

# Our Groups & Activities: 13 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 A Journey through the Seasons (Nature) 4 weeks starting 7 October	10.00-12.00 Coffee and Craft Woodmansterne Next on 15 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 FULL	11.15-13.15 Peer Support Hersham	
				13.00-14.00 Football Leatherhead	

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18.00-19.00 <b>Art with Taryn</b> 4 weeks starting 4 September	19.00-20.00 <b>LGBTQIA+ Peer Support Group</b> Next on 21 October	19.30-20.30 <b>Martial Arts for Men</b> 6 weeks starting 10 September Leatherhead	16.00-17.00 <b>MFT Music Group</b> Bi-weekly Next on 16 October		
19.00-20.30 <b>Autism Peer Support</b>	19.30-20.30 <b>Unpaid Carers Support Group</b> Next on 4 November		18.00-19.00 <b>Zumba</b> Next on 16 October		
	20.00-21.30 <b>Men's Peer Support Group</b> Next on 14 October		18.00-21.00 <b>Games and Hobby Group</b> Leatherhead Bi-weekly group Next on 23 October		
			19.00-20.30 <b>Bipolar Support Group</b> Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 16 October		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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](http://www.maryfrancestrust.org.uk).

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