

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

Day	Date	Activity	Time	Location	Facilitator
Mon	22.4.24	Get Together	10.30-12pm	Littlehampton	Stuart C
		Mindfulness	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	1-2.30	Cancelled	Nina
		Mindful Craft	1.30-2.30pm	Zoom	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	23.4.24	Get Together	10:30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer Led
		Out & About Group	12.30-2.30pm	Midhurst	Hannah W
		Poetry	2-3pm	Zoom	Volunteer break
		Get Together	2-3:30pm	Southwick	Stuart C
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	24.4.24	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	Peer Led
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Steyning	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	25.4.24	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Southwick	Stuart C
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
Fri	26.4.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	Southwick/Zoom	Cori/Kate
		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	29.4.24	Get Together	10.30-12pm	Littlehampton	Stuart C
		Mindfulness	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	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	30.4.24	Get Together	10:30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer Led
		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	1.5.24	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	Peer Led
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	2.5.24	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Film Club	11-12pm	Zoom	Stuart C
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
		Photography	6-7pm	Worthing	Stephen B
Fri	3.5.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Cori/Kate
		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	6.5.24	Bank Holiday			
Tues	7.5.24	Get Together	10:30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer Led
		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	8.5.24	Get Together	11-12pm	Zoom	Emily
		Get Together	11-12:30pm	Southwick	Stuart C
		Walk (Chanctonbury)	1-2.30pm	Cancelled	Hannah W
		Drawing	1.30-3pm	Zoom	Peer Led
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Steyning	Morag
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	9.5.24	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Women Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Walk	1-2.30pm	Worthing	Stuart C
		Singalong	2-3pm	Zoom	Chris B
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
		Photography	6-7pm	Worthing	Stephen B
Fri	10.5.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	Southwick/Zoom	Cori/Kate
		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	13.5.24	Get Together	10.30-12pm	Littlehampton	Stuart C
		Working Together	11am-12pm	Zoom	Cathy P
		Mindfulness	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	Matthew
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	14.5.24	Get Together	10:30-12pm	Midhurst	Hannah W
		Painting	11-12.30pm	Zoom	Peer Led
		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	15.5.24	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	Steyning	Hannah W
		Drawing	1.30-3pm	Zoom	Peer Led
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	5-6.30pm	Worthing/G'way	Denise W
Thur	16.5.24	Get Together	10:30-12pm	Worthing(Anx)	Kit
		Film Club	11-12pm	Zoom	Stuart C
		Women's Group	1-2pm	Worthing(Anx)	Jane/Dennise
		Men's Group	2.30-3.30pm	Worthing(Anx)	Kit D
		Photography	6-7pm	Worthing	Stephen B
Fri	17.5.24	Get Together	10-11.30am	Midhurst	Hannah W
		Women's Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Cori/Kate
		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