

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
	11.00-13.00 Life after Lockdown 3-week, starting 15 February. Shirley O'Donoghue	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) 11.00-12.00 Rock Pilates (a medical form will need to be completed by anyone new joining the group) Arlette Rowe & Amanda	10.30-11.45 Qigong for Beginners Kate & Litsa 11.00-13.00 An Introduction To Holistic Stress Management With Complementary Therapies 3-week, starting 3 March. Shirley O'Donoghue		11.30-12.30 Peer Support Group Parvin & Allen 11.30-13.00 Think differently, feel better, positively thrive. 6-week course, starting 22 January. Catherine & Litsa
A F T E R	12.00-12.40 Meditation with Litsa Litsa & Michele	14.00-15.00 Creative Writing Michele & Chris	13.00 - 13.45 Talking Football John & Michael	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	14.15-15.00 Mindful Meditation Amanda & Marcia

NON	13.00-13.45 Quiz group Michael & John	14.00-15.00 Afternoon Tea MFT external provider & Volunteer	13.00-15.00 Managing Conflict 3 February MFT external provider & Volunteer	13.00-15.00 Assertiveness & Learning to Say No , 4-week course Starting 4 Feb (no session on 18 Feb) WEA	15.00 - 16.00 Funk & Flow Yoga 4-week course starting 8 Jan Anna Rowe Thomas & Michele
	14.00-15.00 Crafts at Home Taryn	15.00 - 16.15 Yoga for Beginners 4-week course starting 5 Jan Anna Rowe Thomas & Michele	13.00-15.00 Practical Mindfulness incorporating Music and Colour 1-3pm 10 & 17 February MFT external provider & Rosalyn	16.00-17.00 Stress Matters (It is a drop-in, but requirement is to attend the full hour). MFT external Provider & Volunteer	
	14.00-15.00 Action for happiness 10-week course starting 25 January to 29 March MFT External Provider and Volunteer		13.00-15.00 Introduction to Goal Setting and Decluttering 4-week course starting 24 February MFT external provider & Volunteer		
	Time TBC Managing your Diabetes 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 therapy of any kind (includes CBT or		14.00 - 14.45 Singing in Mind (Choir) 8-week course starting 13 January Hazel & Marcia		

	<p>counselling) in another service.</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 and then book you on the course)</p> <p>Kiran</p>		<p>14.15 - 15.00 Mindful Meditation Lenny & Amanda</p> <p>15.00-15.30 Salsacise, dancing for health Jayne</p> <p>16.00 - 16.45 Book Club Anna & Amanda</p>		
<p>E V E N I N G</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 21 January (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) 28 Jan & 11 Feb Taj, Sarah & Justin</p> <p>19.00-20.00 Bipolar Support Group On 4 February Patrick</p> <p>19.30-20.30 LGBTQ Support Group 21 January Patrick, Vix & 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. 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>. If you book onto one of our physical activities, please make sure to complete the medical and or Waiver form as required by the activity and send it to us before attending the session.