

ONLINE GROUPS AND ACTIVITIES – JANUARY/FEBRUARY 2021

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 Coffee Morning John & Allen	10.30-11.30 Coffee Morning Anna & Marcia	10.30-11.30 Coffee Morning Michael & Louise	10.30-11.30 Coffee Morning MFT external provider & Volunteer	10.30-11.30 Coffee Morning Lenny & Allen
		11.00-11.45 Women's Group Litsa & Parvin (please note the Women's Group is now a part of the coffee morning, you will be taken into separate room)	10.30-11.45 Qigong for Beginners Kate & Litsa New 6-week course starting 6 Jan 2021		10.00-12.00 Pain Management 6-week course starting 14 January 2021. (To be eligible for the course, you will need to be assessed by Centre for Psychology and not be receiving other CBT or counselling. You will first need to register with MFT by 8 January. Your details will then be passed on to Centre for Psychology who will conduct a telephone assessment) Kiran and Parvin

					<p>11.30-12.30 Peer Support Group Parvin & Allen</p> <p>11.30-13.00 Think differently, feel better, positively thrive 6-week course, starting 22 January Catherine & Litsa</p>
A F T E R N O O N	<p>12.00-12.40 Meditation with Litsa Litsa & Michele</p> <p>13.00-13.45 Quiz group Michael & John</p> <p>14.00-15.00 Crafts at Home Taryn</p> <p>14.00-15.00 Action for happiness 10-week course starting 25 January to 29 March MFT External Provider and Volunteer</p>	<p>12.00-13.00 MFT on the Radio (Planning sessions for the monthly radio show on Surrey Hills Community Radio) MFT Staff</p> <p>14.00-15.00 Creative Writing Michele & Chris</p> <p>14.00-15.00 Afternoon Tea MFT external provider & Volunteer</p> <p>15.00 - 16.15 Yoga for Beginners 4-week course starting 5 Jan Anna Rowe Thomas & Michele</p>	<p>13.00-15.00 Goal Setting & Decluttering 4-week course starting 6 Jan WEA</p> <p>13.00 - 13.45 Talking Football John & Michael</p> <p>13.00-15.00 Managing Conflict 3 February MFT external provider & Volunteer</p>	<p>13.00-14.00 Yoga for all abilities (a medical form will need to be completed by anyone new joining the group) Saara V & Amanda</p> <p>13.00-14.15 Mindful Music (8-week creative therapy course) Helen (Whole Step CIC) From 7 Jan until 25 Feb</p> <p>13.00-15.00 Address Your Stress & Anxiety, 4-week course starting 7 Jan WEA</p>	<p>14.15 - 15.00 An introduction to Mindfulness practice, 8-week course. Last session: 8 January. Amanda & Marci</p> <p>15.00 - 16.00 Funk & Flow Yoga 4-week course starting 8 Jan Anna Rowe Thomas & Michele</p>

<p>Time TBC</p> <p>Managing your Diabetes</p> <p>6-week course starting around 15 February 2021. (To be eligible for the course, you will need to be assessed by Centre for Psychology and not be receiving other CBT or counselling.</p> <p>You will first need to register with MFT by 30 January. Your details will then be passed on to Centre for Psychology who will conduct a telephone assessment)</p> <p>Kiran</p>		<p>13.00-15.00</p> <p>Practical Mindfulness incorporating Music and Colour 1-3pm</p> <p>10 & 17 February</p> <p>MFT external provider & Rosalyn</p> <p>13.00-15.00</p> <p>Introduction to Goal Setting and Decluttering</p> <p>4-week course starting 24 February</p> <p>MFT external provider & Volunteer</p> <p>14.00 - 14.45</p> <p>Singing in Mind (Choir)</p> <p>8-week course starting 13 January</p> <p>Hazel & Marcia</p> <p>14.15 - 15.00</p> <p>Mindful Meditation</p> <p>Lenny & Amanda</p>	<p>13.00-15.00</p> <p>Assertiveness & Learning to Say No, 4-week course</p> <p>Starting 4 Feb (no session on 18 Feb)</p> <p>WEA</p> <p>14.00-16.00</p> <p>Sleep Difficulties</p> <p>4-week course starting 14 January 2021. (To be eligible for the course, you will need to be assessed by Centre for Psychology and not be receiving other CBT or counselling. You will first need to register with MFT by 4 January. Your details will then be passed on to Centre for Psychology who will conduct a telephone assessment)</p> <p>Kiran</p>	
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<p>E V E N I N G</p>	<p>17.30-19.00 Living with Long Covid 6-week course Last session: 11 January Rosalyn & Clare</p> <p>21.00-22.00 The Wellbeing Hour (MFT's show on Surrey Hills Community Radio). 1st Monday of every month – 1 Feb Listen on Surrey Hills Community Radio website.</p>	<p>18.00-19.00 Arts Connect! Arts & crafts sessions for young people aged 16-25. Taryn</p> <p>18.30-19.00 Zumba Jayne Nicola</p>	<p>19.00-21.00 Emotional Health and Wellbeing 6-week course starting 27 January. There will be no session on 17 February MFT external provider & Volunteer</p>	<p>17.30-18.30 Connect! A peer support group for young people aged 16-25. Next session 3 December (every 2 weeks) Sarah & Justin</p> <p>18.00-19.00 Creative Writing Michele & Chris</p> <p>18.00-18.40 Zumba Jayne Nicola</p> <p>18.30-19.30 Being Well, Doing Well Workshops for young people (16-25 years) 14 Jan, 28 Jan & 11 Feb Taj, Sarah & Justin</p>	

				19.00-20.00 Bipolar Support Group On 7 January Patrick	
				19.30-20.30 LGBTQ Support Group 21 January Patrick, Vix & Emily	

This is our current calendar of activities. Please book your place on any course by emailing 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>