



# Our Activity Timetable – May 2022 (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>History 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>Dog Walk and Talk</b> 11am – 12pm <b>Where?</b> Guildford <b>How?</b> Register online / contact us (details below)
	<b>Forest Bathing</b> Ends 9 <sup>th</sup> of May 11am – 1:30pm <b>Where?</b> Guildford <b>How?</b> Register online / contact us (details below)		<b>Gym and Swim</b> 12pm – 2pm <b>Where?</b> Godalming <b>How?</b> Register online / contact us (details below)		
Afternoon	<b>LGBT Group</b> 2pm – 3pm <b>Where?</b> Online <b>How?</b> Register online / contact us (details below)	<b>Keep Learning – Music Group</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)	
				<b>Social Drop In</b> 1:30pm – 3pm <b>Where?</b> Woking <b>How?</b> Register online / contact us (details below)	<b>Gym and Swim</b> 2pm – 4pm <b>Where?</b> Farnham <b>How?</b> Register online / contact us (details below)
Evening		<b>Social Drop In</b> 1.30pm - 3pm <b>Where?</b> Staines <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>Take notice: Mindfulness</b> 2:30pm – 3:30pm <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)
		<b>Film Group</b> 5pm-7:30pm 10th May 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 interest for activities / courses, please visit the Catalyst website:

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