



Our Activity Timetable – August 2023 (all activities are weekly, unless stated)

 = online
 = in the community



Monday	Tuesday	Wednesday	Thursday	Friday
Guildford Walks ** 11:00am – 12:00pm 14 Aug Where? Guildford	Parent Wellbeing Group 9:30am – 11am Where? Woking	History Group 11am – 12pm Where? Online	Connect Social Group 10:30am – 11:30am Where? Online	Wellbeing Group * 10:00am – 11:30am Where? Woking
Social Drop In 1:30pm – 3:30pm Where? Cranleigh	Music Appreciation Group 11am – 12pm Where? Online	Badminton 11am – 12pm Where? Staines	Gym and Swim 11am – 12pm Where? Farnham	X-Files Group 10.30am-11.30am Where? Online
Badminton 5:15pm – 6:15pm Where? Camberley	Social Drop In 12.30pm – 2.30pm Where? Woking	Gym and Swim * 12pm – 2pm Where? Godalming	Gym and Swim 1pm – 3pm Where? Cranleigh	Social Drop In * 1:30pm – 3.30pm Where? Godalming
Audio Book Club 6pm – 7pm 14 Aug Where? Online	Social Drop In 1.30pm – 3pm Where? Staines	Social Drop In * 12:30pm – 2:30pm Where? Woking	Social Drop In 1:30pm – 3:30pm Where? Camberley	Football For Wellbeing 3-5pm Where? Surrey Heath
Young Person's Support Group 6pm – 8pm 14 & 28 Aug Where? Online	Yoga 2:30 – 3:30pm Where? Addlestone	Wellbeing Walking Group 1pm – 3pm Where? Surrey Heath	Schizophrenia Peer Support Group - 2pm – 3pm Where? Guildford	
Young Person's Support Group 6:30pm – 8:30pm 7 & 21 Aug Where? Woking	Depression Support 6:30pm – 8:30pm Where? Online	Anxiety Support Group 6pm – 7:30pm Where? Online	LGBT Group 6pm – 8pm 31 Aug Where? Online	

Please note -

*Group is full, not currently able to take new clients.

** Guildford walk date moved to Monday 14 Aug

Register for our groups - If you would like to register for any of these activities, please register online via the link or use the contact details below:

Register online: www.catalystsupport.org.uk/register/

Email: groups.cc@catalystsupport.org.uk **Tel:** 01276 409 415 **Text:** 07919 541 424