

Social Activities Timetable Sept/Oct 2025

Available to those being supported by WSxMind

Mon	22.9.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Paul S
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris/Dennise
Tues	23.9.25	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
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	24.9.25	Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Southwick	Peer led
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	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	Dennise/Stephen
Thur	25.9.25	Get Together	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	26.9.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Lisa/Helen
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Cancelled	Rachel
		Run Group	1.30-2.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Sharon M

		Friday Quiz	3-4pm	Zoom	Paul S
Mon	29.9.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy W
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris/Dennise
Tues	30.9.25	Community Pop Up	TBC	Worthing	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
		Get Together	2-3.30pm	Southwick	Lee K
		Poetry	2-3pm	Zoom	Annie J
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	1.10.25	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	Steyping	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Dennise/Stephen
Thur	2.10.25	Get Together	10.30am-12pm	Worthing(Anx)	Kit /Su
		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	3.10.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne/Lisa
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Cancelled	Rachel A
		Run Group	1.30-2.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Sharon M

		Friday Quiz	3-4pm	Zoom	Paul S
Mon	6.10.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy W
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris/Dennise
Tues	7.10.25	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
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	8.10.25	Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Southwick	Peer led
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	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	Dennise/Stephen
Thur	9.10.25	Get Together	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	10.10.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Lisa/Helen
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Cancelled	Rachel A
		Run Group	1.30-2.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S

Mon	13.10.25	Get Together	10.30am-12pm	Littlehampton	Kit D
		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy W
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris/Dennise
Tues	14.10.25	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	15.10.25	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	Pulborough	Hannah W
		Drawing	1-2.30pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Dennise/Stephen
Thur	16.10.25	Get Together	10.30am-12pm	Worthing(Anx)	Kit /Su
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	17.10.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne/Lisa
		Creative Writing	10.30-11.30am	Zoom/S'wick	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	1.30-2.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S
Mon	20.10.25	Get Together	10.30am-12pm	Littlehampton	Kit D

		Mindful Relaxation	11am-12pm	Zoom	Morag C
		Creative Colouring	11am-12.30pm	Worthing/G'way	Andy W
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Kit D
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris/Dennise
Tues	21.10.25	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
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	22.10.25	Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Cancelled	Peer led
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1-2.30pm	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	Dennise/Stephen
Thur	23.10.25	Get Together	10.30-12pm	Worthing(Anx)	Kit /Su
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	24.10.25	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Lisa/Helen
		Creative Writing	10.30-11.30am	Autumn break	Kate
		Men's Group	12-1pm	Littlehampton	Kit D
		Friyay	1-2pm	Zoom	Rachel A
		Run Group	1.30-2.30pm	Shoreham	Amy H
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz	3-4pm	Zoom	Paul S

If you would like to book onto a group, get a Zoom link or find out more, please email us at socialactivities@westsussexmind.org or call Help Point on 0300 303 5652