

# February 2026

For more information, click on the activity name to open the poster or [visit our activity page](#).

The location of each activity is colour-coded as follows:

Online (via Zoom) | In Mole Valley | In Epsom, Ewell & Banstead | In Elmbridge

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
10-12 <a href="#">Autism Support Group</a>	10-11.30 <a href="#">Women's Peer Support</a>	9.30-12 <a href="#">Neuroscience Course</a> FULL	10-11 <a href="#">Table Tennis</a> (6 weeks)	9.30-10.30 <a href="#">Coffee and Mindfulness</a>	9.30-10.30 <a href="#">Making a Step to a Happier You</a> (5 weeks)
10-11.30 <a href="#">Peer Support</a>	11-12.30 <a href="#">Arts &amp; Crafts</a> FULL	10-12 <a href="#">Coffee &amp; Craft</a> Next: 4 February	11-12 <a href="#">Walk</a>	11-1 <a href="#">Coffee &amp; Social</a>	10-11.30 <a href="#">Coffee &amp; Social</a> No group: 7 February
10-11 <a href="#">Cardio Tennis</a> (5 weeks)	11.30-12.30 <a href="#">Yoga</a>	12-2 <a href="#">Peer Support</a> FULL	10-12 <a href="#">Space to Grow</a>	11-1 <a href="#">Women's Peer Support</a>	11.15-1.15 <a href="#">Peer Support</a>
10.30-12 <a href="#">Coffee Morning</a> No group: 16 February	1.30-3 <a href="#">Gardening</a>	10.30-11.30 <a href="#">Circuit Training</a>	11-1 <a href="#">Arts &amp; Crafts</a> FULL	1-2 <a href="#">Football</a>	2-8 <a href="#">Games Group</a> Next: 7 February
12-1 <a href="#">Photography</a>	1.30-3 <a href="#">Art</a>	1-3 <a href="#">Art</a>	11.45-1.45 <a href="#">Bereavement Support Group</a> (8 weeks)	1-2 <a href="#">Yoga</a>	
4-5 <a href="#">Quiz</a> Next: 9 and 23 February	2-3.30 <a href="#">Creative Writing</a>	1-2 <a href="#">Winter Qigong</a> (5 weeks) No group: 18 February		1-2 <a href="#">Walk</a>	
	4.30-5.30 <a href="#">Yoga</a>	4-4.45 <a href="#">Book Club</a>	3-4 <a href="#">Yoga</a>		
			4-5 <a href="#">Music Group</a> Next: 12 & 26 February		

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
6-7 <a href="#">Art with Taryn (4 weeks)</a>	7-8 <a href="#">Healthy Boundaries for Emotional Resilience (5 weeks)</a>	6-7 <a href="#">Football</a>	6-6.40 <a href="#">Zumba</a> Next: 12 & 26 February		
7-8.30 <a href="#">Neurodiversity Social Group</a>	7.30-8.30 <a href="#">Unpaid Carers Support.</a> Next: 3 February	7.15-8 <a href="#">Meditation</a>	7-8.30 <a href="#">Bipolar Support Group</a> Next: 5 February		
	7-8.30 <a href="#">LGBTQ+ Peer Support</a> Next: 17 February		7.30-8.30 <a href="#">Men's Peer Support</a>		
	8-9.30 <a href="#">Men's Peer Support</a> Next: 10 & 24 February				

To Book: First register with Mary Frances Trust at [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk) ("Register with us" tab). Once a client, you can contact us at [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or call 01372 375400 or text 07929 024 722 to reserve your space on any activity.