

July 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 Peer Support	10-11.30 Women's Peer Support	10-12 Coffee & Craft FULL Next: 8 & 22 July	9.30-10.30 Qigong	9.30-10.30 Coffee and Mindfulness	10-11.30 Coffee & Social
10-11 Cardio Tennis	10.00-11.00 Yoga	10-12 Space to Grow	10.30-12 SEND Families Coffee & Play . Next: 9 & 23 July	11-1 Coffee & Social	2-8 Games Group Next: 4 & 18 July
10.30-12 Coffee Morning	11-12.30 Arts & Crafts FULL	10.30-11.30 Circuit Training	11-12 Walk	11.15-1.15 Peer Support	
12-1 Photography	12-2 Peer Support FULL	12.45-2.45 Art	11-1 Women's Peer Support	1-2 Football	
4-5 Yoga	1-1.45 Singing in Mind	12-2 Digital Skills drop-in	11-1 Arts & Crafts FULL		
	1.30-3 Gardening	2.30-4 Numeracy Skills drop-in	1-2 Yoga		
	1.30-3 Art FULL	4-4.45 Book Club	1-2 Walk		
	2-3.30 Creative Writing		3-4 Yoga		
			4-5.15 Music Group		

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

Mondays

7-8.30 Neurodivergence Social Group

Tuesdays

7-8.00 Anxious Head to Happy Head

7-8.30 Men's Social Group
Next: 7 July

7.30-8.30 Unpaid Carers Support. Next: 7 July

7-8.30 LGBTQ+ Peer Support
Next: 21 July

Wednesdays

6-7 Football

7.15-8 Meditation

Thursdays

6-7 Zumba
Next: 2 & 16 July

7-8.30 Bipolar Support Group
Next: 2 July

7.30-8.30 Men's Peer Support

Fridays

Saturdays

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.