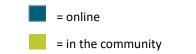
Our Activity Timetable – August 2023 (all activities are weekly, unless stated)





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



