

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

Day	Date	Activity	Time	Location	Facilitator
Mon	18.12.23	Bring and Share	10-11.30am	Littlehampton	Stuart C
		Art for Relaxation	11-12.30pm	Worthing/G'way	Andy W
		Mindfulness	11-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Cathy
		Mindful Miles	1-2.30pm	Brooklands	Nina
		Mindful Craft	1:30-2:30pm	Zoom	Stuart C
		Bring and Share	1.30-3pm	Worthing/G'way	Chris B
Tues	19.12.23	Bring and Share	10.30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer Led
		Out & About Group	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Annie J
		Bring and Share	2-3:30pm	Southwick	Stuart C
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	20.12.23	Get Together	11-12pm	Zoom	Emily
		Get Together	11-12:30pm	Southwick	Stuart C
		Walk (Chanctonbury)	1-2.30pm	Steyning	Hannah W
		Drawing	1.30-3pm	Zoom	Peer Led
		Get Together	2-3.30pm	Steyning	Morag
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	21.12.23	Bring and Share	10.30-12pm	Worthing(Anx)	Kit
		Womens Group	1 - 2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Stuart C
		Walk with Wild Gathering	1-3pm	Worthing	Kate/Sian
		Christmas Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	22.12.23	Get Together(Blend)	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Festive break
		Art for Relaxation	10.30-12pm	Southwick	Andy W
		Seated Yoga	11-12pm	Zoom	Festive break

		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina/Brad
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Sat	23.12.23	Cuppa and Chat	10.30-11.30am	Zoom	Courtney
Sun	24.12.23	Cuppa and Chat	10.30-11.30am	Zoom	Hannah W
Mon	25.12.23	Cuppa and Chat	10.30-11.30am	Zoom	Cathy
Tues	26.12.23	Cuppa and Chat	10.30-11.30am	Zoom	Sue S
Wed	27.12.23	Get Together	11-12:30pm	Southwick	Stuart C
		Get Together	11-12pm	Zoom	Festive break
		Pulborough Pop Up	11-12.30pm	Pulborough	Festive break
		Walk (Chanctonbury)	1-2.30pm	Cancelled	Festive break
		Drawing	1.30-3pm	Zoom	Peer Led
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	28.12.23	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Film Club	11-12pm	Zoom	Festive break
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	29.12.23	Get Together	10-11.30am	Midhurst	Festive break
		Women's Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Festive break
		Art for Relaxation	10.30-12pm	Southwick	Festive break
		Seated Yoga	11-12pm	Zoom	Festive break
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina/Brad
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	1.1.24	Cuppa and Chat	10.30-11.30am	Zoom	Sue S
Tues	2.1.24	Get Together	10:30-12pm	Midhurst	Hannah W

		Painting	11-12.30pm	Zoom	Peer Led
		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	3.1.24	Get Together	11-12:30pm	Southwick	Stuart C
		Get Together	11-12pm	Zoom	Emily
		Walk (Chanctonbury)	1-2.30pm	CANCELLED	Festive break
		Drawing	1.30-3pm	Zoom	Peer Led
		Get Together	2-3.30pm	Steyning	Morag
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	4.1.24	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Southwick	Stuart C
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	5.1.24	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	Festive break
		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/Brad
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	8.1.24	Get Together	10-11.30am	Littlehampton	Stuart C
		Art for Relaxation	11-12.30pm	Worthing/G'way	Andy W
		Mindfulness	11-12pm	Zoom	Morag C
		Working Together	11-12pm	Zoom	Cathy P
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Cathy P
		Mindful Miles	1-2.30pm	Brooklands	Nina

		Mindful Craft	1:30-2:30pm	Zoom	Stuart C
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	9.1.24	Get Together	10:30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer Led
		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	10.1.24	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	Storrington	Hannah W
		Drawing	1.30-3pm	Zoom	Peer Led
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	11.1.24	Get Together	10:30-12pm	Worthing(Anx)	Kit / Nichola
		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	12.1.24	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	S'wick/Zoom	Festive break
		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/Brad
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	15.1.24	Get Together	10-11.30am	Littlehampton	Stuart C
		Art for Relaxation	11-12.30pm	Worthing/G'way	Andy W
		Mindfulness	11-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Cathy P

		Mindful Miles	1-2.30pm	Brooklands	Nina
		Mindful Craft	1:30-2:30pm	Zoom	Stuart C
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	16.1.24	Get Together	10:30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer Led
		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	17.1.24	Get Together	11-12pm	Zoom	Emily
		Get Together	11-12:30pm	Southwick	Stuart C
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1.30-3pm	Zoom	Peer Led
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Steyning	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	18.1.24	Get Together	10:30-12pm	Worthing(Anx)	Kit / Nichola
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Southwick	Stuart C
		Singalong	2-3pm	Zoom	Chris B
		Mens Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	19.1.24	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	Cori/Kate
		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/Brad
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C