

ONLINE GROUPS AND ACTIVITIES – JUNE TO AUGUST 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 5 July. MFT staff	10.30-12.30 Practical Mindfulness One-off workshop on 17 August. MFT external provider & Volunteer	10.00-11.00 Qigong New 6-week course from 26 May to 30 June. New sessions will start from September 2021. For all abilities. Kate & Alan	11.00-12.00 Wellbeing Walk – Epsom Downs Weekly walk starting from the Beefeater at Tattenham Corner. Next on 1 July (max 12 spaces). Please book on the YMCA website here . MFT staff & Volunteer	10.00-11.00 Improving Your Language Joanna & Parvin
		11.00-11.45 Women's Group (part of the coffee morning, you will be taken into separate room on Zoom). Litsa & Parvin	10.30-12.30 Creating a Wellbeing Plan One-off workshop on 4 August. MFT external provider & Volunteer	11.00-12.00 Somatic Yoga 6-week course from 15 July to 26 August (no session on 29 July). Fully booked. Kate	11.30-12.30 Peer Support Group Parvin & Allen
	11.00-12.00 Rock Pilates (new joiners need to complete a medical form). Arlette Rowe & Amanda	11.00-12.00 Rock Pilates (new joiners need to complete a medical form). Arlette Rowe & Amanda	10.30-12.30 Online Mental Health One-off workshop on 11 August. MFT external provider & Volunteer	12.30-14.00 Minds Coming Together Hear from our advisory board on how your voice and experience can actively shape MFT and our services. 2-week course running 19 and 26 July. Redeka & MFT Advisory Board	

		11.00-12.00 Art Journaling 6-week course from 18 May to 29 June Taryn & Michael			
A F T E R N O 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 29 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	14.15-15.00 Mindful Meditation Amanda & Parvin
	13.00-13.45 Quiz group Michael & John	14.00-15.00 Creative Writing Michele & Chris	14.00 - 14.45 Singing in Mind (Choir) 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	15.00-16.00 Yoga for Positive Energy 6-week course from 25 June to 30 July. Anna R & Michael
	14.00-15.00 Crafts at Home Taryn	14.00-15.30 Identity Workshop 4-week course from 6 to 27 July. MFT external provider & Volunteer	14.15 - 15.00 Mindful Meditation Lenny & Amanda		
	14.00-15.30 Assertiveness and Handling Difficult Conversations 4-week course from 7 to 28 June. 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</p> <p>(MFT's show on Surrey Hills Community Radio). 1st Monday of every month. Next on 5 July. 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>Current activity: acrylic painting.</p> <p>Taryn & Ruby</p>	<p>19.00-21.00</p> <p>Building Your Resilience</p> <p>4-week course from 9 to 30 June. Fully booked.</p> <p>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 12 August (no session on 29 July). Fully booked.</p> <p>Kate</p> <p>19.00-20.00</p> <p>Bipolar Support Group</p> <p>Next on 1 July.</p> <p>Patrick</p>	

				19.30-20.30 LGBTQ Support Group Next on 15 July. Patrick, Vix & Emily	
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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.