

# Our Activity Timetable – January 2021 (all activities are weekly, unless stated)

Morning

Afternoon

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Wheel of Wellbeing – Be Active</b> 11am – 12pm <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	<b>Keep Learning – Music Group</b> 11am – 12pm <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	<b>Low Mood &amp; Worry Group</b> – 6 week course – starts on 13 <sup>th</sup> January - 10am – 12pm <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	<b>Wheel of Wellbeing Connect Social Group</b> 10:30am – 11:30am <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	
				<b>Animal Group</b> 11am – 12pm <b>Where?</b> Online <b>How?</b> Contact the NW team for more information	
Afternoon	<b>Wheel of Wellbeing – Environmental Group</b> 2pm – 3pm <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	<b>Writing for Positive Mental Health</b> 12pm – 1pm <b>Where?</b> Online <b>How?</b> Contact NW Team for more information	<b>Wellbeing Walking Group – SUSPENDED until further notice</b> 12pm – 1:30pm <b>Where?</b> Surrey Heath <b>How?</b> Contact the SW team for more information	<b>Green Group</b> 12pm – 1pm <b>Where?</b> Online <b>How?</b> Contact the NW team for more information	<b>Football - SUSPENDED until further notice</b> 3pm – 5pm <b>Where?</b> Surrey Heath <b>How?</b> Contact the SW team for more information
		<b>Introduction to the wheel of wellbeing - monthly</b> 2pm – 3pm - 5 <sup>th</sup> Jan Only <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	<b>Take Notice: Mindfulness</b> 2pm – 3pm <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	<b>Animal / Pet Group</b> 1pm – 2pm <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	
		<b>Social Group</b> 3pm – 4pm <b>Where?</b> Online <b>How?</b> Contact NW Team for more information		<b>Arts &amp; Crafts</b> 3pm – 4pm <b>Where?</b> Online <b>How?</b> Contact NW Team for more information	
			<b>Creative Craft Hour</b> 3.30pm - 4.30pm <b>Where?</b> Online <b>How?</b> Contact SW Team for more information	<b>Kintsugi Hope Wellbeing Group</b> – starts on 14 <sup>th</sup> Jan 3pm – 4:30pm <b>Where?</b> Online <b>How?</b> Contact NW Team for more information	

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	Monday	Tuesday	Wednesday	Thursday	Friday
Evening		<b>Film Group</b> 5-7pm 12 <sup>th</sup> Jan Only <b>Where?</b> Online <b>How?</b> Contact SW Team for more information			

All our online groups are delivered on our secure Catalyst platform\*. If you would like to register for any of these activities, please use the contact details:

**South West Team (SW)** = E: [sw.communityconnections@catalystsupport.org.uk](mailto:sw.communityconnections@catalystsupport.org.uk) T: 01483 415950

**North West Team (NW)** = E: [nw.communityconnections@catalystsupport.org.uk](mailto:nw.communityconnections@catalystsupport.org.uk) T: 01784 440378

\*Low mood and worry group is delivered in partnership with Centre for Psychology and is delivered on their secure platform, starleaf.

For more info on our activities / courses, please visit: <https://virtualwellbeing.healthysurrey.org.uk/>

To register for activities / courses, please visit the Catalyst website: <https://www.catalystsupport.org.uk/register/>