

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

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Wheel of Wellbeing – Be Active</b> 11am – 12pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)			<b>Wheel of Wellbeing Connect Social Group</b> 10:30am – 11:30am <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	
	<b>Wheel of Wellbeing – Environmental Group</b> 2pm – 3pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	<b>Writing for Positive Mental Health</b> 12pm – 1pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	<b>Wellbeing Walking Group – SUSPENDED until further notice</b> 12pm – 1:30pm <b>Where?</b> Surrey Heath <b>How?</b> Register online / contact us (details below)	<b>Animal / Pet Group</b> 1pm – 2pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	<b>Football – Starts again on 9<sup>th</sup> April</b> 3pm – 5pm <b>Where?</b> Surrey Heath <b>How?</b> Register online / contact us (details below)
Afternoon		<b>Keep Learning – Music Group</b> 12pm – 1pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	<b>Quiz Group</b> 12pm – 1pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)		
			<b>Take notice: Mindfulness*</b> 2pm – 3pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below) *This group will change to Thurs – 2:30pm – 3:30pm week commencing 26 <sup>th</sup> April.		
		<b>Social Group</b> 3pm – 4pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	<b>Creative Craft Hour</b> 3.30pm - 4.30pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)		

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	Monday	Tuesday	Wednesday	Thursday	Friday
Evening		<b>Film Group</b> 5-7pm 13th Apr Only <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)			

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

**Register online:** [www.catalystsupport.org.uk/register/](http://www.catalystsupport.org.uk/register/)

**Email:** [groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk) **T: 01276 409 415**

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/>