

Out & About

West Sussex



What's On...



February & March 2012

Out & About is a small charitable organisation for adults experiencing mild to moderate mental health problems, and those who have suffered from mental distress in the past. We are a self help group keen to engage in sports & physical activities and social events within the local community and further afield. We support each other in improving and maintaining both mental and physical wellbeing by enjoying an active and healthy lifestyle and regularly meeting up with friends and making new ones.

Please email us at outandabout@email.com for information on becoming a member and for a current programme of activities.

Or you can phone or text Paul Vince on 07423060929, Rachel Gillard on 07968440975 or Jackie Barlow on 07766147773

We would like to thank the following Organisations for their support:



Please Note:

Transport Pick-Up Points:

Durrington - in the lay-by on opposite side of the road to Mind Centre

(Not outside Mind Centre. Also - Please do not leave your own car parked in the Mind Centre car park)

Littlehampton - outside Maltravers Drive Bowling Green & Tennis Courts

(Not outside Mind Centre)

Transport Costs

We ask for a £2.50 contribution for 'car-sharing' to activity sessions unless stated otherwise. Please arrange this with Paul or Rachel in advance.

Date	What & where	Time/transport details	Cost/Other Information
Thursday 2nd February	Social Get Together at 'Look & Sea' Cafe Littlehampton	Transport available from Durrington - 1.30pm Or meet there at 2pm	Transport £2.50 Bring money for cafe Get info about forthcoming Activities
Monday 6th February	Badminton At David Lloyd Club	Meet at DLC 2pm	£1.00 Bring some money for cafe
Tuesday 7th February	Table Tennis & Petanque at Field Place	11.00am - 12.00 noon 12.10pm - 1.10pm	£2.50 approx Depending on numbers
Monday 13th February	Walk & Talk Bognor Seafront	Transport available Durrington - 1.30pm Littlehampton - 1.45 pm Or meet 2.15pm at West Park Bognor Regis	NOTE: No Badminton today! Transport £2.50 Bring money for cafe
Tuesday 14th February	Table Tennis & Petanque at Field Place	11.00am - 12.00 noon 12.10pm - 1.10pm	£2.50 approx Depending on numbers
Monday 20th February	Badminton At David Lloyd Club	Meet at DLC 2pm	£1.00 Bring some money for cafe
Tuesday 21st February	Table Tennis & Petanque at Field Place	11.00am - 12.00 noon 12.10pm - 1.10pm	£2.50 approx Depending on numbers
Friday 24th February	Fish & Chips Supper Bingo & Quiz United Church L'ton	Transport available Durrington - 6.30pm or meet there at 7pm	Transport £2.50 £4.00 for Supper & Quiz
Monday 27th February	Badminton At David Lloyd Club	Meet at DLC 2pm	£1.00 Bring some money for cafe

Date	What & where	Time/transport details	Cost/Other Information
Tuesday 28th February	Table Tennis & Petanque at Field Place	11.00am - 12.00 noon 12.10pm - 1.10pm	£2.50 approx Depending on numbers
Friday 2nd March	10 Pin Bowling Worthing AMF	Transport available Littlehampton - 1.15pm Or meet there at 2.00pm	Transport £2.50 £5.00 approx - 2 games each Please confirm in advance with Paul Vince
Monday 5th March	Badminton At David Lloyd Club	Meet at DLC 2pm	£1.00 Bring some money for cafe
Tuesday 6th March	Table Tennis & Petanque at Field Place	11.00am - 12.00 noon 12.10pm - 1.10pm	£2.50 approx Depending on numbers
Friday 9th March	Social Get Together at 'The Dolphin Inn' Littlehampton	Transport available Durrington - 6.30pm Or meet there at 7pm	Transport £2.50 Your ideas about forthcoming activities? Or plan a weekend holiday???
Monday 12th March	Badminton At David Lloyd Club	Meet at DLC 2pm	£1.00 Bring some money for cafe
Tuesday 13th March	Table Tennis & Petanque at Field Place	11.00am - 12.00 noon 12.10pm - 1.10pm	£2.50 approx Depending on numbers
Thursday 15th March	Country Walk Slindon Woods	Transport available Durrington - 1.30pm Littlehampton - 1.30pm	Transport £2.50 Tea/coffee & biscuits - 30p
Monday 19th March	Badminton At David Lloyd Club	Meet at DLC 2pm	£1.00 Bring some money for cafe
Tuesday 20th March	Table Tennis & Petanque at Field Place	11.00am - 12.00 noon 12.10pm - 1.10pm	£2.50 approx Depending on numbers
Friday 23rd March	Day Trip to London By Train See the sights & visit Camden Market	Please contact Jackie ASAP if you are interested in this trip so we can confirm costs and train times.	Southern Trains - 'Groupsave' depending on numbers (Book ASAP to get cheaper fares)
Monday 26h March	Badminton At David Lloyd Club	Meet at DLC 2pm	£1.00 Bring some money for cafe
Tuesday 27th March	Table Tennis & Petanque at Field Place	11.00am - 12.00 noon 12.10pm - 1.10pm	£2.50 approx Depending on numbers
Friday 30th March	Committee Meeting	10.00am - 11.30am	Venue to be confirmed More info to follow

Notes Page

To remind you...write down the activities that interest you

If you are not already a member of 'Out & About' and you are thinking about joining us, you are very welcome to come along to three of our activity sessions before paying the membership fee.

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Rachel Gillard on 07968440975 or Jackie Barlow on 07766147773