

Our Groups & Activities: DECEMBER 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 |
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| M O R N I N G | 10.30-11.30 Coffee Morning <i>John & Volunteer</i> No sessions on 27 December or 3 January | 10.30-11.30 Coffee Morning <i>John & Volunteer</i> No session on 28 December. | 9.00-10.00 Women's Group <i>Litsa & Volunteer</i> No session on 29 December. | 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> No sessions on 27 December or 3 January | 10.00-11.30 Coffee Morning - Leatherhead Weekly at Leatherhead Methodist Church. <i>Ruby & Volunteer</i> No session on 28 December. | 10.00-12.00 Wellbeing Advice - Leatherhead Book an appointment or drop-in for one-to-one information & advice. Next on 8 December 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> No session on 31 December. |
| | | 11.00-14:00 Peer Support – West Molesey Weekly starting 7 December at St Peter's West Molesey Community Hub. <i>Joe & Volunteer</i> No session on 28 December | 10.30-11.30 Coffee Morning One-off session over Christmas period on 29 December. <i>Christine & Volunteer</i> | 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> No session on 31 December. |

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| | | <p>11:30-12:30</p> <p>Yoga for Wellbeing – Banstead</p> <p>10-week course starting 2 November at the Banstead Youth Centre.</p> <p><i>MFT external provider</i></p> | | <p>11.00-12.00</p> <p>Wellbeing Walk – Epsom Downs</p> <p>Weekly walk starting from the Beefeater at Tattenham Corner. <i>MFT staff & Volunteer</i></p> <p>No session on 30 December.</p> | |
| | | | | <p>11.00-12.30</p> <p>Arts & Crafts - Epsom</p> <p>At the Brickfield Centre.</p> <p><i>Parvin & Allen</i></p> <p>No session on 30 December.</p> | |
| | | | | <p>11.30-13.30</p> <p>Seasonal Crafts – Epsom</p> <p>4-week course starting 18 November at the Brickfield Centre. Run by *WEA. <i>MFT & WEA staff.</i> FULLY BOOKED</p> | |
| | | | | <p>11.30-12.30</p> <p>Yoga for New Beginnings - Dorking</p> <p>6-week course starting 6 January.</p> <p><i>Saara V & Volunteer</i></p> | |

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| A F T E R N O O N | 12.00-12.40 Meditation <i>Litsa & John</i> No sessions on 27 December or 3 January | 13.00-13.45 Wellbeing Walk – Leatherhead Weekly walk starting from Leatherhead Leisure Centre. <i>MFT staff & Volunteer</i> No session 28 December | 12.00-13.00 Christmas Card & Wrapping Paper Making 4-week course starting 1 December. <i>Taryn & John</i> | 13.00-14:00 Wellbeing Walk – Walton Weekly walk starting from Wilde Brunch Café by Walton Bridge carpark. <i>Joe & Volunteer</i> | 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 3 December (as we're playing a league event in Walton). No sessions on 24 or 31 December |
| | 13.00-13.45 Quiz group <i>John & Volunteer</i> No sessions on 27 December or 3 January | 13.00-14.00 Arts & Crafts - Banstead Weekly at Banstead Youth Centre. <i>Susan & Parvin</i> No session on 30 November or 7, 21 & 28 December | 13.00-14.00 Book Club One-off session over the festive period on 29 December. <i>Christine & Volunteer</i> | 13.00-14.00 Yoga for All Abilities (New joiners need to complete a medical form). <i>Saara V & Amanda</i> No session on 30 December. | |
| | 14.00-15.00 Crafts at Home <i>Taryn & John</i> No sessions on 27 December or 3 January | 13.00-15.00 Becoming Confident & More Assertive – Leatherhead 5-week course starting 11 January at the Leatherhead Methodist Church. <i>MFT external provider.</i> | 13.30-15.30 Christmas Crafts - Leatherhead 3-week course starting 1 December at Leatherhead Institute. <i>Diana & Ruby</i> FULLY BOOKED | 13.00-14.00 Quiz One-off session over the festive period on 30 December. <i>Christine & Volunteer</i> | 13.00-14.00 Peer Support One-off session over the festive period on 31 December. <i>Christine & Volunteer</i> |
| | | 14.00-15.00 Creative Writing <i>Michele & Chris</i> No session on 28 December. | 14.00-14.45 Singing in Mind (Choir) 8-week course starting 27 October. <i>Hazel & Volunteer</i> | 13.30-15.00 Parenting Connection 4-week course starting 6 January at Epsom Family Centre. <i>Anna S & Parvin</i> | 14.15-15.00 Mindful Meditation <i>Amanda & John.</i> No session 31 December. |
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| | | <p>14.00-16.00</p> <p>Keeping Well During Christmas</p> <p>One-off workshop</p> <p>7 December. Run by *WEA.</p> <p><i>MFT external provider</i></p> <p>14.00-16.00</p> <p>Christmas Mindfulness</p> <p>One-off workshop</p> <p>14 December. Run by *WEA.</p> <p><i>MFT external provider</i></p> | <p>14.00-16:00</p> <p>Christmas Crafts – East Molesey</p> <p>2-week course starting 8 December at St Mary’s Church in Molesey.</p> <p><i>Taryn & Volunteer</i></p> <p>14.00-16:00</p> <p>Introduction to Watercolour Painting – East Molesey</p> <p>4-week course starting 12 January at St Mary’s Church in Molesey.</p> <p><i>Taryn & Volunteer</i></p> <p>15.00-16.00</p> <p>Yoga for Peace & Joy</p> <p>4-week course starting 1 December.</p> <p><i>Litsa & John</i></p> <p>16.00 - 16.45</p> <p>Book Club</p> <p><i>Anna & Amanda</i></p> <p>Please note revised time on 29 December of 1pm-2pm.</p> | <p>14.00-16.00</p> <p>Developing Positive Thinking Patterns</p> <p>5-week workshop starting 13 January. Run by *WEA.</p> <p><i>MFT external provider</i></p> <p>16.00-17.00</p> <p>Stress Matters</p> <p>Please note the requirement is to attend the full hour.</p> <p><i>MFT external provider</i></p> <p>No session on 30 December.</p> | |
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| E V E N I N G | | 18.00-19.00 16-25s: Arts Connect! Weekly session for 16–25-year-olds, blending arts & crafts and mindfulness. <i>Taryn & Amanda</i> No session on 28 December. | 19.00-21.00 Goal Setting & Decluttering 5-week workshop starting 12 January Run by *WEA. <i>MFT external provider</i> 19.00-20.30 16-25s: Managing Anxiety Course with Peer Support Group 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. <i>MFT external provider</i> No session on 22 or 29 December. | 18.00-18.40 Zumba <i>Jayne Nicola</i> No session on 30 December. 19.00-20.00 Creative Writing 10-weeks starting 9 December. <i>Michele</i> No sessions on 23 & 30 December 19.00-20.00 Bipolar Support Group Next on 2 December. <i>Patrick</i> 19.30-20.30 LGBTQ+ Support Group Next on 16 December. <i>Patrick, Vix & Emily</i> | |
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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.