

Our Groups & Activities: 18 MARCH 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>Carlota</i></p>	
	<p>10.00-12.00</p> <p>Move Forward Together - Adult Autistic Peer Support Group Weekly, at the Brickfield Centre. <i>Emma H & Parvin</i></p>	<p>13.30-14.30</p> <p>Online Quiz Weekly. <i>Carlota & Paul P</i></p>	
	<p>10.30-12.00</p> <p>Coffee Morning – West Molesey Weekly at St Peter's West Molesey Community Hub. <i>Jack & Volunteer</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 Assertiveness and Boundaries- West Molesey</p> <p>A 4-week course starting 14 May at St Peter's West Molesey Community Hub.</p> <p>No session 28 May.</p> <p><i>Lucy & MFT</i></p>	<p>19.00-20.00</p> <p>LGBTQ+ Peer Support Group</p> <p>Next on 19 March.</p> <p><i>Matthew & Volunteer</i></p>
	<p>11.00-13.00</p> <p>Bereavement Support Group - Walton</p> <p>An 8-week course starting 9 April at Charities House 1&2 The Quintet, Churchfield Road, Walton, KT12 2TZ.</p> <p><i>Belinda & Judith</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>Lucy & MFT</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 2 April.</p> <p><i>Parvin & Emma</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>13.00-13.45</p> <p>Singing in Mind</p> <p>A 10-week course starting 30 April until 11 July.</p> <p>No session 28 May.</p> <p><i>Hazel</i></p>	
		<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.</p> <p>Next on 12 March.</p> <p><i>Anna (ESDAS)</i></p>	
		<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>	

		<p>13.30-15.00</p> <p>Art in Tadworth</p> <p>Weekly at Tattenham Library, 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>No session 2 & 9 April.</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>	

		<p>15.30-16.30</p> <p>Yoga for Wellbeing Group – Banstead</p> <p>Weekly at the Banstead Youth Centre.</p> <p>This group is moving on 16 April to The Banstead Community Centre.</p> <p>No sessions 2 and 9 April.</p> <p><i>Louise T</i></p>	
Wednesday	<p>10.00-12.00</p> <p>Coffee and Craft Mornings</p> <p>Bi-Weekly at St Peter's Church, Woodmansterne.</p> <p>Next on 20 March.</p> <p>This is a drop-in group.</p> <p><i>Anna & Volunteer</i></p>	<p>13.00-14.30</p> <p>Let's Talk Assertiveness and Boundaries</p> <p>A 4-week course starting 17 April at King's Church Epsom</p> <p><i>Lucy & Volunteer</i></p>	<p>18.00-19.30</p> <p>Let's Talk – Resilience</p> <p>Bi-weekly, next on 20 March.</p> <p><i>Belinda & Mark</i></p>

	<p>10.30 -11.30</p> <p>Women's Coffee Morning</p> <p>Weekly.</p> <p>No session 10 April.</p> <p><i>Lucy B</i></p>	<p>13.30-15.30</p> <p>Making a Clay Relief Tile – West Molesey</p> <p>A 4-week course starting 6 March at St Peter's West Molesey Community Hub.</p> <p><i>Louisa & Dina</i></p>	<p>19.30-20.15</p> <p>Meditation</p> <p>Weekly. No session 3 April.</p> <p><i>Louise T</i></p>
	<p>10.30-11.30</p> <p>Circuit Training</p> <p>At Nuffield Health, Leatherhead.</p> <p>Weekly.</p> <p><i>Nuffield Health</i></p>	<p>13.30-15.30</p> <p>Making a Clay Relief Tile – West Molesey</p> <p>A 4-week course starting 3 April at St Peter's West Molesey Community Hub.</p> <p><i>Louisa & Dina</i></p>	

	<p>11.30-13.00</p> <p>One Stop Advice Café at Warm Wednesdays</p> <p>Next on 10 April 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>13.30-15.00</p> <p>Walking Photography</p> <p>Weekly at Epsom Downs, meet at the 7th Furlong Carpark.</p> <p><i>Carlota & Volunteer</i></p> <p>13.00-14.30</p> <p>Let's Talk Assertiveness and Boundaries</p> <p>A 4-week course starting 6 March at The Leatherhead Institute</p> <p><i>Lucy & 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>	
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		<p>15.30-17.15</p> <p>One Stop Advice Café at Warm Wednesdays</p> <p>Next on 10 April 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>11.00-12.00</p> <p>Coffee Morning</p> <p>Weekly.</p> <p><i>Louise T & Mark</i></p>		<p>18.00-18.40</p> <p>Zumba</p> <p>Weekly.</p> <p><i>Jayne Nicola</i></p>

	<p>11.00-12.00</p> <p>Ramblers Wellbeing Walks YMCA</p> <p>East Surrey Walk – Epsom Downs</p> <p>Weekly walk starting from the Beefeater Pub at Tattenham Corner.</p> <p><i>Matthew & Volunteer</i></p>	<p>13.00-14.00</p> <p>Wellbeing Walk – Walton</p> <p>Weekly walks starting from Wilde Brunch Café by Walton Bridge car park.</p> <p><i>Jack</i></p>	<p>19.00-20.30</p> <p>Bipolar Support Group</p> <p>Next on 4 April.</p> <p><i>Patrick & Helen</i></p>
	<p>11.00-12.30</p> <p>Women's Peer Support Group – Epsom</p> <p>Weekly. New venue from 7 March at King's Church, Longmead Road, Epsom.</p> <p>No session 11 April.</p> <p><i>Lucy</i></p>	<p>13.00-14.00</p> <p>Yoga for All Abilities</p> <p>(New joiners need to complete a medical form).</p> <p>Term time only.</p> <p><i>Saara V</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>19.15-20.30</p> <p>Balancing Bipolar</p> <p>Thursday 4 April.</p> <p><i>Anna Rowe</i></p>

	<p>11.00-14.00</p> <p>Arts & Crafts - Epsom</p> <p>Weekly at the Brickfield Centre.</p> <p><i>Dina & Jen E</i></p>	<p>15.00-16.00</p> <p>Meditation – You are not your Thoughts – Walton</p> <p>A 3-week course starting 14 March. At the Walton Community Centre.</p> <p><i>Anna & Jack</i></p> <p>14.00-15.30</p> <p>Let’s Talk Wellbeing – Rolling Programme.</p> <p>Third and Fourth Thursday of the month. Next on 21 & 28 March.</p> <p><i>Carlota & Mark</i></p>	<p>19.15-20.30</p> <p>Meditation - You are not your Thoughts</p> <p>A 3-week course starting 11 April.</p> <p><i>Anna Rowe</i></p> <p>20.00-21.00</p> <p>Hoarders Support Group</p> <p>Next on 14 March.</p> <p><i>Helen</i></p>
Friday			

	<p>11.00-14.00</p> <p>MFT Community Connections - Together Stronger - Epsom</p> <p>Weekly at the Brickfield Centre.</p> <p>No session Friday 30 March.</p> <p><i>Louise T & Volunteer</i></p>	<p>13.00-14.00</p> <p>Football - Leatherhead</p> <p>Weekly at Leatherhead Leisure Centre, The Mole Barn.</p> <p>No session Friday 30 March.</p> <p><i>MFT & Volunteer</i></p>	
		<p>16.00-17.00</p> <p>Creative Writing</p> <p>Weekly.</p> <p><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@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.



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.