

## Our Groups & Activities: 1 APRIL 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 |
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| Monday | 10.00-11.30<br><b>Coffee Morning - Leatherhead</b><br>Weekly at the Leatherhead Institute.<br><b>No session 1 April.</b><br><i>Dina &amp; Volunteer</i>                          | 12.00-13.00<br><b>Let's Talk – Photography</b><br>Weekly.<br><b>No session 1 April.</b><br><i>Carlota</i> |         |
|        | 10.00-12.00<br><b>Move Forward Together - Adult Autistic Peer Support Group</b><br>Weekly, at the Brickfield Centre.<br><b>No session 1 April.</b><br><i>Emma H &amp; Parvin</i> | 13.30-14.30<br><b>Online Quiz</b><br>Weekly.<br><b>No session 1 April.</b><br><i>Carlota &amp; Paul P</i> |         |

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|  | <p>10.30-12.00</p> <p>Coffee Morning – West Molesey Weekly at St Peter’s West Molesey Community Hub.</p> <p>No session 1 April.</p> <p><i>Jack &amp; Volunteer</i></p> |  |  |
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| Tuesday | <p>11.00-12.30</p> <p><b>Arts &amp; Crafts - Leatherhead</b></p> <p>Weekly at Leatherhead Methodist Church.</p> <p><i>Dina &amp; Louisa</i></p>   | <p>10.00-11.30</p> <p><b>Let's Talk Assertiveness and Boundaries- West Molesey</b></p> <p>A 4-week course starting 14 May at St Peter's West Molesey Community Hub.</p> <p><b>No session 28 May.</b></p> <p><i>Lucy &amp; MFT</i></p> | <p>19.00-20.00</p> <p><b>LGBTQ+ Peer Support Group</b></p> <p>Next on 16 April.</p> <p><i>Matthew &amp; Volunteer</i></p>  |
|         | <p>11.00-13.00</p> <p><b>Bereavement Support Group - Walton</b></p> <p>An 8-week course starting 9 April at Charities House 1&amp;2 The Quintet, Churchfield Road, Walton, KT12 2TZ.</p> <p><i>Belinda &amp; Judith</i></p> | <p>12.00-14.00</p> <p><b>Peer Support – West Molesey</b></p> <p>Weekly at St Peter's West Molesey Community Hub.</p> <p><b>No session 9 April.</b></p> <p><i>Lucy &amp; MFT</i></p>   | <p>19.30-20.30</p> <p><b>MFT Support Network for Unpaid Adult Carers of People with Long Term Mental and Physical Conditions</b></p> <p>First Tuesday of every month. Next on 7 May.</p> <p><i>Parvin &amp; Emma</i></p> |

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|  | <p>11.30-12.30</p> <p><b>Yoga - Dorking</b></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><b>Singing in Mind</b></p> <p>A 10-week course starting 30 April until 9 July.</p> <p><b>No session 28 May.</b></p> <p><i>Hazel</i></p>  |  |
|  |  | <p>13.00-16.00</p> <p><b>ESDAS Surgery for people experiencing Domestic Abuse</b></p> <p>Second Tuesday of each month at the Brickfield Centre.</p> <p>Next on 9 April.</p> <p><i>Anna (ESDAS)</i></p> |  |
|  |  | <p>13.00-14.00</p> <p><b>Football - Leatherhead</b></p> <p>Weekly at Leatherhead Leisure Centre, The Mole Barn.</p> <p><i>MFT &amp; Volunteer</i></p>  |  |

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|  |  | <p>13.30-15.00</p> <p><b>Art in Tadworth</b></p> <p>Weekly at Tattenham Library, Tadworth.</p> <p><b>No session 9 April.</b></p> <p><i>Louisa &amp; Dina</i></p>   |  |
|  |  | <p>13.30-15.00</p> <p><b>Nature Nurtures: Creating a Nurturing &amp; Flourishing Garden</b></p> <p>Weekly at the Brickfield Centre.</p> <p><b>No session 2 &amp; 9 April.</b></p> <p><i>Anna &amp; Volunteer</i></p> |  |
|  |  | <p>13.30-15.00</p> <p><b>Brickfield Garden Open</b></p> <p><b>Afternoon Tuesday 14 May</b></p> <p><i>Anna &amp; Volunteer</i></p>  |  |

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|  |  | <p>14.00– 15.30</p> <p><b>Creative Writing</b></p> <p>Weekly.</p> <p><b>No session 26 March.</b></p> <p><i>Michele &amp; Chris</i></p>   |  |
|  |  | <p>15.30-16.30</p> <p><b>Yoga for Wellbeing Group – Banstead</b></p> <p>Weekly at the Banstead Youth Centre.</p> <p>This group is moving on 16 April to The Banstead Community Centre.</p> <p><b>No sessions 2 and 9 April.</b></p> <p><i>Louise T</i></p> |  |

