

# Our Groups & Activities: MAY - JUNE 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 <b>Coffee Morning</b> <i>John &amp; Volunteer</i>	10.30-11.30 <b>Coffee Morning</b> <i>John &amp; Volunteer</i>	10.30-11.30 <b>Women's Group</b> <i>Jules &amp; Volunteer</i>	10.30-11.30 <b>Coffee Morning</b> <b>No session on 2 June</b> <i>Angie &amp; John</i>	10.00-11.00 <b>Improving Your Language</b> <b>No session 3 June</b> <i>Joanna &amp; Parvin</i>
	10.30-12:00 <b>Coffee Morning – West Molesey</b> Weekly at St Peter's West Molesey Community Hub. <i>Joe &amp; Volunteer</i>	10.00-11.30 <b>Coffee Morning - Leatherhead</b> Weekly at Leatherhead Methodist Church. <i>Ruby &amp; Volunteer</i>	11.00-12.30 <b>Play Reading</b> Starting 25 May at the Brickfield Centre <i>Allen</i>	11.00-12.00 <b>Wellbeing Walk – Epsom Downs</b> Weekly walk starting from the Beefeater at Tattenham Corner. <b>No session on 2 June</b> <i>MFT staff &amp; Volunteer</i>	10.30-11.30 <b>Coffee Morning</b> <b>No session 3 June</b> <i>John &amp; Volunteer</i>
		11.00 -12.30 <b>A Riverside Stroll</b> On 24 May - A riverside stroll along the Mole in Leatherhead looking at riverside plants and wildlife. <b>Starting outside Leatherhead Leisure Centre.</b> <i>Anna</i>		11.00-12.30 <b>Arts &amp; Crafts - Epsom</b> Weekly at the Brickfield Centre. <b>No session on 2 June</b> <i>Parvin &amp; Allen</i>	11.00-14.00 <b>MFT Community Connections -Together Stronger, A peer led group</b> Weekly at the Brickfield Centre. <b>No session 3 June</b> <i>Allen &amp; Parvin</i>

11.30-12.30

**Wellbeing Walk – Leatherhead**

Starting outside Leatherhead Institute. First Tuesday of every month (next walk 7 June)

*MFT staff & Volunteer*

11.00-12.30

**Make Nutrition work for you - Epsom**

4-week course starting 7 June at the Banstead Youth Centre – To be confirmed

This course will be delivered by Work Stress Solutions, and you will need to register with them by 3 June latest

*Marcia & Amy*

11.30-12.30

**Yoga - Dorking**

Weekly at The Studio, Taylor Place.

**From 7 June onwards.**

*Saara V*

11.00-12.30

**My Time – Women only group**

Starting 5 May, 6 sessions– term time only, at the Brickfield Centre.

**No session on 2 June**

*Lucy & Jules*

11.00-12.30

**Changing habits, finding balance - Epsom**

4-week sessions starting 23 June, at the Brickfield Centre

*Lucy & Parvin*

11.30-12.30

**Yoga - Dorking**

Weekly at The Studio, Taylor Place.

**No session on 2 June, then moving to Tuesdays from 7 June onwards.**

*Saara V*

		12.00-13.00 <b>Long Covid</b> <b>Peer Support Group</b> Next session 14 June Run on the second Tuesday of every month. <i>John</i>			
A F T E R N O O N	12.00-12.40 <b>Meditation</b> <i>Amanda &amp; John</i>	12.00-14.00 <b>Peer Support – West Molesey</b> Weekly at St Peter’s West Molesey Community Hub. <i>Joe &amp; Volunteer</i>	13.00-14.30 <b>Men’s Hour - Epsom</b> Weekly from 18 May at Brickfield Centre <i>Allen &amp; Parvin</i>	13.00-14.00 <b>Wellbeing Walk – Walton</b> Weekly walk starting from Wilde Brunch Café by Walton Bridge car park. On 12 May the walk will be extended to 14.30 for Mental Health Awareness Week. No session on 2 June <i>Joe &amp; Volunteer</i>	13.00-14.00 <b>Football - Leatherhead</b> Weekly at Leatherhead Leisure Centre, The Mole Barn. £2 donation towards pitch hire to be paid to the coach. No session 3 June <i>Ruby &amp; Volunteer</i>
	13.00-13.45 <b>Quiz group</b> <i>John &amp; Volunteer</i>	13.00-15.00 <b>Container Potting – Leatherhead</b> 2-week course starting 17 May at the Leatherhead Institute. WEA run course	13.30-15.00 <b>Badminton - Epsom</b> 5 sessions from 15 June at Phoenix Youth Centre, Tadworth. No session on 29 June <i>Jules &amp; Volunteer</i>	13.00-14.00 <b>Yoga for All Abilities</b> (New joiners need to complete a medical form). No session on 2 June <i>Saara V &amp; Amanda</i>	14.15-15.00 <b>Mindful Meditation</b> No session 3 June <i>Amanda &amp; John.</i>

