

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

■ = online  
■ = in the community



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<b>Be Active</b> 11am – 12pm  <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)		<b>Quiz Group</b> 11am – 12pm  <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	<b>Connect Social Group</b> 10:30am – 11:30am  <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	
	<b>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</b> 1pm – 3pm  <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)	
Afternoon		<b>Keep Learning – Music Group</b> 12pm – 1pm  <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)		<b>Take notice: Mindfulness</b> 2:30pm – 3:30pm  <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	
		<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)		<b>Football for wellbeing</b> 3pm – 5pm  <b>Where?</b> Surrey Heath <b>How?</b> Register online / contact us (details below)
Evening		<b>Film Group</b> 5-7:30pm 10th August Only  <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)			

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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/>