

Our Groups & Activities: 15 SEPTEMBER 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) Leatherhead	10.00- 11.30 *NEW A Journey through the Seasons (Nature) 4 weeks starting 7 October	10.00-12.00 Coffee and Craft Woodmansterne Next on 17 September	11.00-12.00 Walk Epsom Downs	9.30-10.30 Coffee and Mindfulness	10.00-11.30 Golden Years Coffee and Social Ashtead
10.00-12.00 Autism Support Group Epsom	11.00-12.30 Arts & Crafts 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 Ashtead	11.30-12.30 Yoga Dorking 4 weeks starting 9 September	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 Walk Walton	13.00-14.00 Football Leatherhead	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00-11.00 Cardio Tennis 6 weeks from 8 September Weybridge	12.00-14.00 Peer Support West Molesey	10.30-11.30 Circuit Training Leatherhead	13.00-14.00 Yoga 4 weeks starting 4 September		
10.30-12.00 Coffee Morning West Molesey	13.00-14.00 Football Leatherhead	13.00-15.00 Art (Group B) Starts 10 September West Molesey	15.00-16.00 Yoga Walton 6 weeks from 18 September		
12.00-13.00 Photography No class on 16 & 23 September.	13.30-15.00 Gardening Epsom No session 16 September	16.00 – 16.45 Book Club Bi-weekly Next on 17 September	13.30-15.30 NSDAS - Drop in for Domestic Abuse Support 25 September, 23 October & 20 November The Brickfield Centre		
13.30-14.30 Online Quiz Bi-weekly Next 15 September	13.30-15.00 Art Tadworth FULL	19.30-21.00 *NEW Parenting Course (teenage years) 6 weeks from 1 October			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18.00-19.00 *NEW Art with Taryn 4 weeks starting 4 September No class 29 September 19.00-20.30 Autism Peer Support	14.00- 15.30 Creative Writing No session 16 or 23 September 16.30-17.30 Yoga Banstead 4 weeks from 9 September 19.00-20.00 LGBTQIA+ Peer Support Group Next on 16 September 19.30-20.30 Unpaid Carers Support Group Next on 7 October	19.15-20.00 Meditation 19.30-20.30 *NEW Martial Arts for Men 6 weeks starting 10 September Leatherhead	16.00-17.00 MFT Music Group Bi-weekly Next on 18 September 18.00-19.00 Zumba Next on 18 September 18.00-21.00 Games and Hobby Group Leatherhead Bi-weekly group Next on 25 September 19.00-20.30 Bipolar Support Group Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 2 October		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	20.00-21.30 Men's Peer Support Group Next on 23 September		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.