

Our Groups & Activities: 10 NOVEMBER 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 Women's Peer Support	10.00-12.00 Coffee and Craft Woodmansterne Next on 12 November	11.00-12.00 Walk Epsom Downs	9.30-10.30 Coffee and Mindfulness	10.00-11.30 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	11.30-12.30 Yoga Dorking 4 weeks starting 4 November	10.30-11.30 Circuit Training Leatherhead	11.00-13.00 Arts & Crafts Epsom FULL	11.15-13.15 Peer Support Hersham	
10.30-12.00 Coffee Morning West Molesey	12.00-14.00 Peer Support West Molesey	13.00-15.00 Art (Group B) Starts 12 November	13.00-14.00 Walk Walton	13.00-14.00 Football Leatherhead	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12.00-13.00 Photography	FULL	West Molesey	13.00-14.00 Yoga 7 weeks starting 6 November		
13.30-14.30 Online Quiz Bi-weekly Next 10 November	13.00-14.00 Football Leatherhead	13.00 -14.00 Qigong 5-weeks starting 8 October	13.30-15.30 Mosaics 5 weeks starting 13 November Beare Green FULL		
19.00-20.30 Autism Peer Support	13.30-15.00 Gardening Epsom	16.00 – 16.45 Book Club Bi-weekly Next on 12 November	15.00-16.00 Yoga Walton 6 weeks from 13 November		
	13.30-15.00 Art Tadworth	19.00-20.00 Golf for all Epsom 6 weeks starting 12 November	13.30-15.30 NSDAS - Drop in for Domestic Abuse Support 20 November The Brickfield Centre		
	14.00– 15.30 Creative Writing	19.15-20.00 Meditation			
	16.30-17.30 Yoga				

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Banstead 4 weeks starting 28 October</p> <p>19.00-20.00 LGBTQIA+ Peer Support Group Next on 18 November</p> <p>19.00 -20.00 Sleep Course 4-weeks starting 18 November 19.30-20.30</p> <p>Unpaid Carers Support Group Next on 2 December</p> <p>20.00-21.30</p>		<p>16.00-17.00 MFT Music Group Bi-weekly Next on 13 November</p> <p>18.00-19.00 Zumba Next on 6 November</p> <p>18.00-21.00 Games and Hobby Group Leatherhead Bi-weekly group Next on 20 November 19.00-20.30 Bipolar Support Group Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 6 November</p>		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Men's Peer Support Group Next on 11 November		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.