

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

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	12.30-1.30pm	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	10.9.24	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	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-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	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	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
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	16.9.24	Get Together	10.30am-12pm	Littlehampton	Stuart C
		Mindful Relaxation	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	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-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	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	1-2pm	Worthing(Anx)	Jane/Dennise
		Tai Chi/Qigong Pop-up	1.45-2.45pm	Littlehampton	Nina
		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	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	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	12.30-1.30pm	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-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Craft group	12.30-2.30pm	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	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	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
		Mindful Relaxation	11-12pm	Zoom	Morag C
		Art for Relaxation	11-12.30pm	Worthing/G'way	Denise W
		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	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	12.30-2.30pm	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	TBC	Denise W
Thur	3.10.24	Get Together	10:30-12pm	Worthing(Anx)	Kit D
		Film Club	11-12pm	Zoom	Stuart C
		Cycall Adapted Cycling	12.45 - 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- 11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30- 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
		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	Mathew
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	8.10.24	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	9.10.24	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	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	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	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	12.30-1.30pm	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	12.30-2.30pm	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	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	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