

# April 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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-12 <a href="#">Autism Support Group</a>	10-11.30 <a href="#">Women's Peer Support</a>	10-12 <a href="#">Coffee &amp; Craft</a> Next: 15 & 29 April	9.30-10.30 <a href="#">A Journey through the seasons</a>	9.30-10.30 <a href="#">Coffee and Mindfulness</a>	10-11.30 <a href="#">Coffee &amp; Social</a>
10-11.30 <a href="#">Peer Support</a>	11-12.30 <a href="#">Arts &amp; Crafts FULL</a>	10-12 <a href="#">Space to Grow</a>	10.30-12 <a href="#">SEND Families Coffee &amp; Play</a> . Next: 16 April	11-1 <a href="#">Coffee &amp; Social</a>	2-8 <a href="#">Games Group</a> Next: 11 & 18 April
10-11 <a href="#">Cardio Tennis</a>	11.30-12.30 <a href="#">Yoga</a>	10.30-11.30 <a href="#">Circuit Training</a>	11-12 <a href="#">Walk</a>	11.15-1.15 <a href="#">Peer Support</a>	
10.30-12 <a href="#">Coffee Morning</a>	12-2 <a href="#">Peer Support FULL</a>	12.45-2.45 <a href="#">Art</a>	11-1 <a href="#">Women's Peer Support</a>	1-2 <a href="#">Football</a>	
12-1 <a href="#">Photography</a>	1-1.45 <a href="#">Singing in Mind</a>	4-4.45 <a href="#">Book Club</a>	11-1 <a href="#">Arts &amp; Crafts FULL</a>		
4-5 <a href="#">Quiz</a> Next: 6 April	1.30-3 <a href="#">Gardening</a>		11.45-1.45 <a href="#">Bereavement Support Group</a>		
	1.30-3 <a href="#">Art FULL</a>		1-2 <a href="#">Yoga</a>		
	2-3.30 <a href="#">Creative Writing</a>		1-2 <a href="#">Walk</a>		
	4.30-5.30 <a href="#">Yoga</a>		3-4 <a href="#">Yoga</a>		

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

## Mondays

7-8.30 Neurodivergence Social Group

## Tuesdays

7.30-8.30 Unpaid Carers Support, Next: 7 April

7-8.30 LGBTQ+ Peer Support  
Next: 21 April

7-8.30 Men's Social Group  
Next: 14 & 28 April

## Wednesdays

6-7 Football

7.15-8 Meditation

## Thursdays

4-5 Music Group  
Next: 2 & 16 April

6-7 Zumba  
Next: 2 & 16 April

7-8.30 Bipolar Support Group  
Next: 2 April

7.30-8.30 Men's Peer Support

## Fridays

## Saturdays

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.