

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

Mon	21.4.25	Cuppa and Chat	10.30am-12pm	Zoom	TBC
Tues	22.4.25	Get Together	10.30am-12pm	Midhurst	Hannah W
		Painting	11am-12.30pm	Zoom	Peer led
		Out & About	12.30-2.30pm	Midhurst	Sue L
		Poetry	2-3pm	Zoom	Annie J
		Get Together	2-3.30pm	Southwick	Lee K
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	23.4.25	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	24.4.25	Get Together	10.30am-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	25.4.25	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/Zoo m	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
Mon	28.4.25	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	29.4.25	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	30.4.25	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	1.30-3pm	Zoom	Rosie P
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	1.5.25	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
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	2.5.25	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/Zoo m	Cancelled
		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
Mon	5.5.25	Bank Holiday			
Tues	6.5.25	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	7.5.25	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	8.5.25	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
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	9.5.25	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/Zoo m	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
Mon	12.5.25	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	13.5.25	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	14.5.25	Get Together	11am-12:30pm	Southwick	Peer led
		Get Together	11am-12pm	Zoom	Emily
		Get Together	11am-12.30pm	Storrington	Morag C
		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	15.5.25	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	16.5.25	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/Zoo m	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
Mon	19.5.25	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	20.5.25	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	21.5.25	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	Cancelled	Sharon M
		Get Together	2-3.30pm	Upper Beeding	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	22.5.25	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	Southwick	Dean G
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	23.5.25	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	Cancelled
		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