

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

= online
  = new group
  = in the community

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Paws &amp; Reflect</b> 13th 10:30am – 12:00pm	<b>Appreciating Music</b> 7 <sup>th</sup> /21 <sup>st</sup> /28 <sup>th</sup> 10:30am – 12:00pm	<b>Reflecting on History</b> 10:30am – 12:00pm	<b>Parent Wellbeing</b> 2 <sup>nd</sup> /16 <sup>th</sup> 9:15am – 11:00am	<b>Wellbeing Group</b> 10:00am – 11:30am	<b>Maintaining Sobriety</b> 4 <sup>th</sup> /18 <sup>th</sup> 10.00am-11:00am
<b>Where?</b> Stanwell	<b>Where?</b> Online	<b>Where?</b> Online	<b>Where?</b> Woking	<b>Where?</b> Woking	<b>Where?</b> Online
<b>Appreciating Music</b> 13th 10:30-11:30am	<b>Flourish &amp; Grow (Gardening)</b> 1:00pm – 3:00pm	<b>Mood &amp; Food</b> 8 <sup>th</sup> /22 <sup>nd</sup> 11:00am-12:00pm	<b>Flourish &amp; Grow (Gardening)</b> 10:00am – 12:00pm	<b>2 hours in Nature (Walk)</b> 10 <sup>th</sup> /24 <sup>th</sup> 10:30am – 12:30pm	
<b>Where?</b> Online	<b>Where?</b> Surrey Heath	<b>Where?</b> Online	<b>Where?</b> Woking	<b>Where?</b> Farnham	
<b>Social Group</b> 2:00pm-3:30pm	<b>Craft &amp; Natter</b> 2.00pm-3.30pm	<b>OCD Support Group</b> 12:00pm – 1:00pm	<b>Supporting Connections</b> 10:30am – 11:30am	<b>Mindful Movers (Walk)</b> 3 <sup>rd</sup> /17 <sup>th</sup> /31 <sup>st</sup> 10.30am-12.00pm	
<b>Where?</b> Cranleigh	<b>Where?</b> Woking	<b>Where?</b> Online	<b>Where?</b> Online	<b>Where?</b> Spelthorne	
<b>Depression/Anxiety Support</b> *FULL CAPACITY 1:30pm – 3:00pm	<b>Social Group</b> *FULL CAPACITY 2:00pm – 3:30pm	<b>Social Group</b> * FULL CAPACITY 2:00pm – 3:30pm	<b>Financial Wellbeing</b> 30 <sup>th</sup> Please email <a href="mailto:fwss@catalystsupport.org.uk">fwss@catalystsupport.org.uk</a> for more details 11:00am-12:00pm	<b>Social Group</b> *FULL CAPACITY 2:00pm – 3.30pm	
<b>Where?</b> Online	<b>Where?</b> Staines	<b>Where?</b> Woking	<b>Where?</b> Online	<b>Where?</b> Godalming	
<b>Supporting Mental Wellbeing</b> 23+ 6:00pm – 8:00pm	<b>Autism Support Group</b> Group A – 7 <sup>th</sup> & 21 <sup>st</sup> Group B – 2 <sup>nd</sup> , 14 <sup>th</sup> & 28 <sup>th</sup> 6:00pm – 7:30pm	<b>Wellbeing Walk</b> 2:00pm – 3:30pm	<b>Dealing with Depression</b> 2:00pm-3:00pm	<b>Football for Wellbeing</b> 3:00pm - 4:00pm	
<b>Where?</b> Online	<b>Where?</b> Online	<b>Where?</b> Surrey Heath	<b>Where?</b> Chertsey	<b>Where?</b> Surrey Heath	
	<b>Maintaining Sobriety</b> 7 <sup>h</sup> & 21 <sup>st</sup> 6:00pm-7.30pm	<b>Depression/Anxiety Support</b> Group A – 8 <sup>th</sup> & 22 <sup>nd</sup> -FULL CAPACITY Group B – 1 <sup>st</sup> /15 <sup>th</sup> /29 <sup>th</sup> 5:30pm – 7:00pm	<b>Schizophrenia Peer Support</b> 2:00pm – 3:00pm		
	<b>Where?</b> Online	<b>Where?</b> Online	<b>Where?</b> Guildford		
			<b>LGBTQ+</b> 6:30pm-7:30pm		
			<b>Where?</b> Online		
			<b>LGBTQ + Social</b> 30 <sup>th</sup> 7:00pm-9:00pm		
			<b>Where?</b> Woking		