

Our Groups & Activities: 6 OCTOBER 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 1 October	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 FULL	10.00-12.00 Space to Grow (Gardening) Walton	11.00-13.00 Women's Peer Support Epsom FULL	11.00-13.00 Coffee and Social Epsom	
10.00-11.30 Peer Support Ashtead		10.30 -12.00 Women's Peer Support	11.00-13.00 Arts & Crafts Epsom No session 2 October FULL	11.15-13.15 Peer Support Hersham	
				13.00-14.00 Football Leatherhead	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10.00-11.00 Cardio Tennis 6 weeks from 8 September Weybridge	11.30-12.30 Yoga Dorking 4 weeks starting 9 September	10.30-11.30 Circuit Training Leatherhead	13.00-14.00 Walk Walton		
10.30-12.00 Coffee Morning West Molesey	12.00-14.00 Peer Support West Molesey FULL	13.00-15.00 Art (Group A) Starts 8 October West Molesey	13.00-14.00 Yoga 4 weeks starting 2 October		
12.00-13.00 Photography	13.00-14.00 Football Leatherhead	13.00 -14.00 Qigong 5-weeks starting 8 October (no class 29 October)	15.00-16.00 Yoga Walton 6 weeks from 18 September		
13.30-14.30 Online Quiz Bi-weekly Next 13 October	13.30-15.00 Gardening Epsom	16.00 – 16.45 Book Club Bi-weekly Next on 15 October	13.30-15.30 NSDAS - Drop in for Domestic Abuse Support 23 October & 20 November The Brickfield Centre		
		19.15-20.00 Meditation			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18.00-19.00 *NEW Art with Taryn 4 weeks starting 4 September	13.30-15.00 Art Tadworth FULL	19.30-20.30 Martial Arts for Men 6 weeks starting 10 September Leatherhead	16.00-17.00 MFT Music Group Bi-weekly Next on 16 October		
19.00-20.30 Autism Peer Support	14.00- 15.30 Creative Writing		18.00-19.00 Zumba Next on 16 October		
	16.30-17.30 Yoga Banstead 4 weeks from 9 September		18.00-21.00 Games and Hobby Group Leatherhead Bi-weekly group Next on 9 October		
	19.00-20.00 LGBTQIA+ Peer Support Group Next on 21 October		19.00-20.30 Bipolar Support Group Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 16 October		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	19.30-20.30 Unpaid Carers Support Group Next on 7 October 20.00-21.30 Men's Peer Support Group Next on 14 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.