

Our Groups & Activities: 18 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 | 11.30-12.30 Yoga Dorking 4-weeks starting 9 September | 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 | |
| | 12.00-13.30 Peer Support West Molesey | 10.30 -12.00 Women's Peer Support | 11.00-13.00 Arts & Crafts Epsom FULL | 11.15-13.15 Peer Support Hersham | |
| | | | | 13.00-14.00 Football Leatherhead | |

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|--|--|---|--|--------|----------|
| 10.00-11.30 Peer Support Ashtead | 13.00-14.00 Singing in Mind On 19 August | 10.30-11.30 Circuit Training Leatherhead | 15.00-16.00 Yoga Walton 6-weeks from 18 September | | |
| 10.30-12.00 Coffee Morning West Molesey | 13.30-15.00 *NEW Gardening Epsom | 13.00-15.00 Art (Group A) Starts 13 August West Molesey | 13.00-14.00 Yoga for All Abilities | | |
| 12.00-13.00 Photography | 13.30-15.00 Art Tadworth FULL | 16.00 – 16.45 Book Club Bi-weekly Next on 20 August | 13.30-15.30 NSDAS - Drop in for Domestic Abuse Support 28 August, 25 September, 23 October & 20 November The Brickfield Centre | | |
| 13.30-14.30 Online Quiz Bi-weekly Next 18 August | 14.00– 15.30 Creative Writing No session 19 August | 19.15-20.00 Meditation | | | |
| 18.00-19.00 Football Hersham | | | | | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------|---|--|---|--------|----------|
| 19.00-20.30 Autism Peer Support | 16.30-17.30 Yoga Banstead 4-weeks from 9 September | 19.30-20.30 *NEW Martial Arts for Men 6-weeks starting 10 September Leatherhead | 16.00-17.00 *NEW MFT Music Group Bi-weekly Next on 21 August | | |
| | 19.00-20.00 LGBTQIA+ Peer Support Group Next on 19 August | | 18.00-19.00 Zumba Next on 21 August | | |
| | 19.30-20.30 Unpaid Carers Support Group Next on 2 September | | 18.00-21.00 Games and Hobby Group Leatherhead Bi-weekly group Next 28 August | | |
| | 20.00-21.30 Men's Peer Support Group Next on 26 August | | | | |

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| | | | 19.00-20.30 Bipolar Support Group Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 2 October | | |
| | | | 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.