

Social Activity Timetable Jan/Feb 2023

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

Day	Date	Activity	Time	Location	Facilitator
Mon	16.1.23	Get Together	10-11.30am	Littlehampton	Stuart C
		Art Group	11-12.30pm	Worthing/G'way	Andy W
		Mindfulness(Headspace)	11am-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Tom M
		Mindful Craft	1:30-2:30pm	Zoom	Stuart C
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	17.1.23	Get Together	10:30-12pm	Midhurst	Hannah W
		Pottery Group	10.30-12.30pm	Southwick	Carolyn F
		Painting	11am-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
		Walking Football	2.30-3.30pm	Littlehampton	Tom M
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	18.1.23	Running Group	10.30-11.30am	Worthing	Jim T
		Get Together	11-12:30pm	Southwick	Stuart C
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Steyning	Morag/Katy
		Walk	1-2.30pm	Littlehampton	Tom M
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Drawing	1.30-3pm	Zoom	Peer Led
Thur	19.1.23	Get Together	10:30-12pm	Worthing(Anx)	Paul S
		Walk	1-2.30pm	Worthing	Stuart C
		Walk Wild Gathering	1-3pm	Worthing	Kate/Sian
		Singing Group	1.15-2.15pm	Worthing(Anx)	Laura R
		Singalong	2-3pm	Zoom	Chris B
		Photography Group	6-7pm	Worthing	Stephen B
Fri	20.1.23	Get Together	10-11.30am	Midhurst	Hannah W
		Womens Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Cori/Kate
		Art Group	10.30-12pm	Southwick	Andy W

		Men's Group (Blend)	12-1pm	L'hampton/Zoom	Kirk L
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina/Chris
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz(Blend)	3-4pm	S'wick/Zoom	Stuart C
Mon	23.1.23	Get Together	10-11.30am	Littlehampton	Stuart C
		Art Group	11-12.30pm	Worthing/G'way	Andy W
		Mindfulness(Headspace)	11-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Tom M
		Mindful Craft	1.30-2:30pm	Zoom	Stuart C
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	24.1.23	Get Together	10:30-12pm	Midhurst	Hannah W
		Pottery Group	10.30-12.30pm	Southwick	Carolyn F
		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
		Walking Football	2.30-3.30pm	Littlehampton	Tom M
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	25.1.23	Running Group	10.30-11.30am	Worthing	Jim T
		Get Together	11-12:30pm	Southwick	Stuart C
		Get Together	11-12:30pm	Zoom	Morag C
		Mindfulness	2-3pm	Zoom	Sharon M
		Walk	1-2.30pm	Littlehampton	Tom M
		Walk (Chanctonbury)	1-2.30pm	Steyning	Hannah W
		Drawing	1.30-3pm	Zoom	Peer Led
Thur	26.1.23	Get Together	10:30-12pm	Worthing(Anx)	Paul S
		Film Club	11-12pm	Zoom	Stuart C
		Singing Group	1.15-2.15pm	Worthing(Anx)	Laura R
		Photography Group	6-7pm	Worthing	Stephen B
Fri	27.1.23	Get Together	10-11.30am	Midhurst	Hannah W
		Womens Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Cori/Kate
		Art Group	10.30-12pm	Southwick	Andy W
		Men's Group (Blend)	12-1pm	L'hampton/Zoom	Kirk L

		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina/Chris
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz(Blend)	3-4pm	S'wick/Zoom	Stuart C
Mon	30.1.23	Get Together	10-11.30am	Littlehampton	Stuart C
		Art Group	11-12.30pm	Worthing/G'way	Andy W
		Mindfulness(Headspace)	11-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Tom M
		Mindful Craft	1:30-2:30pm	Zoom	Stuart C
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	31.1.23	Get Together	10:30-12pm	Midhurst	Hannah W
		Pottery Group	10.30-12.30pm	Southwick	Carolyn F
		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
		Walking Football	2.30-3.30pm	Littlehampton	Tom M
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	1.2.23	Running Group	10.30-11.30am	Worthing	Jim T
		Get Together	11-12:30pm	Southwick	Stuart C
		Mindfulness	2-3pm	Zoom	Sharon M
		Walk (Chanctonbury)	1-2.30pm	Pulborough	Hannah
		Walk	1-2.30pm	Littlehampton	Tom M
		Get Together	2-3.30pm	Pulborough	Morag/Katy
		Drawing	1.30-3pm	Zoom	Peer Led
Thur	2.2.23	Get Together	10:30-12pm	Worthing(Anx)	Paul S
		Walk	1-2.30pm	Southwick	Stuart C
		Singing Group	1.15-2.15pm	Worthing(Anx)	Laura R
		Singalong	2-3pm	Zoom	Chris B
		Photography Group	6-7pm	Worthing	Stephen B
Fri	3.2.23	Get Together	10-11.30am	Midhurst	Hannah W
		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Cori/Kate
		Art Group	10.30-12pm	Southwick	Andy W
		Womens Group	10.30-11.30am	Littlehampton	Leanne M
		Walk with Wild Gathering	11-1pm	Worthing	Kate/Sian

