

# Our Groups & Activities: 17 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<br>SEN Parent Peer Support<br>(term-time only)<br>Leatherhead | 10.00 -11.30<br>Women's Peer Support                         | 10.00-12.00<br>Coffee and Craft<br>Woodmansterne<br>Next on 26<br>November | 11.00-12.00<br>Walk<br>Epsom Downs                   | 9.30-10.30<br>Coffee and Mindfulness      | 10.00-11.30<br>Coffee and Social<br>Ashtead |
| 10.00-12.00<br>Autism Support Group<br>Epsom                              | 11.00-12.30<br>Arts & Crafts<br>Leatherhead<br>FULL          | 10.00-12.00<br>Space to Grow (Gardening)<br>Walton                         | 11.00-13.00<br>Women's Peer Support<br>Epsom<br>FULL | 11.00-13.00<br>Coffee and Social<br>Epsom |                                             |
| 10.00-11.30<br>Peer Support<br>Ashtead                                    | 11.30-12.30<br>Yoga<br>Dorking<br>4 weeks from 4<br>November | 10.30-11.30<br>Circuit Training<br>Leatherhead                             | 11.00-13.00<br>Arts & Crafts<br>Epsom<br>FULL        | 11.15-13.15<br>Peer Support<br>Hersham    |                                             |
|                                                                           |                                                              |                                                                            |                                                      | 13.00-14.00<br>Football<br>Leatherhead    |                                             |

| Monday                                        | Tuesday                                                               | Wednesday                                                             | Thursday                                                                       | Friday | Saturday |
|-----------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------|--------|----------|
| 10.30-12.00<br>Coffee Morning<br>West Molesey | 12.00-14.00<br>Peer Support<br>West Molesey<br>FULL                   | 13.00-15.00<br>Art (Group B)<br>Starts 12<br>November<br>West Molesey | 13.00-14.00<br>Walk<br>Walton                                                  |        |          |
| 12.00-13.00<br>Photography                    | 13.00-14.00<br>Football<br>Leatherhead                                | 13.00 -14.00<br>Qigong<br>5 weeks starts 8<br>October                 | 13.00-14.00<br>Yoga<br>7 weeks from 6<br>November                              |        |          |
| 19.00-20.30<br>Autism Peer<br>Support         | 13.00 -14.00<br>Singing in Mind<br>6 week course<br>starts 4 November | 16.00 – 16.45<br>Book Club<br>Bi-weekly<br>Next on 12<br>November     | 13.30-15.30<br>Mosaics<br>5 weeks starts 13<br>November<br>Beare Green<br>FULL |        |          |
|                                               | 13.30-15.00<br>Gardening<br>Epsom                                     | 19.00-20.00<br>Golf for all<br>Epsom<br>6 weeks starts 12<br>November | 15.00-16.00<br>Yoga<br>Walton<br>6 weeks from 13<br>November                   |        |          |

| Monday | Tuesday                                                                                                                                                                                                                                                                        | Wednesday                         | Thursday                                                                                                                                                                                                                                                                                                                                                          | Friday | Saturday |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|
|        | <p>14.00– 15.30<br/>Creative Writing</p> <p>16.30-17.30<br/>Yoga<br/>Banstead<br/>4 weeks starts 28<br/>October</p> <p>19.00-20.00<br/>LGBTQIA+ Peer<br/>Support Group<br/>Next on 18<br/>November</p> <p>19.00 -20.00<br/>Sleep Course<br/>4 weeks starts 18<br/>November</p> | <p>19.15-20.00<br/>Meditation</p> | <p>13.30-15.30<br/>NSDAS - Drop in for<br/>Domestic Abuse<br/>Support<br/>20 November<br/>The Brickfield Centre</p> <p>16.00-17.00<br/>MFT Music Group<br/>Bi-weekly<br/>Next on 27 November</p> <p>18.00-19.00<br/>Zumba<br/>Next on 20 November</p> <p>18.00-21.00<br/>Games and Hobby<br/>Group<br/>Leatherhead<br/>Bi-weekly group<br/>Next on 4 December</p> |        |          |

| Monday | Tuesday                                                                                                                                              | Wednesday | Thursday                                                                                                                                                                                                                                                               | Friday | Saturday |
|--------|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|
|        | 19.30-20.30<br><b>Unpaid Carers Support Group</b><br>Next on 2 December<br><br>20.00-21.30<br><b>Men's Peer Support Group</b><br>Next on 11 November |           | 19.00-20.30<br><b>Bipolar Support Group</b><br>Hybrid (face-to-face in Leatherhead <u>and</u> online). Next on 6 November<br><br>19.30-20.30<br><b>Men's Peer Support Group</b><br>Leatherhead Hub<br><br>18.30-19.45<br><b>Online Hoarding Course.</b><br><b>FULL</b> |        |          |

**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.