

Our Groups & Activities: 22 JANUARY 2024

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

	Morning	Afternoon	Evening
Monday	<p>10.00-11.30</p> <p>Coffee Morning - Leatherhead Weekly at the Leatherhead Institute. <i>Dina & Volunteer</i></p>	<p>12.00-13.00</p> <p>Let's Talk – Photography Weekly. <i>Kate</i></p>	<p>19.00-20.30</p> <p>Let's Talk – SEN Carer Support Alternate Mondays. Next on 22 January. <i>Anna Rosa</i></p>
	<p>10.00-12.00</p> <p>Move Forward Together - Adult Autistic Peer Support Group Weekly, at the Brickfield Centre. <i>Matt & Parvin</i></p>	<p>13.30-14.30</p> <p>Online Quiz Weekly. <i>Kate & Paul P</i></p>	
	<p>10.30-11.30</p> <p>Coffee Morning Weekly. <i>Lenny & Volunteer</i></p>	<p>13.00-15.00</p> <p>Bereavement Support Group – Walton An 8-week course starting 15 January. Weekly at Walton Community Centre, Manor Road. <i>Belinda & Judith</i></p>	

	<p>10.30-12.00</p> <p>Coffee Morning – West Molesey</p> <p>Weekly at St Peter’s West Molesey Community Hub.</p> <p><i>Belinda & Volunteer</i></p>	<p>15.00-16.00</p> <p>Let’s Talk – Cooking on a Budget</p> <p>Weekly.</p> <p><i>Kate</i></p>	
Tuesday	<p>11.00-12.30</p> <p>Arts & Crafts - Leatherhead</p> <p>Weekly at Leatherhead Methodist Church.</p> <p><i>Dina & Louisa</i></p>	<p>10.00-11.30</p> <p>Let’s Talk Mindfulness and Self Compassion – West Molesey</p> <p>A 4-week course starting Tuesday 6 February at St Peter’s West Molesey Community Hub.</p> <p><i>Lucy & MFT</i></p>	<p>18.15-19.15</p> <p>Group Led Sessions at Safe Haven</p> <p>30 January – Sleep Hygiene</p> <p>6 February – Relaxation Techniques</p> <p>13 February – Healthy Living</p> <p>20 February – The Importance of Keeping Active</p> <p>27 February – Sharing Coping Techniques,</p> <p>at the Brickfield Centre, Epsom.</p> <p><i>Jane and Jack</i></p>
	<p>11.30-12.30</p> <p>Yoga - Dorking</p> <p>Weekly at The Studio, Taylor Place. Term time only.</p> <p><i>Saara V</i></p>	<p>12.00-14.00</p> <p>Peer Support – West Molesey</p> <p>Weekly at St Peter’s West Molesey Community Hub.</p> <p><i>MFT & Lucy</i></p>	

	<p>11.30-12.30</p> <p>Nature Nurture Winter</p> <p>A 3-week course starting 16 January.</p> <p><i>Anna</i></p>	<div data-bbox="916 285 1469 692"> <p>13.00-16.00</p> <p>ESDAS Surgery for people experiencing Domestic Abuse</p> <p>Second Tuesday of each month at the Brickfield Centre. Next on 13 February.</p> <p><i>Anna (ESDAS)</i></p> </div> <div data-bbox="916 751 1469 1043"> <p>13.00-14.00</p> <p>Football - Leatherhead</p> <p>Weekly at Leatherhead Leisure Centre, The Mole Barn.</p> <p><i>MFT & Volunteer</i></p> </div>	<p>19.00-20.00</p> <p>LGBTQ+ Peer Support Group</p> <p>Next on 20 February.</p> <p><i>Matthew & Volunteer</i></p> <p>19.30-20.30</p> <p>MFT Support Network for Unpaid Adult Carers of People with Long Term Mental and Physical Conditions</p> <p>First Tuesday of every month. Next on 6 February.</p> <p><i>Parvin & Emma</i></p> <p>19.30-20.30</p> <p>Let's Talk - Stigma around Addiction.</p> <p>An 8-week course starting 16 January.</p> <p><i>Adaser & Parvin</i></p>
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		<p>13.30-15.00</p> <p>Art in Tadworth</p> <p>A 12-week course starting 9 January 2024 at Tattenham Library, Tadworth. This group is for clients in Tadworth.</p> <p><i>Louisa & Dina</i></p>	
		<p>13.30-15.00</p> <p>Nature Nurtures: Creating a Nurturing & Flourishing Garden</p> <p>Weekly at the Brickfield Centre.</p> <p><i>Anna & Volunteer</i></p>	
		<p>14.00– 15.30</p> <p>Creative Writing</p> <p>Weekly.</p> <p><i>Michele & Chris</i></p>	

		15.30-16.30 Yoga for Wellbeing Group – Banstead Weekly at the Banstead Youth Centre. No session 23 January. <i>Louise T</i>	
Wednesday	10.00-11.30 Coffee and Craft Mornings Bi-Weekly at St Peter’s Church, Woodmansterne. Starting 24 January 2024. This is a drop-in group. <i>Anna & Volunteer</i>	13.00-14.30 Let’s Talk Mindfulness and Self-Compassion - Epsom A 4-week course starting 10 January 2024. At Kings Church, Longmead Road, Epsom. <i>Lucy & Parvin</i>	18.00-19.30 Let’s Talk – Resilience Bi-weekly, next on 24 January. <i>Belinda & Mark</i> 19.30-20.15 Meditation Weekly. <i>Louise T</i>
	10.30 -11.30 Women’s Coffee Morning Weekly. <i>Lucy B</i>		

