

Our Groups & Activities: Week of 5 January 2026

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

Monday

10-12 [Autism Support Group](#)

10-11.30 [Peer Support](#)

10.30-12 [Coffee Morning](#)

Tuesday

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

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

11.30-12.30 Yoga Dorking

12-2 [Peer Support](#) FULL

1-2 [Football](#)

1-2 [Singing in Mind](#)

1.30-3 [Gardening](#)

1.30-3 [Art](#)

2-3.30 [Creative Writing](#)

4.30-5.30 Yoga Banstead

Wednesday

9.30-12 Neuroscience Course
FULL

10-12 [Coffee & Craft](#)

Next: 7 January

10-12 [Space to Grow](#)

10.30-11.30 [Circuit Training](#)

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

4-4.45 [Book Club](#)

Next: 14 January

Thursday

10-11 [Table Tennis](#)

11-12 [Walk](#)

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

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

1-2 [Yoga](#)

3-4 [Yoga](#)

4-5 [MFT Music Group](#)

Next: 8 January

Friday

9.30-10.30 [Coffee and Mindfulness](#)

11-1 [Coffee & Social](#)

11.15-1.15 [Peer Support](#)

1-2 [Football](#)

Saturday

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

7.30-8.30 Unpaid Carers
Support. Next: 6 January

8-9.30 Men's Peer Support
Next: 13 January

6-7 Football Hersham

7.15-8 Meditation

7.30-8.30 Men's Peer Support

EVENING

Page 2 of 2

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