

ONLINE GROUPS AND ACTIVITIES FOR ALL LOCATIONS – WEEK OF 23 November 2020

NOTE: You'll need to log in to Zoom to access all our online groups and activities. Further details on how to take part on our website:

<https://www.maryfrancestrust.org.uk/how-we-help/activities-courses-and-groups/>

	Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G	10.30-11.30 <b>Coffee Morning</b> John & Allen	10.30-11.30 <b>Coffee Morning</b> Anna & Litsa  11.00-11.45 <b>Women's Group</b> Parvin & Marcia (please note the Women's Group is now a part of the coffee morning, you will be taken into separate room)  11.00-12.00 <b>Rock Pilates</b> (a medical form will need to be completed by anyone new joining the group) Arlette Rowe & Amanda (last class will be on 15 December and will re-start on 5 January).	10.30-11.30 <b>Coffee Morning</b> Michael & Louise  10.30-11.45 <b>Qigong for Beginners</b> New 6-week course starting 4 November. Kate & Litsa	10.30-11.30 <b>Coffee Morning</b> MFT external provider & Volunteer  <b>The Craft Project by Diana</b> We'll publish an activity with a craft project you can do from home. Check our website: <a href="http://www.maryfrancestrust.org.uk/category/blogs/">www.maryfrancestrust.org.uk/category/blogs/</a> as well as on our Facebook, Twitter and Instagram page.	10.30-11.30 <b>Coffee Morning</b> Lenny & Allen  11.30-12.30 <b>Peer Support Group</b> Parvin & Allen
	A F T	12.00-12.40 <b>Meditation with Litsa</b> Litsa & Michele	12.00-13.00 <b>MFT on the Radio (Discussion group)</b> MFT Staff	12.00-14.00 <b>Introduction to Holistic Stress Management with Complementary Therapies</b>	13.00-14.00 <b>Yoga for all abilities</b> (a medical form will need to be

<p><b>E R N O O N</b></p>	<p>13.00-13.45 <b>Quiz group</b> Michael &amp; John</p> <p>13.30-15.00 <b>Covid Anxiety Tool</b> 7-week course starting 2 November. MFT External Provider &amp; Volunteer</p> <p>14.00-15.00 <b>Crafts at Home</b> Taryn&amp; Michael</p>	<p>14.00-15.00 <b>Creative Writing</b> (24 Nov session will run 13.00-14.00) Michele &amp; Chris</p> <p>14.00-15.00 <b>Afternoon Tea</b> Starting 3 November MFT external provider &amp; Volunteer</p>	<p>3-week course starting on 4 November Shirley &amp; Kate</p> <p>13.00 - 13.45 <b>Talking Football</b> John &amp; Michael</p> <p>14.00 - 14.45 <b>Singing in Mind (Choir)</b> 8-week course starting 14 October (no session on 28 October) Hazel &amp; Marcia</p> <p>14.15 - 15.00 <b>Mindful Meditation</b> Lenny &amp; Amanda</p> <p>15.00-15.30 <b>Salsacise, dancing for health</b> Jayne</p> <p>15.00-16.00 <b>Nutrition for Mental Health</b> 9-week course starting 28 October. (This course is in partnership with Work stress</p>	<p>completed by anyone new joining the group) Saara V &amp; Amanda</p> <p>16.00-17.00 <b>Stress Matters</b> Starting 5 November (It is a drop-in, but requirement is to attend the full hour) MFT external Provider &amp; Volunteer</p>	<p><b>8-week course, starting 6 November.</b> It will replace the existing meditation. Amanda &amp; Marci</p> <p>15:00 - 16.00 <b>Yoga for Depression</b> 3-week course starting 4 December Anna Rowe Thomas &amp; Michele</p>
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			<p>Solutions who have their own registration process)  <b>Marcia &amp; Parvin (WSS)</b></p> <p>16.00 - 16.45  <b>Book Club</b>  <b>Anna &amp; Amanda</b></p>		
E V E N I N G	<p>15.30-19.00  <b>Living with Long Covid</b>          6-week course          Starting 30 November  <b>Rosalyn &amp; Clare</b></p>	<p>18.30-19.00  <b>Zumba</b>  <b>Jayne Nicola</b></p>		<p>17.30-18.30  <b>Connect, a peer support group for young people aged 16-25.</b> Next session: 5 November (every 2 weeks)  <b>Sarah &amp; Justin</b></p>	
	<p>18.00-20.00  <b>Improve Your Language in Current Times</b> (6-week course for non-native English speakers)          Starting 23 November  <b>Parvin, Joanna and Maryam</b></p>			<p>18.00-19.00  <b>Creative Writing</b>          Starting 19 Nov  <b>Michele &amp; Chris</b></p> <p>18.00-18.40  <b>Zumba</b>  <b>Jayne Nicola</b></p> <p>18.30-20.30  <b>Being Well, Doing Well</b>  <b>Workshops for young people (16-25 years)</b></p>	

				<p>10 Dec, 14 Jan, 28 Jan &amp; 11 Feb</p> <p>Taj &amp; Sarah &amp; Justin</p> <p>18.30-20.30</p> <p><b>Mindful Christmas Craft</b></p> <p>3, 10 &amp; 17 December</p> <p>Diana Ching &amp; External Facilitator</p> <p>19.00-20.00</p> <p><b>Bipolar Support Group</b></p> <p>On 3 December Helen</p> <p>19.30-20.30</p> <p><b>LGBTQ Support Group</b></p> <p>17 December</p> <p>Patrick, Vix &amp; Emily</p>	
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This is our current calendar of activities. Please book your place on any course by emailing [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk). If you do not already use our service, you will be asked to complete a short online registration form that can be found at: <https://mft.support-me.org.uk>