



Our Activity Timetable – December 2024 (all activities are weekly, unless stated)

 = online
 = in the community



Monday	Tuesday	Wednesday	Thursday	Friday
Paws & Reflect 10:30am – 12:00pm 9 Dec Where? Stanwell	Parent Wellbeing Group 9:30am – 11:00am Term Time Only Where? Sheerwater	History Group 10:30am – 12:00pm Where? Online	Connect Social Group 10:30am – 11:30am Where? Online	Wellbeing Group 10:00am – 11:30am Where? Woking
New Year Resolutions 10:30am – 11:30am 30 Dec Where? Online	Music Appreciation Group 10:30am – 12:00pm Where? Online	Badminton 11:00am – 12:00pm Where? Staines	Gardening Group 10:00am – 12:00pm Where? Woking	X-Files Group 10.30am - 11.30am Where? Online
Guildford Walks 11:00am – 12:00pm 2 Dec Where? Guildford	New Year's Eve Walk 10:30am – 11:30am 31 Dec Where? Surrey Heath	OCD Support Group 12:00pm – 1:00pm Where? Online	Financial Wellbeing Drop-In 10:00am – 12:00pm Where? Camberley	Christmas Walk 10:30am – 11:30am 27 Dec Where? Surrey Heath
Social Group 1:30pm – 3:30pm Where? Cranleigh	Social Group 1:00pm – 3:00pm Where? Woking	Social Group 1:00pm – 3:00pm Where? Woking	Gym and Swim (see notes) 11:00am – 12:00pm Where? Farnham	Social Group 1:30pm – 3.30pm Where? Godalming
New Year Resolutions 3:00pm – 4:00pm 30 Dec Where? Online	Gardening Group 1:00pm – 3:00pm Where? Surrey Heath	Wellbeing Walking Group 1:00pm – 3:00pm Where? Surrey Heath	Gym and Swim (see notes) 12:00pm – 1:00pm Where? Cranleigh	Football For Wellbeing 3:00pm - 4:00pm Where? Surrey Heath
Badminton 5:15pm – 6:15pm Where? Camberley	*Social Group 1:30pm – 3:00pm Where? Staines	*Depression/Anxiety Support 5:30pm – 7:00pm Where? Online	Gym and Swim (see notes) 1:30pm – 2:30pm Where? Godalming	Christmas Quiz 3:00pm – 4:00pm 27 Dec
Young Person's Support Group 6:00pm – 8:00pm Where? Online	Yoga 2:30pm – 3:30pm Where? Addlestone		Social Group 1:00pm – 3:00pm 12 Dec Where? Farnham	
	2025 Goal Setting 3:00pm – 4:00pm 31 Dec Where? Online		Schizophrenia Peer Support Group 2:00pm – 3:00pm Where? Guildford	
	Autism Support Group 6:00pm – 7:30pm 3 & 17 Dec Where? Online			
	*Depression/Anxiety Support 6:00pm – 7:30pm Finishes 10 Dec Where? Online			

Please note:

To register for the Financial Wellbeing Drop-In please email fwss@catalystsupport.org.uk

Gym and Swim is for Waverley residents only.

*Group is full - waiting list for new clients

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. **Register online:**
www.catalystsupport.org.uk/register/
Email: groups.cc@catalystsupport.org.uk **Tel:** 01276 409 415 **Text:** 07919 541 424