

## Social Activities Timetable

**May/June 2026**

**Available to those being supported by WSxMind**

Please contact [socialactivities@westsussexmind.org](mailto:socialactivities@westsussexmind.org) or call Help Point on 0300 303 5652 to book onto a group or get a Zoom link

Mon	18.5.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	19.5.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Volunteer break	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
		Quiz	3-4pm	Zoom	Paul S
Wed	20.5.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12.30pm	Volunteer break	Lee K
		Walk (Chanctonbury)	1-2.30pm	TBC	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	21.5.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D/Su B
		Women Group	1-2pm	Worthing(Anx)	Jane G/Dennise W
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	22.5.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H
		Creative Writing	10.30-11.30am	Volunteer break	Kate S

		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Paused
Mon	25.5.26	Bank Holiday			
Tues	26.5.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		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
		Quiz	3-4pm	Zoom	Paul S
Wed	27.5.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	28.5.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Women's Group	1-2pm	Worthing(Anx)	Jane G/Dennise w
		Walk	1-2.30pm	Worthing	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	29.5.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Volunteer break	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon1	1.6.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D

		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	2.6.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	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
		Quiz	3-4pm	Zoom	Paul S
Wed	3.6.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12.30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	4.6.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D/Su B
		Women Group	1-2pm	Worthing(Anx)	Jane G/Dennise W
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	5.6.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Paused
Mon2	8.6.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S

		Mindfulness	3-4pm	Zoom	Micheal H
Tues	9.6.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		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
		Quiz	3-4pm	Zoom	Paul S
Wed	10.6.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Petworth	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	11.6.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Women's Group	1-2pm	Worthing(Anx)	Jane G/Dennise w
		Walk	1-2.30pm	Southwick (CH)	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	12.6.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused
Mon1	15.6.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	16.5.26	Get Together	10.30am-12pm	Midhurst	Hannah W

		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	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
		Quiz	3-4pm	Zoom	Paul S
Wed	17.6.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12.30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Paused
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	18.6.26	Get Together	10.30-12pm	Worthing(Anx)	Kit D/Su B
		Women Group	1-2pm	Worthing(Anx)	Jane G/Dennise W
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	19.6.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P/Helen H
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Paused
Mon2	22.6.26	Get Together	10.30am-12pm	Littlehampton	Kit D
		Creative Colouring	11am-12.30pm	Worthing/G'way	Erin / Frances
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew R
		Get Together	1.30-3pm	Worthing/G'way	Paul S
		Mindfulness	3-4pm	Zoom	Micheal H
Tues	23.6.26	Get Together	10.30am-12pm	Midhurst	Hannah W
		Mixed Media Art	10.30am-12pm	Southwick	Trish W
		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
		Quiz	3-4pm	Zoom	Paul S
Wed	24.6.26	Get Together	11am-12pm	Zoom	Su B
		Get Together	11am-12:30pm	Southwick	Lee K
		Walk (Chanctonbury)	1-2.30pm	Steynin	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Get Together	5-6.30pm	Worthing/G'way	Stephen B
Thur	25.6.26	Get Together	10.30am-12pm	Worthing(Anx)	Kit D/Su B
		Women's Group	1-2pm	Worthing(Anx)	Jane G/Dennise w
		Walk	1-2.30pm	Southwick (CH)	Dean G
		Stronger Together	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	26.6.26	Get Together	10-11.30am	Midhurst	Hannah W
		Sisterhood	10.30-11.30am	Littlehampton	Lisa P
		Creative Writing	10.30-11.30am	Southwick/Zoom	Kate S
		Stronger Together	12-1pm	Littlehampton	Kit D
		Run Group	12.30-1.30pm	Shoreham	Amy H
		Friyay	1-2pm	Zoom	Rachel A
		Mindfulness	2-3pm	Zoom	Paused