Kit          |
|      |         | Women Group                | 1-2pm             | Worthing(Anx)  | Jane/Dennise |

|        |         | Walk                       | 1-2.30pm          | Worthing       | Stuart C  |
|--------|---------|----------------------------|-------------------|----------------|-----------|
|        |         | Men's Group                | 2.30-3.30pm       | Worthing(Anx)  | Kit D     |
| Fri    | 27.9.24 | Get Together               | 10-11.30am        | Midhurst       | Hannah W  |
|        |         | Women's Group              | 10.30-<br>11.30am | Littlehampton  | Leanne M  |
|        |         | Creative<br>Writing(Blend) | 10.30-<br>11.30am | Southwick/Zoom | 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       | Shoreham       | Nina      |
|        |         | Mindfulness                | 2-3pm             | Cancelled      | Sharon M  |
|        |         | Friday Quiz                | 3-4pm             | Zoom           | Stuart C  |
| Mon    | 30.9.24 | Get Together               | 10.30-12pm        | Littlehampton  | Stuart C  |
| 101011 | 00.0.21 | Mindful Relaxation         | 11-12pm           | Zoom           | Morag C   |
|        |         | Art for Relaxation         | 11-12.30pm        | Worthing/G'way | Denise W  |
|        |         | Healthy Wellbeing          | 12.30-<br>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           | Mathew    |
|        |         | Get Together               | 1.30-3pm          | Worthing/G'way | Chris B   |
| Tues   | 1.10.24 | Get Together               | 10:30-12pm        | Midhurst       | Hannah W  |
|        |         | Painting                   | 11-12.30pm        | Zoom           | Ral H     |
|        |         | Out & About Group          | 12.30-<br>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    | 2.10.24 | Get Together               | 11-12:30pm        | Southwick      | Stuart C  |
|        |         | Get Together               | 11-12pm           | Zoom           | Emily     |
|        |         | Pulborough Pop-up          | 11-12.30pm        | Pulborough     | Morag     |
|        |         | Walk (Chanctonbury)        | 1-2.30pm          | TBC            | Hannah W  |
|        |         | Drawing                    | 1.30-3pm          | Zoom           | Rosie P   |
|        |         | Mindfulness                | 2-3pm             | Zoom           | Sharon M  |

|      |         | Get Together   | 5-6.30pm  | твс   | Denise W   |
|------|---------|--|---|---|--|
| Thur | 3.10.24 | Get Together   | 10:30-12pm  | Worthing(Anx)   | Kit D  |
|      |         | Film Club  | 11-12pm   | Zoom  | Stuart C   |
|      |         | Cycall Adapted<br>Cyling   | 12.45 -<br>1.45pm   | Brooklands  | 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  | 4.10.24 | Get Together   | 10-11.30am  | Midhurst  | Hannah W   |
|      |         | Women's Group  | 10.30-<br>11.30am   | Littlehampton   | Leanne M   |
|      |         | Creative Writing(Blend)  | 10.30-<br>11.30am   | Southwick/Zoom  | 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  | 7.10.24 | Get Together   | 10:30-12pm  | Littlehampton   | Stuart C   |
|      |         |  |   |   |  |
|      |         | Mindful Relaxation   | 11-12pm   | Zoom  | Morag C  |
|      |         | Mindful Relaxation  Art for Relaxation   | 11-12pm<br>11-12.30pm   | Zoom Worthing/G'way   | Morag C<br>Andy  |
|      |         |  | ·   |   |  |
|      |         | Art for Relaxation   | 11-12.30pm<br>12.30-  | Worthing/G'way  | Andy   |
|      |         | Art for Relaxation Healthy Wellbeing   | 11-12.30pm<br>12.30-<br>1.30pm  | Worthing/G'way Zoom   | Andy<br>Hannah W   |
|      |         | Art for Relaxation  Healthy Wellbeing  Table Tennis  | 11-12.30pm<br>12.30-<br>1.30pm<br>1-2pm   | Worthing/G'way Zoom Littlehampton   | Andy Hannah W Stuart C   |
|      |         | Art for Relaxation  Healthy Wellbeing  Table Tennis  Mindful Miles   | 11-12.30pm<br>12.30-<br>1.30pm<br>1-2pm<br>1-2.30pm<br>1.30-2.30pm<br>1.30-3pm  | Worthing/G'way Zoom Littlehampton Brooklands  | Andy Hannah W Stuart C Nina  |
| Tues | 8.10.24 | Art for Relaxation  Healthy Wellbeing  Table Tennis  Mindful Miles  Mindful Craft  | 11-12.30pm<br>12.30-<br>1.30pm<br>1-2pm<br>1-2.30pm<br>1.30-2.30pm  | Worthing/G'way Zoom Littlehampton Brooklands Zoom   | Andy Hannah W Stuart C Nina Mathew   |
|      |         | Art for Relaxation  Healthy Wellbeing Table Tennis  Mindful Miles  Mindful Craft  Get Together   | 11-12.30pm<br>12.30-<br>1.30pm<br>1-2pm<br>1-2.30pm<br>1.30-2.30pm<br>1.30-3pm<br>10:30am-<br>12pm<br>11-12.30pm                              | Worthing/G'way  Zoom  Littlehampton  Brooklands  Zoom  Worthing/G'way                                 | Andy Hannah W Stuart C Nina Mathew Chris B                                 |
|      |         | Art for Relaxation  Healthy Wellbeing  Table Tennis  Mindful Miles  Mindful Craft  Get Together  Get Together                                      | 11-12.30pm<br>12.30-<br>1.30pm<br>1-2pm<br>1-2.30pm<br>1.30-2.30pm<br>1.30-3pm<br>10:30am-<br>12pm  | Worthing/G'way  Zoom  Littlehampton  Brooklands  Zoom  Worthing/G'way  Midhurst                       | Andy Hannah W Stuart C Nina Mathew Chris B Hannah W                        |
|      |         | Art for Relaxation  Healthy Wellbeing  Table Tennis  Mindful Miles  Mindful Craft  Get Together  Painting  | 11-12.30pm<br>12.30-<br>1.30pm<br>1-2pm<br>1-2.30pm<br>1.30-2.30pm<br>1.30-3pm<br>10:30am-<br>12pm<br>11-12.30pm<br>12.30-                    | Worthing/G'way  Zoom  Littlehampton  Brooklands  Zoom  Worthing/G'way  Midhurst  Zoom                 | Andy Hannah W Stuart C Nina Mathew Chris B Hannah W Ral H                  |
|      |         | Art for Relaxation  Healthy Wellbeing  Table Tennis  Mindful Miles  Mindful Craft  Get Together  Get Together  Painting  Out & About Group         | 11-12.30pm<br>12.30-<br>1.30pm<br>1-2pm<br>1-2.30pm<br>1.30-2.30pm<br>1.30-3pm<br>10:30am-<br>12pm<br>11-12.30pm<br>12.30-<br>2.30pm          | Worthing/G'way  Zoom  Littlehampton  Brooklands  Zoom  Worthing/G'way  Midhurst  Zoom  Midhurst       | Andy Hannah W Stuart C Nina Mathew Chris B Hannah W Ral H Hannah W         |
|      |         | Art for Relaxation  Healthy Wellbeing  Table Tennis  Mindful Miles  Mindful Craft  Get Together  Get Together  Painting  Out & About Group  Poetry | 11-12.30pm<br>12.30-<br>1.30pm<br>1-2pm<br>1-2.30pm<br>1.30-2.30pm<br>1.30-3pm<br>10:30am-<br>12pm<br>11-12.30pm<br>12.30-<br>2.30pm<br>2-3pm | Worthing/G'way  Zoom  Littlehampton  Brooklands  Zoom  Worthing/G'way  Midhurst  Zoom  Midhurst  Zoom | Andy Hannah W Stuart C Nina Mathew Chris B Hannah W Ral H Hannah W Annie J |

