

# June 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
10-11.30 <a href="#">Peer Support</a>	10-11.30 <a href="#">Women's Peer Support</a>	10-12 <a href="#">Coffee &amp; Craft</a> Next: 10 & 24 June	9.30-12.45 <a href="#">Neuroscience Course</a> FULL	9.30-10.30 <a href="#">Coffee and Mindfulness</a>	10-11.30 <a href="#">Coffee &amp; Social</a>
10-11 <a href="#">Cardio Tennis</a>	10.30-12.30 <a href="#">Autism Support Group</a>	10-12 <a href="#">Space to Grow</a>	9.30-10.30 <a href="#">A Journey through the Seasons</a> Next: 4 & 11 June	11-1 <a href="#">Coffee &amp; Social</a>	2-8 <a href="#">Games Group</a> Next: 13 & 20 June
10.30-12 <a href="#">Coffee Morning</a>	11-12.30 <a href="#">Arts &amp; Crafts</a> FULL	10.30-11.30 <a href="#">Circuit Training</a>	9.30-10.30 <a href="#">Qigong</a> From 25 June	11.15-1.15 <a href="#">Peer Support</a>	
12-1 <a href="#">Photography</a>	12-2 <a href="#">Peer Support</a> FULL	12.45-2.45 <a href="#">Art</a>	10.30-12 <a href="#">SEND Families Coffee &amp; Play</a> . Next: 11 & 25 June	1-2 <a href="#">Football</a>	
	1-1.45 <a href="#">Singing in Mind</a>	4-4.45 <a href="#">Book Club</a>	11-12 <a href="#">Walk</a>		
	1.30-3 <a href="#">Gardening</a>		11-1 <a href="#">Women's Peer Support</a>		
	1.30-3 <a href="#">Art</a> FULL		11-1 <a href="#">Arts &amp; Crafts</a> FULL		
	2-3.30 <a href="#">Creative Writing</a>		1-2 <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: 2 June

7-8.30 LGBTQ+ Peer Support  
Next: 16 June

7-8.30 Men's Social Group  
Next: 9 & 23 June

## Wednesdays

6-7 Football

7.15-8 Meditation

## Thursdays

1-2 Walk  
Next: 11 & 18 June

3-4 Yoga

4-5 Music Group  
Next: 11 & 25 June

6-7 Zumba  
Next: 4 & 18 June

7-8.30 Bipolar Support Group  
Next: 4 June

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.