

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 Autism Support Group	10-11.30 Women's Peer Support	9.30-12 Neuroscience Course FULL	10-11 Table Tennis (6 weeks)	9.30-10.30 Coffee and Mindfulness	9.30-10.30 Making a Step to a Happier You (5 weeks)
10-11.30 Peer Support	11-12.30 Arts & Crafts FULL		11-12 Walk	11-1 Coffee & Social	10-11.30 Coffee & Social <i>No group: 7 February</i>
10-11 Cardio Tennis (5 weeks)	11.30-12.30 Yoga	10-12 Coffee & Craft Next: 4 February	11-1 Women's Peer Support	11.15-1.15 Peer Support	
10.30-12 Coffee Morning <i>No group: 16 February</i>	12-2 Peer Support FULL	10-12 Space to Grow	11-1 Arts & Crafts FULL	1-2 Football	2-8 Games Group Next: 7 February
	1.30-3 Gardening	10.30-11.30 Circuit Training	11.45-1.45 Bereavement Support Group (8 weeks)		
12-1 Photography	1.30-3 Art	1-3 Art	1-2 Yoga		
4-5 Quiz Next: 9 and 23 February	2-3.30 Creative Writing	1-2 Winter Qigong (5 weeks) <i>No group: 18 February</i>	1-2 Walk		
	4.30-5.30 Yoga	4-4.45 Book Club	3-4 Yoga		
			4-5 Music Group 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 <u>Art with Taryn</u> (4 weeks)	7-8 <u>Healthy Boundaries for Emotional Resilience</u> (5 weeks)	6-7 <u>Football</u>	6-6.40 <u>Zumba</u> Next: 12 & 26 February		
7-8.30 <u>Neurodiversity Social Group</u>	7.30-8.30 <u>Unpaid Carers Support</u> . Next: 3 February	7.15-8 <u>Meditation</u>	7-8.30 <u>Bipolar Support Group</u> Next: 5 February		
	7-8.30 <u>LGBTQ+ Peer Support</u> Next: 17 February		7.30-8.30 <u>Men's Peer Support</u>		
	8-9.30 <u>Men's Peer Support</u> Next: 10 & 24 February				

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