

ONLINE GROUPS AND ACTIVITIES – JUNE TO JULY 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 & Ruby	10.30-11.30 Coffee Morning Anna & Volunteer	10.30-11.30 Coffee Morning Michael & Louise	10.30-11.30 Coffee Morning Lenny & Ruby	10.30-11.30 Coffee Morning Angie & Volunteer
	12.00-12.45 Welcome to MFT Welcome for new MFT clients. Next on 7 June. MFT staff	11.00-11.45 Women's Group (part of the coffee morning, you will be taken into separate room on Zoom). Litsa & Parvin	10.00-11.00 Qigong New 6-week course starting 26 May. For all abilities. Kate & Alan	11.00-12.00 Wellbeing Walk – Epsom Downs Weekly walk starting from the Beefeater at Tattenham Corner. Next on 10 June (max 12 spaces). Please book on the YMCA website here . MFT staff & Volunteer	10.00-11.00 Improving Your Language Weekly session starting 11 June. Joanna & Parvin
		11.00-12.00 Rock Pilates (new joiners need to complete a medical form). Arlette Rowe & Amanda		11.00-12.00 Somatic Yoga 6-week course from 15 July to 19 August. Kate	11.00-12.00 Zenful Pattern Drawing 4-week course from 21 May to 18 June. Taryn & Michael (No session on 11 June).
		11.00-12.00 Art Journaling 6-week course from 18 May to 29 June (no session on 15 June). Taryn & Michael			11.30-12.30 Peer Support Group Parvin & Allen

A F T E R N O N	12.00-12.40 Meditation Litsa & Michele	13.00-13.45 Wellbeing Walk – Leatherhead Weekly walk starting from Leatherhead Leisure Centre. Next on 8 June (max 8 spaces). Email MFT to book. MFT staff & Volunteer	13.00-13.45 Talking Football John & Michael	13.00-14.00 Yoga for All Abilities Term-time only (new joiners need to complete a medical form). Saara V & Amanda (No session on 3 June).	12.45-13.45 Manage Your Money in This Current Time 3-week course from 28 May to 11 June. Delivered by Christians Against Poverty. MFT external provider & Volunteer
	13.00-13.45 Quiz group Michael & John	13.00-13.45 Developing Your Confidence 6-week course from 10 May to 21 June. Litsa	14.00 - 14.45 Singing in Mind (Choir) New 11-week course from 21 April to 7 July (no session on 2 June). Hazel & Volunteer	16.00-17.00 Stress Matters While this session's a drop-in, the requirement is to attend the full hour. MFT external Provider & Volunteer	14.15-15.00 Mindful Meditation Amanda & Parvin
	14.00-15.00 Crafts at Home Taryn No session on 14 June.	14.00-15.00 Creative Writing Michele & Chris	14.15 - 15.00 Mindful Meditation Lenny & Amanda		15.00-16.00 Yoga for Positive Energy 6-week course from 25 June to 30 July. Anna R & Michael
	14.00-15.30 Assertiveness and Handling Difficult Conversations 4-week course from 7 to 28 June. MFT external provider & Volunteer	14.00-15.30 Identity Workshop 4-week course from 6 to 27 July. MFT external provider & Volunteer	15.00-15.30 Salsacise, dancing for health Jayne		
			16.00 - 16.45 Book Club Anna & Amanda		

	<p>14.00-15.30</p> <p>Introduction to Goal Setting and Decluttering</p> <p>4-week course from 5 to 26 July.</p> <p>MFT external provider & Volunteer</p>				
<p>E V E N I N G</p>	<p>21.00-22.00</p> <p>The Wellbeing Hour (MFT's show on Surrey Hills Community Radio). 1st Monday of every month. Next on 7 June.</p> <p>Listen here</p>	<p>18.00-19.00</p> <p>Arts Connect!</p> <p>Weekly arts & crafts session for 16-25-year-olds.</p> <p>Taryn & Ruby</p> <p>No session on 15 June.</p>	<p>18.00-19.00</p> <p>Summer Watercolour Painting</p> <p>4-week course from 19 May to 16 June Suitable for all abilities.</p> <p>Taryn & Michael</p> <p>No session on 9 June.</p> <p>19.00-21.00</p> <p>Building Your Resilience</p> <p>4-week course from 9 to 30 June. MFT external provider & Volunteer</p>	<p>18.00-19.00</p> <p>Creative Writing</p> <p>Michele & Chris</p> <p>18.00-18.40</p> <p>Zumba</p> <p>Jayne Nicola</p> <p>19.00-20.15</p> <p>Somatic Yoga</p> <p>6-week course from 1 July to 5 August. Fully booked. Kate</p> <p>19.00-20.00</p> <p>Bipolar Support Group</p> <p>Next on 3 June. Patrick</p> <p>19.30-20.30</p> <p>LGBTQ Support Group</p> <p>Next on 17 June.</p> <p>Patrick, Vix & Emily</p>	

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.