

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

■ = online
■ = in the community



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Starting soon* Audio Book Club 6pm – 7:30pm</p> <p>Where? Online How? Register now for June / July start (details below)</p>	<p>Music Group 12pm – 1pm</p> <p>Where? Online How? Register online / contact us (details below)</p>	<p>History Group 11am – 12pm</p> <p>Where? Online How? Register online / contact us (details below)</p>	<p>Connect Social Group 10:30am – 11:30am</p> <p>Where? Online How? Register online / contact us (details below)</p>	<p>Dog Walk and Talk 11am – 12pm</p> <p>Where? Guildford How? Register online / contact us (details below)</p>
	<p>Social Drop In 1.30pm - 3pm</p> <p>Where? Staines How? Register online / contact us (details below)</p>	<p>Gym and Swim 12pm – 2pm</p> <p>Where? Godalming How? Register online / contact us (details below)</p>	<p>Social Drop In 1:30pm – 3pm</p> <p>Where? Camberley How? Register online / contact us (details below)</p>	<p>*Starting soon* Knit & Natter (drop in and knitting if you wish) 1:30pm – 3pm</p> <p>Where? Godalming How? Register now for June / July start (details below)</p>
		<p>Wellbeing Walking Group 1pm – 3pm</p> <p>Where? Surrey Heath How? Register online / contact us (details below)</p>	<p>Take notice: Mindfulness 2:30pm – 3:30pm</p> <p>Where? Online How? Register online / contact us (details below)</p>	<p>Gym and Swim 2pm – 4pm</p> <p>Where? Farnham How? Register online / contact us (details below)</p>
			<p>LGBT Group 6pm – 8pm - 28th July only</p> <p>Where? Online How? Register online / contact us (details below)</p>	<p>Football for wellbeing 3pm – 5pm</p> <p>Where? Surrey Heath How? Register online / contact us (details below)</p>

Register for our groups:
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
Text: 07919 541 424