**Mary Frances Trust. Our Calendar. Week Commencing 21 July 2025.**

Monday 21 July

**Morning activities, groups and courses.**

9.30am till 10.30am. SEN Parent Peer Support. Term-time only in Leatherhead. Restarts 8 September.

10am till 12pm. Autism Support Group. Weekly at the Brickfield Centre.

10am till 11.30am. Peer Support in Ashtead.

10am till 11am. Cardio Tennis, Weybridge. 8 weeks from 2 June.

10.30am till 12pm. Coffee Morning, West Molesey. Weekly at St Peter’s Community Hub.

**Afternoon activities, groups and courses.**

12pm till 1pm. Online Photography.

1.30pm till 2.30pm. Online Quiz. Weekly.

**Evening activities, groups and courses.**

6pm till 7pm. Football, in Hersham.

7pm till 8.30pm. Online Autism Peer Support.

Tuesday 22 July

**Morning activities, groups and courses.**

NEW 10am till 11.30am. A Journey through the Seasons (nature course), online. 3 weeks from 8 July.

11am till 12.30pm. Arts and Crafts, Leatherhead. Weekly session at Leatherhead Methodist Church. No session 22 July.

**Afternoon activities, groups and courses.**

12pm till 1.30pm. Peer Support Group, West Molesey. Weekly at St Peter’s West Molesey Community Hub. FULL.

1pm till 2pm. Singing in Mind, online. On 22 July, 5 August and 19 August.

1pm till 2pm. Football, Leatherhead. Weekly at Leatherhead Leisure Centre, The Mole Barn.

1.30pm till 3pm. Art in Tadworth. Weekly at Tattenham Library, Tadworth. FULL. No session 22 July.

2pm till 3.30pm. Creative Writing online.

3.30pm till 4.30pm. Yoga for Wellbeing Group, Banstead. Next block: 5 weeks from 24 June to 22 July.

**Evening activities, groups and courses.**

7pm till 8pm. Online LGBTQIA+ Peer Support Group. Next on 9 August.

7.30pm till 8.30pm. Online Unpaid Carers Support Group. First Tuesday of every month. Next session on 5 August.

8pm till 9.30pm. Online Men’s Peer Support Group. On 2nd and 4th Tuesday of each month. Next on 22 July.

Wednesday 23 July

**Morning activities, groups and courses.**

10am till 12pm Coffee and Craft Mornings in Banstead. Bi-weekly at St Peter’s Church, Woodmansterne. Next on 23 July.

10am till 12pm. Space to Grow (Gardening), in Walton.

10.30am till 12pm Online Women’s Peer Support. Weekly.

10.30am till 11.30am. Circuit Training in Leatherhead. Weekly, at Nuffield Health in Leatherhead.

**Afternoon activities, groups and courses.**

1pm till 3pm. Art (Group B) at St Peter’s Community Hub, West Molesey. Weekly. Starts 9 July.

4pm till 4.45pm. Online Book Club. Next on 23 July.

**Evening activities, groups and courses.**

7.15pm till 8pm. Online Meditation. Weekly.

Thursday 24 July

**Morning activities, groups and courses.**

11am till 12pm. Walk, Epsom Downs. Weekly, starting from the Beefeater Pub at Tattenham Corner.

11am till 1pm. Women’s Peer Support Group in Epsom. Weekly group at King’s Church, Longmead Road, Epsom.

11am till 1pm. Arts and Crafts, Epsom. Weekly group at the Brickfield Centre in Epsom. FULL.

**Afternoon activities, groups and courses.**

1pm till 2pm. Walk in Walton. Weekly walk starting from the Wilde Brunch Café by Walton bridge car park.

1pm till 2pm. Online Yoga for All Abilities. New joiners need to complete a medical form. Term time only.

1.30pm till 3.30pm. NSDAS – Drop in for Domestic Abuse Support. On 31 July, 28 August, 25 September, 23 October and 20 November at the Brickfield Centre in Epsom.

NEW 4pm till 5pm. MFT Music Group, online. Bi-weekly starting 7 August.

**Evening activities, groups and courses.**

6pm till 7pm. Online Zumba. On first and third Thursday of each month. Next on 7 August.

6pm till 9pm. Games and Hobby Group. Bi-weekly group in Leatherhead. Next session 31 July.

7pm till 8.30pm. Bipolar Support Group. Hybrid groups (face-to-face in Leatherhead and online). Every first Thursday of the month. Next on 7 August.

7.30pm till 8.30pm. Men’s Peer Support Group at the Leatherhead Hub. Weekly.

6.30pm till 7.45pm. Online Hoarding Course 2025. FULL.

Friday 25 July

**Morning activities, groups and courses.**

9.30am till 10.30am. Coffee and Mindfulness.

11am till 1pm. Coffee and Social. Weekly at the Brickfield Centre. FULL.

11.15am till 1.15pm. Peer Support in Hersham. Weekly at The Guide Hut, Hersham. FULL.

**Afternoon activities, groups and courses.**

1pm till 2pm. Football in Leatherhead. Weekly at the Leatherhead Leisure Centre in the Mole Barn.

Saturday 26 July

**Morning activities, groups and courses.**

10am till 11.30am. Golden Years Coffee and Social in Ashtead.

**Booking information**: Register with Mary Frances Trust at www.maryfrancestrust.org.uk. Please contact us at info@maryfrancestrust.org.uk or call 01372 375400.