

Our Groups & Activities: Week of 8 December 2025

For more information, click on the activity name below or visit our activity page [here](#)

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

10-11 [SEN Parent Peer Support](#)

10-12 [Autism Support Group](#)

10-11.30 [Peer Support](#)

10.30-12 [Coffee Morning](#)

12-1 [Photography](#)

10-11.30 [Women's Peer Support](#)

11-12.30 [Arts & Crafts](#) (full)

11.30-12.30 [Yoga](#)

12-2 [Peer Support](#) (full)

1-2 [Football](#)

1-2 [Singing in Mind](#)

1.30-3 [Gardening](#)

1-3 [Wreath Making Workshop](#)
9 December

1.30-3 [Art](#)

2-3.30 [Creative Writing](#)

10-12 [Coffee & Craft](#)
Next: 10 December

10-12 [Space to Grow](#)

10.30-11.30 [Circuit Training](#)

1-3 [Art \(B\)](#)

4-4.45 [Book Club](#)
Next: 10 December

10-11 [Table Tennis](#)

11-12 [Walk](#)

11-1 [Women's Peer Support](#)
(full)

11-1 [Arts & Crafts](#) (full)

1-2 [Walk](#)

1-2 [Yoga](#)

1.30-3.30 [Mosaics](#) (full)

3-4 [Yoga](#)

4-5 [MFT Music Group](#)
Next: 11 December

9.30-10.30 [Coffee and Mindfulness](#)

11-1 [Coffee & Social](#)

11.15-1.15 [Peer Support](#)

1-2 [Football](#)

10-11.30 [Golden Years Coffee & Social](#)

DAYTIME

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](#)

Booking information: Register with Mary Frances Trust at www.maryfrancestrust.org.uk. Please contact us at info@maryfrancestrust.org.uk or call 01372 375400.

Scroll down/turn over to see our evening groups on the next page.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-8.30 Autism Peer Support	7-8 <u>Sleep Course</u>	7-8 <u>Golf for All</u>	6-7 Zumba Next: 18 December		
	7.30-8.30 Unpaid Carers Support. Next: 6 January	7.15-8 Meditation	6.30-7.45 Hoarding Course (full)		
	8-9 <u>Martial Arts for Men</u>		6-9 Games and Hobby Group Next: 4 December		
	8-9.30 <u>Men's Peer Support</u> Next: 9 December		7-8.30 Bipolar Support Group Next: 4 December		
			7.30-8.30 <u>Men's Peer Support</u>		

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