	<p>10.30-11.30 Circuit Training At Nuffield Health, Leatherhead. Weekly, starting on 10 January. <i>Nuffield Health</i></p> <p>11.30-13.00 One Stop Advice Café at Warm Wednesdays Next on 24 January 2024 at Epsom Methodist Church. <i>MFT, Surrey Community Action, Surrey County Council, Citizens Advice Epsom, Epsom & Ewell Hub & Good Company</i></p>	<p>13.30-15.00 Let's Talk Mindfulness and Self-Compassion – Tadworth A 4-week course starting 7 February. At St Mark's Church, Tadworth <i>Lucy & Volunteer</i></p> <p>14.00-15.30 Watercolour and Wellbeing Every other week. Next on 31 January. <i>Kate</i></p> <p>13.30-15.30 Paper, Print and Paint– West Molesey A 4-week course starting 10 January at St Peter's West Molesey Community Hub. <i>Louisa & Dina</i></p>	
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		<p>13.30-15.30</p> <p>Paper, Print and Paint– West Molesey</p> <p>A 4-week course starting 7 February at St Peter’s West Molesey Community Hub.</p> <p><i>Louisa & Dina</i></p>	
		<p>13.30-15.00</p> <p>Walking Photography</p> <p>Every other week at Epsom Downs, the 7th Furlong Carpark. Next on 24 January.</p> <p><i>Kate & Volunteer</i></p>	

		<p>15.30-17.00</p> <p>16-25s Group</p> <p>Weekly face-to-face social group for 16- 25's at the Brickfield Centre, Epsom.</p> <p><i>Jack & Volunteer</i></p>	
		<p>15.30-17.15</p> <p>One Stop Advice Café at Warm Wednesdays</p> <p>Next on 31 January 2024 at Epsom Methodist Church.</p> <p><i>MFT, Surrey Community Action, Surrey County Council, Citizens Advice Epsom, Epsom & Ewell Hub & Good Company</i></p>	

		<p>16.00 – 16.45</p> <p>Book Club</p> <p>Weekly.</p> <p><i>Anna & Alan T</i></p>	
Thursday	<p>10.30-11.30</p> <p>Wellbeing Walk – Bookham</p> <p>Last Thursday of the month.</p> <p>Next on Thursday 25 January at 11.30am. Meet at the top of Downsway, Bookham.</p> <p><i>Dina & Julia</i></p> <p>11.00-12.00</p> <p>Coffee Morning</p> <p>Weekly.</p> <p><i>Louise T & Mark</i></p>	<p>13.00-14.00</p> <p>Wellbeing Walk – Walton</p> <p>Weekly walk starting from Wilde Brunch Café by Walton Bridge car park.</p> <p><i>MFT</i></p> <p>13.00-14.00</p> <p>Yoga for All Abilities</p> <p>(New joiners need to complete a medical form). Term time only.</p> <p><i>Saara V</i></p>	<p>18.00-18.40</p> <p>Zumba</p> <p>Weekly.</p> <p><i>Jayne Nicola</i></p> <p>19.00-20.30</p> <p>Bipolar Support Group</p> <p>Next on 1 February.</p> <p><i>Patrick & Helen</i></p> <p>19.00-19.45</p> <p>Hoarders Practical Course</p> <p>Next date to be confirmed.</p> <p><i>Patrick, Anna & Helen</i></p>

	<p>11.00-12.00 Ramblers Wellbeing Walks YMCA East Surrey Walk – Epsom Downs Weekly walk starting from the Beefeater at Tattenham Corner. <i>Matthew & Volunteer</i></p> <p>11.00-12.30 Women's Peer Support Group – Epsom Weekly at the Brickfield Centre. <i>Lucy.</i></p> <p>11.00-14.00 Arts & Crafts - Epsom Weekly at the Brickfield Centre. <i>Dina & Jen E</i></p>	<p>15.00-16.00 Yoga for New Beginnings - Walton A 6-week course starting 11 January 2024. At the Walton Community Centre. <i>Anna & Dina.</i></p> <p>14.00-15.30 Let's Talk – Rolling Programme Restarts on 18 January 2024. <i>Kate & Mark</i></p>	<p>20.00-21.00 Hoarders Support Group Next on 8 February. <i>Helen</i></p> <p>19.00-20.00 Menopause Peer Support Group First Thursday in each month. Next session Thursday 1 February. <i>Lucy B</i></p>
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Friday	<p>10.30-11.30 Coffee Morning Weekly. <i>MFT Staff</i></p>	<p>12.30-14.00 Let's Talk: Budgeting On 16 & 23 February. Please attend both sessions. <i>Anna Rosa</i></p>	
	<p>11.00-14.00 MFT Community Connections - Together Stronger - Epsom Weekly at the Brickfield Centre. <i>Louise T & Volunteer</i></p>	<p>13.00-14.00 Football - Leatherhead Weekly at Leatherhead Leisure Centre, The Mole Barn. <i>MFT & Volunteer</i></p>	
		<p>14.00-15.00 Creative Writing Weekly. <i>Michele & Chris</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@maryfrancetrust.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. **Support appointments of 30 minutes are available with your local Area Co-ordinator. To book one, please contact info@maryfrancestrust.org.uk or email them directly.**