



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

 = online  
 = in the community



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Audio Book Club</b> 2pm – 3pm Where? Online	<b>Parent Wellbeing Group</b> 9:30am – 11am Where? Woking	<b>History Group</b> 11am – 12pm Where? Online	<b>Connect Social Group</b> 10:30am – 11:30am Where? Online	<b>Anxiety Support Group</b> 9:30am – 11:30am Where? Woking
<b>Young Person’s Support Group</b> 6pm – 8pm 1 <sup>st</sup> , 15 <sup>th</sup> & 29 <sup>th</sup> August Where? Online	<b>Wellbeing Walk (starter walk max 30mins)</b> 11am- 12pm Where? Woking	<b>Wellbeing Walk (regular walk max 90mins)</b> 11am – 12:30pm Where? Woking	<b>Social Drop In</b> 1:30pm – 3pm Where? Camberley	<b>Knit &amp; Natter / Drop In</b> 1:30pm – 3pm Where? Godalming
<b>Young Person’s Support Group</b> 6:30pm – 8:30pm 8 <sup>th</sup> & 22 <sup>nd</sup> August Where? Woking	<b>Music Group</b> 12pm – 1pm Where? Online	<b>Gym and Swim</b> 12pm – 2pm Where? Godalming	<b>Take notice: Mindfulness</b> 2:30pm – 3:30pm Where? Online	<b>Gym and Swim</b> 2pm – 4pm Where? Farnham
	<b>Social Drop In</b> 12pm - 4pm Where? Woking	<b>Wellbeing Walking Group</b> 1pm – 3pm Where? Surrey Heath	<b>LGBT Group</b> 6pm – 8pm - 25 <sup>th</sup> Aug only Where? Online	<b>Football for wellbeing</b> 3pm – 5pm Where? Surrey Heath
	<b>Social Drop In</b> 1.30pm - 3pm Where? Staines			
	<b>Wellbeing Walk (reg walk, max 90mins)</b> 1:30pm - 3pm Where? Runnymede			
	<b>Anxiety Support Group</b> 6pm – 7:30pm Where? Online			

**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/](http://www.catalystsupport.org.uk/register/)  
**Email:** [groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)  
**Tel:** 01276 409 415  
**Text:** 07919 541 424