

ONLINE GROUPS AND ACTIVITIES – 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
		10.30-12.30 Practical Mindfulness One-off workshop on 17 August. MFT external provider & Volunteer	10.30-12.30 Creating a Wellbeing Plan One-off workshop on 4 August. MFT external provider & Volunteer	11.00-12.00 Wellbeing Walk – Epsom Downs Weekly walk starting from the Beefeater at Tattenham Corner. Next on 5 August. No need to pre-book. MFT staff & Volunteer	10.00-11.00 Improving Your Language Joanna & Parvin
		10.30-12.30 Conflict Resolution 2-week workshop on starting 31 August. MFT external provider & Volunteer	10.30-12.30 Online Mental Health One-off workshop on 11 August. MFT external provider & Volunteer	11.00-12.00 Somatic Yoga 6-week course starting 15 July. Kate	11.30-12.30 Peer Support Group Allen & Parvin
		11.00-11.45 Women's Group (part of the coffee morning, you will be taken into separate room on Zoom). Litsa & Parvin			

		<p>11.00-12.00</p> <p>Rock Pilates</p> <p>(new joiners need to complete a medical form).</p> <p>Arlette Rowe & Amanda</p>			
A F T E R N O O N	<p>12.00-12.40</p> <p>Meditation</p> <p>Litsa & Michele</p>	<p>13.00-13.45</p> <p>Wellbeing Walk – Leatherhead</p> <p>Weekly walk starting from Leatherhead Leisure Centre. Next on 3 August July (max 8 spaces). Email MFT to book.</p> <p>MFT staff & Volunteer</p>	<p>14.15 - 15.00</p> <p>Mindful Meditation</p> <p>Lenny & Amanda</p>	<p>13.00-14.00</p> <p>Yoga for All Abilities</p> <p>Term-time only (new joiners need to complete a medical form). Saara V & Amanda</p>	<p>13.00-14.00</p> <p>Football Training</p> <p>Leatherhead Leisure Centre, The Mole Barn. Weekly starting 6 August.</p> <p>MFT Staff</p>
	<p>13.00-13.45</p> <p>Quiz group</p> <p>Michael & John</p>	<p>14.00-15.00</p> <p>Creative Writing</p> <p>Michele & Chris</p>	<p>15.00-15.30</p> <p>Salsacise, dancing for health</p> <p>Jayne</p>	<p>13.00-14.00</p> <p>Wellbeing Walk – Walton-on-Thames</p> <p>Weekly walk starting from Wilde Brunch Café by Walton Bridge carpark. Next on 5 August (max 12 spaces). Email MFT to book. MFT staff & Volunteer</p>	<p>14.15-15.00</p> <p>Mindful Meditation</p> <p>Amanda & Parvin</p>
	<p>14.00-15.00</p> <p>Crafts at Home</p> <p>Taryn</p>		<p>16.00 - 16.45</p> <p>Book Club</p> <p>Anna & Amanda</p>	<p>16.00-17.00</p> <p>Stress Matters</p> <p>While this session’s a drop-in, the requirement is to attend the full hour. MFT external provider & Volunteer</p>	

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">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. Next on 2 August. Listen here</p>	<p>18.00-19.00 Arts Connect! Weekly arts & crafts session for 16–25-year-olds. Current activity: acrylic painting. Taryn & Amanda</p>	<p>19.00-21.00 Understanding Your Stress Container One off workshop 11 August. MFT external provider & Volunteer</p>	<p>18.00-18.40 Zumba Jayne Nicola</p> <p>19.00-20.15 Somatic Yoga 6-week course starting 1 July. Kate</p> <p>19.00-20.00 Bipolar Support Group Next on 5 August. Patrick</p> <p>19.30-20.30 LGBTQ+ Support Group Next on 19 August. 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.