



Our Activity Timetable – January 2022 (all activities are weekly, unless stated)

= online
 = in the community



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Be Active 11am – 12pm Starts back on 10 th Jan Where? Online How? Register online / contact us (details below)		History Group 11am – 12pm Where? Online How? Register online / contact us (details below)	Connect Social Group 10:30am – 11:30am Where? Online How? Register online / contact us (details below)	
	LGBT Group 2pm – 3pm Starts back on 10 th Jan Where? Online How? Register online / contact us (details below)	Keep Learning – Music Group 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				Social Drop In 1:30pm – 3pm Where? Woking How? Register online / contact us (details below)	
		Social Drop In 1.30pm - 3pm Where? Staines How? Register online / contact us (details below)	Creative Craft Hour 3.30pm - 4.30pm 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)	Football for wellbeing 3pm – 5pm Where? Surrey Heath How? Register online / contact us (details below)
Evening		Film Group 5pm - 7:30pm 11th Jan Only Where? Online How? 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/

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 interest for activities / courses, please visit the Catalyst website:

<https://www.catalystsupport.org.uk/register/>