

These groups are open to those receiving support from West Sussex Mind

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	Gentle Walk to Run	10-11am	Worthing	Nina
		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	Petworth	Hannah W
		Drawing	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Pulborough	Denise W
Thur	17.10.24	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit D
		Film Club	11-12pm	Zoom	Stuart C
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		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 N
		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	Cancelled	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	21.10.24	Rhythms for Wellbeing	10-11am	Southwick	Dominique
		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
		Rhythms for Wellbeing	1-2pm	Littlehampton	Dominique
		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
		Rhythms for Wellbeing	3.15-4.15pm	Worthing/G'way	Dominique
Tues	22.10.24	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	23.10.24	Gentle Walk to Run	10-11am	Worthing	Nina
		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	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	24.10.24	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit
		Mindful Miles Walk	12-1pm	Littlehampton	Nina

		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	25.10.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Cancelled	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	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	28.10.24	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	Brooklands	Nina
		Mindful Craft	1.30-2.30pm	Zoom	Paul S
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	29.10.24	Get Together	10:30am-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Ral H
		Craft Group	12.30-2.30pm	Midhurst	Hannah W
		Get Together	2-3:30pm	Southwick	Stuart C
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	30.10.24	Gentle Walk to Run	10-11am	Worthing	Nina
		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	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M

		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	31.10.24	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit
		Film Club	11-12pm	Zoom	Stuart C
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	1.11.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	10.30-11.30am	Cancelled	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	4.11.24	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	5.11.24	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	Zoom	Annie J
		Get Together	2-3:30pm	Southwick	Stuart C
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	6.11.24	Gentle Walk to Run	10-11am	Worthing	Nina
		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	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	7.11.24	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Shoreham	Stuart C
		Singalong	2-3pm	Chris B	Zoom
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	8.11.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		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	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Stuart C
Mon	11.11.24	Rhythms for Wellbeing	10-11am	Southwick	Dominique
		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
		Rhythms for Wellbeing	1-2pm	Littlehampton	Dominique
		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
		Rhythms for Wellbeing	3.15-4.15pm	Worthing/G'way	Dominique

Tues	12.11.24	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	13.11.24	Gentle Walk to Run	10-11am	Worthing	Nina
		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	14.11.24	Gentle Walk to Run	10-11am	Littlehampton	Nina
		Get Together	10:30-12pm	Worthing(Anx)	Kit D
		Film Club	11-12pm	Zoom	Stuart C
		Mindful Miles Walk	12-1pm	Littlehampton	Nina
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	15.11.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne N
		Creative Writing	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