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| Wednesday | <p>10.00-12.00</p> <p><b>Coffee and Craft Mornings</b></p> <p>Bi-Weekly at St Peter's Church, Woodmansterne. Next on 3 April.</p> <p>This is a drop-in group.</p> <p><i>Anna &amp; Volunteer</i></p> | <p>13.00-14.30</p> <p><b>Let's Talk Assertiveness and Boundaries</b></p> <p>A 4-week course starting 17 April at King's Church Epsom</p> <p><i>Lucy &amp; Volunteer</i></p>                           | <p>18.00-19.30</p> <p><b>Let's Talk – Resilience</b></p> <p>Bi-weekly, next on 3 April.</p> <p><i>Belinda &amp; Mark</i></p>   |
|           | <p>10.30 -11.30</p> <p><b>Women's Coffee Morning</b></p> <p>Weekly.</p> <p>No session 10 April.</p> <p><i>Lucy B</i></p>   | <p>13.30-15.30</p> <p><b>Making a Clay Relief Tile – West Molesey (Group B)</b></p> <p>A 4-week course starting 3 April at St Peter's West Molesey Community Hub.</p> <p><i>Louisa &amp; Dina</i></p> | <p>18.00-19.30</p> <p><b>Let's Talk – Support</b></p> <p>Bi-weekly, starting on 17 April.</p> <p><i>Belinda &amp; Mark</i></p> |
|           | <p>10.30-11.30</p> <p><b>Circuit Training</b></p> <p>At Nuffield Health, Leatherhead. Weekly.</p> <p><i>Nuffield Health</i></p>  |   | <p>19.30-20.15</p> <p><b>Meditation</b></p> <p>Weekly. No session 3 April.</p> <p><i>Louise T</i></p>                          |

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|  | <p>11.30-13.00</p> <p><b>One Stop Advice Café at Warm Wednesdays</b></p> <p>Next on 10 April at Epsom Methodist Church.</p> <p><i>MFT, Surrey Community Action, Surrey County Council, Citizens Advice Epsom, Epsom &amp; Ewell Hub &amp; Good Company</i></p> | <p>15.30-17.00</p> <p><b>16-25s Group</b></p> <p>Weekly face-to-face social group for 16- 25's at the Brickfield Centre, Epsom.</p> <p><i>Jack &amp; Volunteer</i></p>   |  |
|  |  | <p>15.30-17.15</p> <p><b>One Stop Advice Café at Warm Wednesdays</b></p> <p>Next on 10 April at Epsom Methodist Church.</p> <p><i>MFT, Surrey Community Action, Surrey County Council, Citizens Advice Epsom, Epsom &amp; Ewell Hub &amp; Good Company</i></p> |  |



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|          |  | 16.00 – 16.45<br><b>Book Club</b><br>Weekly.<br><i>Anna &amp; Alan T</i>  |   |
| Thursday | 11.00-12.00<br><b>Coffee Morning</b><br>Weekly.<br><i>Louise T &amp; Mark</i>  | 13.00-14.00<br><b>Wellbeing Walk – Walton</b><br>Weekly walks starting from<br>Wilde Brunch Café by Walton<br>Bridge car park.<br><i>Jack</i> | 18.00-18.40<br><b>Zumba</b><br>Weekly.<br><i>Jayne Nicola</i>   |
|          | 11.00-12.00<br><b>Ramblers Wellbeing Walks</b><br><b>YMCA East Surrey Walk –</b><br><b>Epsom Downs</b><br>Weekly walk starting from the<br>Beefeater Pub at Tattenham<br>Corner.<br><i>Matthew &amp; Volunteer</i> | 13.00-14.00<br><b>Yoga for All Abilities</b><br>(New joiners need to complete<br>a medical form).<br>Term time only.<br><i>Saara V</i>        | 19.00-20.30<br><b>Bipolar Support Group</b><br>Next on 4 April.<br><i>Patrick &amp; Helen</i><br><br>19.15-20.30<br><b>Balancing Bipolar</b><br>Thursday 4 April.<br><i>Anna Rowe</i> |

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|  | <p>11.00-12.30<br/><b>Women's Peer Support Group – Epsom</b><br/>Weekly at King's Church, Longmead Road, Epsom.<br/><b>No session 11 April.</b><br/><i>Lucy</i></p> <p>11.00-14.00<br/><b>Arts &amp; Crafts - Epsom</b><br/>Weekly at the Brickfield Centre.<br/><b>No group 11 April.</b><br/><i>Dina &amp; Jen E</i></p> | <p>13.30-14.30<br/><b>Online Quiz</b><br/>Weekly.<br/><b>Starting 11 April.</b><br/><i>Carlota &amp; Paul P</i></p> <p>15.00-16.00<br/><b>Meditation – You are not your Thoughts – Walton</b><br/>A 3-week course starting 14 March. At the Walton Community Centre.<br/><i>Anna &amp; Jack</i></p> | <p>19.15-20.30<br/><b>Meditation - You are not your Thoughts</b><br/>A 3-week course starting 11 April.<br/><i>Anna Rowe</i></p> <p>20.00-21.00<br/><b>Hoarders Support Group</b><br/>Next on 11 April.<br/><i>Helen</i></p> |
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| <p>Friday</p> | <p>11.00-14.00</p> <p><b>MFT Community Connections - Together Stronger - Epsom</b></p> <p>Weekly at the Brickfield Centre.</p> <p><b>No session Friday 29 March or 12 April.</b></p> <p><i>Louise T &amp; Volunteer</i></p> <p>11.15-13.15</p> <p><b>Peer Support – Hersham</b></p> <p>Bi-Weekly (2 groups) at The Guide Hut, Hersham. Group 1 starts on 5 April, Group 2 starts on 12 April.</p> <p><i>Belinda &amp; MFT</i></p> | <p>13.00-14.00</p> <p><b>Football - Leatherhead</b></p> <p>Weekly at Leatherhead Leisure Centre, The Mole Barn.</p> <p><b>No session Friday 29 March.</b></p> <p><i>MFT &amp; Volunteer</i></p> |  |
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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.

Support appointments of 30 minutes are available with your local Area Co-ordinator. To book one, please contact [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or email them directly.