

Our Groups & Activities: 7 July 2025

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	Saturday
9.30-10.30 SEN Parent Peer Support (term-time only) Leatherhead	10.00- 11.30 *NEW Journey through the Seasons (nature course) 3 weeks starting 8 July	10.00-12.00 Coffee and Craft Woodmansterne Next on 9 July	11.00-12.00 Walk Epsom Downs	9.30-10.30 Coffee and Mindfulness	10.00-11.30 Golden Years Coffee and Social Ashtead
10.00-12.00 Autism Support Group Epsom	11.00-12.30 Arts & Crafts Leatherhead	10.00-12.00 Space to Grow (Gardening) Walton Session 16 July now on 18 July	11.00-13.00 Women's Peer Support Epsom	11.00-13.00 Coffee and Social Epsom FULL	
10.00-11.30 Peer Support Ashtead		10.30 -12.00 Women's Peer Support	11.00-13.00 Arts & Crafts Epsom FULL	11.15-13.15 Peer Support Hersham Guide Hut FULL	
			13.00-14.00 Walk Walton		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00-11.00 Cardio Tennis Weybridge 8 weeks from 2 June	12.00-13.30 Peer Support West Molesey FULL	10.30-11.30 Circuit Training Leatherhead	13.00-14.00 Yoga for All Abilities	13.00-14.00 Football Leatherhead	
10.30-12.00 Coffee Morning *Tech Support session 14 July West Molesey	13.00-14.00 Football Leatherhead	13.00-15.00 Art (Group B) Starts 9 July West Molesey	13.30-15.30 NSDAS - Drop in for Domestic Abuse Support On 31 July, 28 August, 25 September, 23 October & 20 November The Brickfield Centre		
12.00-13.00 Photography	13.30-15.00 Art Tadworth FULL	13.00-14.00 Qigong 5 weeks from 18 June	18.00-19.00 Zumba Next on 17 July		
13.30-14.30 Online Quiz	14.00- 15.30 Creative Writing	16.00 – 16.45 Book Club Next on 9 July			
18.00-19.00 Football Hersham	15.30-16.30 Yoga Banstead Next block: 5 weeks 24 June – 22 July	19.15-20.00 Meditation			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19.00-20.30 Autism Peer Support	19.00-20.00 LGBTQIA+ Peer Support Group Next on 15 July 19.30-20.30 Unpaid Carers Support Group Next on 5 August 20.00-21.30 Men's Peer Support Group Next on 22 July		18.00-21.00 Games and Hobby Group Leatherhead Bi-weekly group Next 17 July 19.00-20.30 Bipolar Support Group Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 3 July 19.30-20.30 Men's Peer Support Group Leatherhead Hub 18.30-19.45 Online Hoarding Course. FULL		

Booking information: Register with Mary Frances Trust at www.maryfrancestrust.org.uk.

Please contact us at info@maryfrancestrust.org.uk or call 01372 375400.