

Our Activity Timetable – January 2026 (all activities are weekly, unless stated)

 = online
  = new group
  = in the community

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Paws & Reflect 12th 10:30am – 12:00pm	Appreciating Music 10:30am – 12:00pm	Reflecting on History 10:30am – 12:00pm	Parent Wellbeing 15th 9:15am – 11:00am	Wellbeing Group 10:00am – 11:30am	Maintaining Sobriety 10.00am-11:00am 10 th /24 th
Where? Stanwell	Where? Online	Where? Online	Where? Woking	Where? Woking	Where? Online
Appreciating Music 12th 10:30-11:30am	Flourish & Grow (Gardening) 1:00pm – 3:00pm	Mood & Food 11:00am-12:00pm 28 th	Flourish & Grow (Gardening) 10:00am – 12:00pm	2 hours in Nature (Walk) 16 th /30 th 10:30am – 12:30pm	
Where? Online	Where? Surrey Heath	Where? Online	Where? Woking	Where? Farnham	
Social Group 2:00pm-3:30pm	Craft & Natter *FULL CAPACITY* 2.00pm-3.30pm	OCD Support Group 11:00pm-12:00pm 7 th /21 st	Supporting Connections 10:30am – 11:30am	Mindful Movers (Walk) 9 th /23 rd 10.30am-12.00pm	
Where? Cranleigh	Where? Woking	Where? Online	Where? Online	Where? Spelthorne	
Depression/Anxiety Support 1:30pm – 3:00pm	Social Group *FULL CAPACITY* 2:00pm – 3:30pm	Social Group 2:00pm – 3:30pm	Financial Wellbeing Please email fwss@catalystsupport.org.uk for more details 22 nd 10:00 – 11:00 am	Social Group 2:00pm – 3:30pm	
Where? Online	Where? Staines	Where? Woking	Where? Online	Where? Godalming	
Supporting Mental Wellbeing 23+ 6:00pm – 8:00pm	Autism Support Group Group A – 13 th /27 th Group B – 6 th /20 th 6:00pm – 7:30pm	Wellbeing Walk 2:00pm – 3:30pm	Dealing with Depression 2:00pm-3:00pm	Football for Wellbeing 3:00pm - 4:00pm	
Where? Online	Where? Online	Where? Surrey Heath	Where? Chertsey	Where? Surrey Heath	
	New Group Coping Skills 20 th JAN – 10 th March 3:00pm – 4:30pm	Depression/Anxiety Support Group A – 14 th /28 th *FULL CAPACITY* Group B – 7 th /21 st *FULL CAPACITY*	Schizophrenia Peer Support 2:00pm – 3:00pm		
	Where? Farnham	Where? Online	Where? Guildford		
			LGBTQ+ 6:30pm-7:30pm		
			Where? Online		
			LGBTQ+ 22nd 7:00pm-9:00pm		
			Where? Woking		