

Our Groups & Activities: 21 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) Restarts 8 September Leatherhead	10.00- 11.30 Journey through the Seasons (nature course) 3 weeks starting 8 July	10.00-12.00 Coffee and Craft Woodmansterne Next on 23 July	11.00-12.00 Walk Epsom Downs	9.30-10.30 Coffee and Mindfulness	10.00-11.30 Golden Years Coffee and Social Ashted
10.00-12.00 Autism Support Group Epsom	11.00-12.30 Arts & Crafts No session 22 July Leatherhead	10.00-12.00 Space to Grow (Gardening) Walton	11.00-13.00 Women's Peer Support Epsom	11.00-13.00 Coffee and Social Epsom FULL	
10.00-11.30 Peer Support Ashted	12.00-13.30 Peer Support West Molesey FULL	10.30 -12.00 Women's Peer Support	11.00-13.00 Arts & Crafts Epsom FULL	11.15-13.15 Peer Support Hersham 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	13.00-14.00 Singing in Mind 22 July, 5 August, 19 August	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 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 No session 22 July FULL	16.00 – 16.45 Book Club Next on 23 July			
13.30-14.30 Online Quiz		19.15-20.00 Meditation	16.00-17.00 *NEW MFT Music Group Bi-weekly starting 7 August		
18.00-19.00 Football Hersham	14.00– 15.30 Creative Writing		18.00-19.00 Zumba Next on 7 August		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19.00-20.30 Autism Peer Support	15.30-16.30 Yoga Banstead Next block: 5 weeks 24 June – 22 July		18.00-21.00 Games and Hobby Group Leatherhead Bi-weekly group Next 31 July		
	19.00-20.00 LGBTQIA+ Peer Support Group Next on 9 August		19.00-20.30 Bipolar Support Group Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 7 August		
	19.30-20.30 Unpaid Carers Support Group Next on 5 August		19.30-20.30 Men's Peer Support Group Leatherhead Hub		
	20.00-21.30 Men's Peer Support Group Next on 22 July				

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			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.