|      |          | Get Together               | 11-12:30pm        | Southwick      | Stuart C     |
|------|----------|----------------------------|-------------------|----------------|--------------|
|      |          | Walk (Chanctonbury)        | 1-2.30pm          | TBC            | Hannah W     |
|      |          | Drawing                    | 1.30-3pm          | Zoom           | Rosie P      |
|      |          | Mindfulness                | 2-3pm             | Cancelled      | Sharon M     |
|      |          | Get Together               | 2-3.30pm          | Steyning       | Morag        |
|      |          | Get Together               | 5-6.30pm          | Worthing/G'way | Denise W     |
| Thur | 10.10.24 | 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  | 11.10.24 | Get Together               | 10-11.30am        | Midhurst       | Hannah W     |
|      |          | Women's Group              | 10.30-<br>11.30am | Littlehampton  | Leanne M     |
|      |          | Creative<br>Writing(Blend) | 10.30-<br>11.30am | Southwick/Zoom | 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     |
| Mon  | 14.10.24 | Get Together               | 10.30-12pm        | Littlehampton  | Stuart C     |
|      |          | Working Together           | 11am-12pm         | Zoom           | Cathy P      |
|      |          | Mindful Relaxation         | 11-12pm           | Zoom           | Morag C      |
|      |          | Art for Relaxation         | 11-12.30pm        | Worthing/G'way | Denise W     |
|      |          | Healthy Wellbeing          | 12.30-<br>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           | Mathew       |
|      |          | Get Together               | 1.30-3pm          | Worthing/G'way | Chris B      |
| Tues | 15.10.24 | Get Together               | 10:30-12pm        | Midhurst       | Hannah W     |
|      |          | Painting                   | 11-12.30pm        | Zoom           | Ral H        |
|      |          | Out & About Group          | 12.30-<br>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  | 16.10.24 | Get Together               | 11-12:30pm        | Southwick      | Stuart C     |
|      |          | Get Together               | 11-12pm           | Zoom           | Emily        |
|      |          | Pulborough Pop-up          | 11-12.30pm        | Pulborough     | Morag        |
|      |          | Walk (Chanctonbury)        | 1-2.30pm          | TBC            | Hannah W     |
|      |          | Drawing                    | 1.30-3pm          | Zoom           | Rosie P      |
|      |          | Mindfulness                | 2-3pm             | Zoom           | Sharon M     |
|      |          | Get Together               | 5-6.30pm          | TBC            | Denise W     |
| Thur | 17.10.24 | 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  | 18.10.24 | Get Together               | 10-11.30am        | Midhurst       | Hannah W     |
|      |          | Women's Group              | 10.30-<br>11.30am | Littlehampton  | Leanne M     |
|      |          | Creative<br>Writing(Blend) | 10.30-<br>11.30am | Southwick/Zoom | 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     |