

Our Groups & Activities: November 2021 - JANUARY 2022



Please note the location of each activity is colour-coded as follows:

Online sessions (via Zoom) | Face-to-Face in Mole Valley | Face-to-Face in Epsom, Ewell & Banstead | Face-to-Face in Elmbridge

	Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G	10.30-11.30 Coffee Morning <i>John & Volunteer</i>	10.30-11.30 Coffee Morning <i>John & Volunteer</i>	9.00-10.00 Women's Group <i>Litsa & Volunteer</i>	10.30-11.30 Coffee Morning <i>Angie & Volunteer</i>	10.30-11.30 Coffee Morning <i>John & Volunteer</i>
	10.30-12:00 Coffee Morning – West Molesey Weekly starting 6 December at St Peter's West Molesey Community Hub. <i>Joe & Volunteer</i>	10.00-11.30 Coffee Morning - Leatherhead Weekly at Leatherhead Methodist Church. <i>Ruby & Volunteer</i> No session on 28 December	9.00-12.00 Wellbeing Advice - Leatherhead Book an appointment or drop-in for one-to-one information & advice. Next on 24 November at the Mole Valley Skills and Employment Hub in the Swan Centre. <i>Lenny & Ruby</i>	11.00-12.00 Qigong – All abilities 8-week course starting 21 October. <i>Kate & John</i>	10.00-11.00 Improving Your Language <i>Joanna & Parvin</i>
		11.00-12.00 Rock Pilates (New joiners need to complete a medical form). <i>Arlette Rowe & Amanda</i> No sessions until further notice		11.00-14.00 16-25s: Wellbeing Advice - Leatherhead If you are 16-25 years old, book an appointment or drop-in for one-to-one information & advice. Next on 16 December at Leatherhead Youth Project in All Saint's Church. <i>Lenny & Ruby</i>	11.00-14.00 Peer Support - Epsom Weekly at the Brickfield Centre. <i>Allen & Parvin</i>

		<p>11.00-14:00 Peer Support – West Molesey Weekly starting 7 December at St Peter’s West Molesey Community Hub. <i>Joe & Volunteer</i></p> <p>11:30-12:30 Yoga for Wellbeing – Banstead 10-week course starting 2 November at the Banstead Youth Centre. <i>MFT external provider</i> No session on 21 or 28 December</p>		<p>11.00-12.00 Wellbeing Walk – Epsom Downs Weekly walk starting from the Beefeater at Tattenham Corner. <i>MFT staff & Volunteer</i></p> <p>11.00-12.30 Arts & Crafts – Epsom Starting 18 November at the Brickfield Centre (Room 2). <i>Parvin & Allen</i></p> <p>11.30-13.30 Seasonal Arts & Crafts – Epsom 4-week course starting 18 November at the Brickfield Centre. Run by *WEA. <i>MFT & WEA staff. FULLY BOOKED</i></p>	
A F T E R N O	<p>12.00-12.40 Meditation <i>Litsa & Michele</i></p> <p>13.00-13.45 Quiz group <i>John & Volunteer</i></p>	<p>13.00-13.45 Wellbeing Walk – Leatherhead Weekly walk starting from Leatherhead Leisure Centre. <i>MFT staff & Volunteer</i> No session 28 December</p>	<p>12.00-13.00 Christmas Card & Wrapping Paper Making 4-week course starting 1 December. <i>Taryn & John</i></p>	<p>13.00-14:00 Wellbeing Walk – Walton Weekly walk starting from Wilde Brunch Café by Walton Bridge carpark. <i>Joe & Volunteer</i></p>	

<p>O N</p>	<p>14.00-15.00 Crafts at Home <i>Taryn & John</i></p>	<p>13.00-14.00 Arts & Crafts - Banstead Weekly at Banstead Youth Centre. <i>Susan & Parvin</i> No session on 23 & 30 November or 21 & 28 December</p> <p>14.00-15.00 Creative Writing <i>Michele & Chris</i></p> <p>14.00-16.00 Keeping Well During Christmas One-off workshop 7 December. Run by *WEA. <i>MFT external provider</i></p> <p>14.00-16.00 Christmas Mindfulness One-off workshop 14 December. Run by *WEA. <i>MFT external provider</i></p>	<p>13.30-15.30 Christmas Crafts - Leatherhead 3-week course starting 1 December at Leatherhead Institute. <i>Diana & Ruby</i></p> <p>14.00-14.45 Singing in Mind (Choir) 8-week course starting 27 October. <i>Hazel & Volunteer</i></p> <p>14.00-16:00 Christmas Crafts – East Molesey 2-week course starting 8 December at St Mary’s Church. <i>Taryn & Volunteer</i></p> <p>14.00-16:00 Introduction to Watercolour Painting – East Molesey 4-week course starting 12 January at St Mary’s Church. <i>Taryn & Volunteer</i></p>	<p>13.00-14.00 Yoga for All Abilities (New joiners need to complete a medical form). <i>Saara V & Amanda</i></p> <p>14.00-16.00 Developing Positive Thinking Patterns 5-week workshop starting 13 January. Run by *WEA. <i>MFT external provider</i></p> <p>16.00-17.00 Stress Matters Please note the requirement is to attend the full hour. <i>MFT external provider</i></p>	<p>13.00-14.00 Football Training - Leatherhead Weekly at Leatherhead Leisure Centre, The Mole Barn. £2 donation towards pitch hire to be paid to the coach. <i>Ruby & Volunteer</i> No session at the Mole Barn on 26 November or 3 December (as we’re playing a league event in Walton). No sessions on 24 or 31 December</p> <p>14.15-15.00 Mindful Meditation <i>Amanda & Parvin</i></p>
------------------------------	--	---	--	--	---

			<p>15.00-16.00 Yoga for Peace & Joy 4-week course starting 1 December. <i>Anna & John</i></p> <p>16.00 - 16.45 Book Club <i>Anna & Amanda</i></p>		
<p>E V E N I N G</p>		<p>18.00-19.00 16-25s: Arts Connect! Weekly session for 16–25- year-olds, blending arts & crafts and mindfulness. <i>Taryn & Amanda</i></p>	<p>19.00-20.15 Calming Clay Work: Making Gifts and Ornaments 4-week course starting 3 November. <i>Taryn & John</i></p> <p>19.00-21.00 Goal Setting & Decluttering 5-week workshop starting 12 January Run by *WEA. <i>MFT external provider</i></p>	<p>18.00-18.40 Zumba <i>Jayne Nicola</i></p> <p>19.00-20.00 Bipolar Support Group Next on 2 December. <i>Patrick</i></p> <p>19.30-20.30 LGBTQ+ Support Group Next on 16 December. <i>Patrick, Vix & Emily</i></p>	

			<p>19.00-20.30</p> <p>16-25s: Managing Anxiety Course with Peer Support Group</p> <p>5-week course for 16-25-year-olds, starting 17 November (final session face-to-face in Tadworth). After this, the group will continue to meet weekly as a peer support & social group.</p> <p><i>MFT external provider</i></p>		
--	--	--	--	--	--

This is our current calendar of activities. Unless otherwise stated, all sessions are weekly. 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.

*WEA – Please note, with any courses being run by WEA on behalf of MFT, you will also need to register with WEA to attend.