

## Our Groups & Activities: 22 December 2025 to 3 January 2026

Monday 22 December	Tuesday 23 December	Wednesday 24 December	Thursday 25 December	Friday 26 December
10-12 <u>Autism Support Group</u>	10-10.45 Meditation	9.30-10.30 Winter Mindfulness & Coffee Morning	CHRISTMAS DAY	BOXING DAY
10-11.30 <u>Peer Support</u>	11-12.30 <u>Arts &amp; Crafts</u>		(no activities)	(no activities)
5-6 Online Festive Quiz	11.30-12.30 Singing in Mind Festive Choir	10.30-11.30 <u>Circuit Training</u>		
	12-2 <u>Peer Support</u>			
	1.30-3 <u>Art</u> Tadworth			

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

Monday 29 December	Tuesday 30 December	Wednesday 31 December	Thursday 1 January	Friday 2 January	Saturday 3 January
10-12 <u>Autism Support Group</u>	10-11.30 Women's Peer Support	9.30-10.30 Meditation	NEW YEARS DAY	1-2 <u>Football</u>	10-11.30 <u>Coffee &amp; Social</u>
5-6 Zumba	11-12.30 <u>Arts &amp; Crafts</u>	10-12 <u>Space to Grow</u>	(no activities)		
	12-2 <u>Peer Support</u>	10.30-11.30 <u>Circuit Training</u>			
	1.30-3 <u>Art</u> Tadworth				
	2-3.30 <u>Creative Writing</u>				
	4-5 Art with Taryn				

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