

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

= online
 = in the community





Morning

Afternoon

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Wheel of Wellbeing – Be Active 11am – 12pm Where? Online How? Register online / contact us (details below)		Quiz Group 11am – 12pm Where? Online How? Register online / contact us (details below)	Wheel of Wellbeing Connect Social Group 10:30am – 11:30am Where? Online How? Register online / contact us (details below)	
	Wheel of Wellbeing – Environmental Group 2pm – 3pm Where? Online How? Register online / contact us (details below)	Writing for Positive Mental Health 12pm – 1pm Where? Online How? Register online / contact us (details below)	Wellbeing Walking Group 1pm – 3pm Where? Surrey Heath How? Register online / contact us (details below)	Animal / Pet Group 1pm – 2pm Where? Online How? Register online / contact us (details below)	
Afternoon		Keep Learning – Music Group 12pm – 1pm Where? Online How? Register online / contact us (details below)	Coping with Low Mood and Worry during COVID – 6 week course – 28th Apr – 2nd Jun 2pm – 4pm Where? Online How? Register online / contact us (details below)	Take notice: Mindfulness 2:30pm – 3:30pm Where? Online How? Register online / contact us (details below)	
		Social Group 3pm – 4pm Where? Online How? Register online / contact us (details below)	Creative Craft Hour 3.30pm - 4.30pm Where? Online How? Register online / contact us (details below)		Football for wellbeing 3pm – 5pm Where? Surrey Heath How? Register online / contact us (details below)

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	Monday	Tuesday	Wednesday	Thursday	Friday
Evening		<div style="background-color: #0056b3; color: white; padding: 2px;"> Film Group 5-7pm 11th May Only </div> Where? Online How? 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/

Email: 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/>