

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

Mon	16.6.25	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	17.6.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish
		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	18.6.25	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	Cancelled	Sharon M
		Get Together	2-3.30pm	Upper Beeding	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	19.6.25	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	Lancing	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	20.6.25	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	Rachel A
		Running Group	1.30-2.30pm	Shoreham	Nina

		Mindfulness	2-3pm	Cancelled	Sharon M
		Friday Quiz	3-4pm	Zoom	Cancelled
Mon	23.6.25	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	24.6.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish
		Painting	11am-12.30pm	Zoom	Peer led
		Craft Group	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	25.6.25	Get Together	11am-12.30pm	Southwick	Peer led
		Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Pulborough	Morag C
		Walk (Chanctonbury)	1-2.30pm	CANCELLED	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	26.6.25	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	27.6.25	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	TBC	Rachel A

		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	30.6.25	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	1.7.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish
		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	2.7.25	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	3.7.25	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	Worthing	Dean G
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	4.7.25	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	Rachel A
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	7.7.25	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	8.7.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish
		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	9.7.25	Get Together	11am-12.30pm	Southwick	Peer led
		Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Pulborough	Morag C
		Walk (Chanctonbury)	1-2.30pm	Steyning	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	10.7.25	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	11.7.25	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	Rachel A
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	14.7.25	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	15.7.25	Mini Bus Trip	10am - 2pm	TBC	Paul S
		Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish
		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	16.7.25	Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Southwick	Peer led
		Walk (Chanctonbury)	1-2.30pm	Petworth	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	17.7.25	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	TBC	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	18.7.25	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	Rachel A
		Running Group	1.30-2.30pm	Shoreham	Nina
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	21.7.25	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	22.7.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish
		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	23.7.25	Get Together	11am-12.30pm	Southwick	Peer led
		Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Pulborough	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	24.7.25	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	25.7.25	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