		<p>13.00-15.00  <b>Coping Skills for Worry &amp; Anxiety – Leatherhead</b>  4-week course starting 7 June at the Leatherhead Institute.  <i>WEA run course</i></p> <p>14.00-15.00  <b>Creative Writing</b>  <i>Michele &amp; Chris</i></p>	<p>14.00-16.00  <b>Watercolour Painting</b>  (repeat workshop to cater for new group)  4-week course starting 27 April at St Mary's Church, East Moseley  <i>Taryn &amp; Joe</i></p> <p>14.00-16.00  <b>Unearthing Creativity</b>  through the use of collage  4-week course starting 25 May at St Mary's Church, East Moseley.  This course will run to 22 June, with no session on the 15 June.  <i>Taryn &amp; Joe</i></p>	<p>13.00-14.30  <b>Creative Writing - Epsom</b>  Weekly at the Brickfield Centre.  No session on 2 June  <i>Allen &amp; Parvin</i></p> <p>13.00-15.00  <b>Embracing Change</b>  9 June  <i>MFT External Provider</i></p> <p>13.00- 15.00  <b>Sleep Hygiene</b>  16 June  MFT External Provider</p> <p>13.00 – 15.00  <b>Facing Fear</b>  23 &amp; 30 June  MFT External Provider</p>	
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			<p>14.00-16.00  <b>Mandala Drawing</b>  (repeat workshop to cater for new group)  4-week course starting 29 June at St Mary's Church, East Moseley  <i>Taryn &amp; Joe</i></p> <p>16.00 - 16.45  <b>Book Club</b>  <i>Anna &amp; Amanda</i></p>	<p>14.00 – 14.45  <b>Singing In Mind</b>  6-week course starting 12 May to 23 June.  No session on 2 June  <i>Hazel</i></p> <p>16.00-17.00  <b>Stress Matters</b>  Please note the requirement is to attend the full hour.  No session on 2 June  <i>MFT external provider</i></p>	
E V E N I N G	<p>19.00 – 20.00  <b>Coping with Menopause</b>  Trial session on 13 June  <i>MFT External provider</i></p>	<p>18.00 – 19.00  <b>Evening Peer Support Group</b>  <i>John</i></p> <p>20.00-21.00  <b>Recovery Peer Support Group Introduction and Star 1</b>  Now Starting 31 May and then last Tuesday of the month at the Brickfield Centre  <i>Parvin &amp; Allen</i></p>	<p>19.00-20.30  <b>16-25s: Support Group</b>  Weekly face-to-face support and social group for 16-25s at the Phoenix Youth Centre in Tadworth.  <i>Ruby &amp; Anna</i></p> <p>19.00 – 21.00  <b>Dealing with difficult situations</b>  Sessions on 8 &amp; 15 June  MFT External Provider</p>	<p>18.00-18.40  <b>Zumba</b>  No session on 2 June  <i>Jayne Nicola</i></p> <p>19.00-20.00  <b>Creative Writing</b>  No session on 2 June  <i>Michele</i></p>	

			19.00 – 21.00 <b>Confidence Building</b> Sessions on 22 & 29 June MFT External Provider	19.00-20.00 <b>Bipolar Support Group</b> No session on 2 June <i>Patrick</i>  19.00-21.00 <b>Hoarders Self Help Group</b> Next on 9 June <i>Patrick</i>  19.30-20.30 <b>LGBTQ+ Support Group</b> Next on 16 June <i>Patrick, Vix &amp; 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](mailto:info@maryfrancestrust.org.uk). If you do not already use our service, you'll need to complete a [short online registration form](#) available on our website. 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.