		Men's Group (Blend)	12-1pm	L'hampton/Zoom	Kirk L
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina/Chris
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz(Blend)	3-4pm	S'wick/Zoom	Stuart C
Mon	6.2.23	Get Together	10-11.30am	Littlehampton	Stuart C
		Art Group	11-12.30pm	Worthing/G'way	Andy W
		Working Together	11-12pm	Zoom	Cathy
		Mindfulness(Headspace)	11-12pm	Zoom	Morag C
		Table Tennis	1-2pm	Littlehampton	Tom M
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Mindful Craft	1:30-2:30pm	Zoom	Stuart C
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	7.2.23	Get Together	10:30-12pm	Midhurst	Hannah W
		Pottery Group	10.30-12.30pm	Southwick	Carolyn F
		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
		Walking Football	2.30-3.30pm	Littlehampton	Tom M
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	8.2.23	Running Group	10.30-11.30am	Worthing	Jim T
		Get Together(Blend)	11-12:30pm	P'borough/Zoom	Morag C
		Get Together	11-12:30pm	Southwick	Stuart C
		Mindfulness	2-3pm	Zoom	Sharon M
		Walk (Chanctonbury)	1-2.30pm	Storrington	Hannah W
		Walk	1-2.30pm	Littlehampton	Tom M
		Drawing	1.30-3pm	Zoom	Peer Led
Thur	9.2.23	Get Together	10:30-12pm	Worthing(Anx)	Paul S
		Film Club	11-12pm	Zoom	Stuart C
		Singing Group	1.15-2.15pm	Worthing(Anx)	Laura R
		Photography Group	6-7pm	Worthing	Stephen B
Fri	10.2.23	Get Together	10-11.30am	Midhurst	Hannah W
		Womens Group	10.30-11.30am	Littlehampton	Leanne M
		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Cori/Kate
		Art Group	10.30-12pm	Southwick	Andy W

		Walk Wild Gathering	11-1pm	Worthing	Kate/Sian
		Men's Group (Blend)	12-1pm	L'hampton/Zoom	Kirk L
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina/Chris
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz(Blend)	3-4pm	S'wick/Zoom	Stuart C
Mon	13.2.23	Get Together	10-11.30am	Littlehampton	Stuart C
		Art Group	11-12.30pm	Worthing/G'way	Andy W
		Mindfulness(Headspace)	11-12pm	Zoom	Morag C
		Healthy Wellbeing	12.30-1.30pm	Zoom	Hannah W
		Table Tennis	1-2pm	Littlehampton	Tom M
		Mindful Craft	1:30-2:30pm	Zoom	Stuart C
		Get Together	1.30-3pm	Worthing/G'way	Chris B
Tues	14.2.23	Get Together	10:30-12pm	Midhurst	Hannah W
		Pottery Group	10.30-12.30pm	Southwick	Carolyn F
		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
		Walking Football	2.30-3.30pm	Littlehampton	Tom M
		Badminton	2.30-3.30pm	Midhurst	Charlie W
Wed	15.2.23	Running Group	10.30-11.30am	Worthing	Jim T
		Get Together	11-12:30pm	Southwick	Stuart C
		Mindfulness	2-3pm	Zoom	Sharon M
		Get Together	2-3.30pm	Steyning	Morag/Katy
		Walk	1-2.30pm	Littlehampton	Tom M
		Walk (Chanctonbury)	1-2.30pm	Steyning	Hannah
		Drawing	1.30-3pm	Zoom	Peer Led
Thur	16.2.23	Get Together	10:30-12pm	Worthing(Anx)	Paul S
		Walk	1-2.30pm	Worthing	Stuart C
		Walk Wild Gathering	1-3pm	Worthing	Kate/Sian
		Singing Group	1.15-2.15pm	Worthing(Anx)	Laura R
		Singalong	2-3pm	Zoom	Chris B
		Photography Group	6-7pm	Worthing	Stephen B
Fri	17.2.23	Get Together	10-11.30am	Midhurst	Hannah W
		Womens Group	10.30-11.30am	Littlehampton	Leanne M

		Creative Writing(Blend)	10.30-11.30am	S'wick/Zoom	Cori/Kate
		Art Group	10.30-12pm	Southwick	Andy W
		Men's Group (Blend)	12-1pm	L'hampton/Zoom	Kirk L
		Friyay	1-2pm	Zoom	Chris B
		Running Group	1.30-2.30pm	Shoreham	Nina/Chris
		Mindfulness	2-3pm	Zoom	Sharon M
		Friday Quiz (Blend)	3-4pm	S'wick/Zoom	Stuart C