



Our Activity Timetable – April 2025 (all activities are weekly, unless stated)

 = online
 = in the community



Monday	Tuesday	Wednesday	Thursday	Friday
Paws & Reflect 10:30am – 12:00pm 14 Apr	Music Appreciation Group 10:30am – 12:00pm	History Group 10:30am – 12:00pm	Parent Wellbeing 9:15am – 11:00am 3 & 17 Apr	Wellbeing Group 10:00am – 11:30am
Where? Stanwell	Where? Online	Where? Online	Where? Woking	Where? Woking
Depression/Anxiety Support 10:30am – 12:00pm	Social Group 1:00pm – 3:00pm	Badminton 11:00am – 12:00pm	Connect Social Group 10:30am – 11:30am	X-Files Group 10.30am - 11.30am
Where? Online	Where? Woking	Where? Staines	Where? Online	Where? Online
Guildford Walks 11:00am – 12:00pm 7 Apr	Gardening Group 1:00pm – 3:00pm	OCD Support Group 12:00pm – 1:00pm	Gardening Group 10:00am – 12:00pm	Social Group 1:30pm – 3.30pm
Where? Guildford	Where? Surrey Heath	Where? Online	Where? Woking	Where? Godalming
Social Group 1:30pm – 3:30pm	*Social Group 1:30pm – 3:00pm	Social Group 1:00pm – 3:00pm	Financial Wellbeing Drop-In 10:00am – 12:00pm	Football For Wellbeing 3:00pm - 4:00pm
Where? Cranleigh	Where? Staines	Where? Woking	Where? Camberley	Where? Surrey Heath
Badminton 5:15pm – 6:15pm	Yoga 2:30pm – 3:30pm	Wellbeing Walking Group 1:00pm – 3:00pm	Gym and Swim (see notes) 11:00am – 12:00pm	
Where? Camberley	Where? Addlestone	Where? Surrey Heath	Where? Farnham	
*Young Person's Support Group 6:00pm – 8:00pm	*Autism Support Group 6:00pm – 7:30pm 8 & 22 Apr	*Depression/Anxiety Support 5:30pm – 7:00pm	Gym and Swim (see notes) 12:00pm – 1:00pm	
Where? Online	Where? Online	Where? Online	Where? Cranleigh	
			Gym and Swim (see notes) 1:30pm – 2:30pm	
			Where? Godalming	
			Schizophrenia Peer Support Group 2:00pm – 3:00pm	
			Where? Guildford	

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