

Our Groups & Activities: 11 August 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
10.00-11.00 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	13.00-15.00 Space to Grow (Gardening) NOTE CHAGE OF TIME THIS WEEK ONLY 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 19 August		11.00-13.00 Arts & Crafts Epsom FULL	11.15-13.15 Peer Support Hersham	
	13.00-14.00 Football Leatherhead		13.00-14.00 Walk Walton	13.00-14.00 Football Leatherhead	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00-11.30 Peer Support Ashtead	13.30-15.00 *NEW Gardening Epsom Starts 12 August	10.30 -12.00 Women's Peer Support	13.00-14.00 Yoga for All Abilities		
10.30-12.00 Coffee Morning West Molesey	13.30-15.00 Art Tadworth FULL	10.30-11.30 Circuit Training Leatherhead	13.30-15.30 NSDAS - Drop in for Domestic Abuse Support 28 August, 25 September, 23 October & 20 November The Brickfield Centre		
12.00-13.00 Photography	14.00- 15.30 Creative Writing No session 19 August	13.00-15.00 Art (Group A) Starts 13 August West Molesey	16.00-17.00 *NEW MFT Music Group Bi-weekly Next on 21 August		
13.30-14.30 Online Quiz Bi-weekly Next 18 August	19.00-20.00 LGBTQIA+ Peer Support Group Next on 9 September	16.00 – 16.45 Book Club Bi-weekly Next on 20 August	18.00-19.00 Zumba Next on 21 August		
18.00-19.00 Football Hersham		19.15-20.00 Meditation			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19.00-20.30 Autism Peer Support	19.30-20.30 Unpaid Carers Support Group Next on 2 September 20.00-21.30 Men's Peer Support Group Next on 12 August		18.00-21.00 Games and Hobby Group Leatherhead Bi-weekly group Next 28 August 19.00-20.30 Bipolar Support Group Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 4 September 19.30-20.30 Men's Peer Support Group Leatherhead Hub		

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.

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