

# Our Groups & Activities: 28 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	11.00-12.30 Arts & Crafts Leatherhead	10.00-12.00 Coffee and Craft Woodmansterne Next on 3 September	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	12.00-13.30 Peer Support West Molesey FULL	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	
	13.00-14.00 Singing in Mind On 5 & 19 August	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 Football Leatherhead		13.00-14.00 Walk Walton		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00-11.30 <b>Peer Support</b> Ashtead No session 28 July	13.30-15.00 <b>*NEW Gardening</b> Epsom Starts 12 August	10.30-11.30 <b>Circuit Training</b> Leatherhead	13.00-14.00 <b>Yoga for All Abilities</b>	13.00-14.00 <b>Football</b> Leatherhead	
10.30-12.00 <b>Coffee Morning</b> West Molesey	13.30-15.00 <b>Art</b> Tadworth <b>FULL</b>	13.00-15.00 <b>Art (Group B)</b> Starts 9 July West Molesey	13.30-15.30 <b>NSDAS - Drop in for Domestic Abuse Support</b> On 31 July, 28 August, 25 September, 23 October & 20 November The Brickfield Centre		
12.00-13.00 <b>Photography</b>	14.00- 15.30 <b>Creative Writing</b>	16.00 – 16.45 <b>Book Club</b> Next on 6 August			
13.30-14.30 <b>Online Quiz</b> Bi-weekly from 21 July	19.00-20.00 <b>LGBTQIA+ Peer Support Group</b> Next on 9 August	19.15-20.00 <b>Meditation</b>	16.00-17.00 <b>*NEW MFT Music Group</b> Bi-weekly starting 7 August		
18.00-19.00 <b>Football</b> Hersham	19.30-20.30 <b>Unpaid Carers Support Group</b> Next on 5 August		18.00-19.00 <b>Zumba</b> Next on 7 August		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19.00-20.30 Autism Peer Support	20.00-21.30 Men's Peer Support Group Next on 12 August		<div> 18.00-21.00  Games and Hobby Group  Leatherhead  Bi-weekly group  Next 31 July </div> <div> 19.00-20.30  Bipolar Support Group  Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 7 August </div> <div> 19.30-20.30  Men's Peer Support Group  Leatherhead Hub </div>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			18.30-19.45 Online Hoarding Course. FULL		

**Booking information:** Register with Mary Frances Trust at [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk).

Please contact us at [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or call 01372 375400.