

August 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
10-11.30 <u>Peer Support</u>	10-11.30 <u>Women's Peer Support</u>	10-12 <u>Coffee & Craft</u> FULL Next: 5 August	9.30-10.30 <u>Qigong</u> Next: 6 August	9.30-10.30 <u>Coffee and Mindfulness</u>	10-11.30 <u>Coffee & Social</u>
10-11 <u>Cardio Tennis</u>	11-12.30 <u>Arts & Crafts</u> FULL	10-12 <u>Space to Grow</u>	10.30-12 <u>SEND Families Coffee & Play</u>	11-1 <u>Coffee & Social</u>	2-8 <u>Games Group</u> Next: 8 & 22 August
10.30-12 <u>Coffee Morning</u>	12-2 <u>Peer Support</u> FULL	10.30-11.30 <u>Circuit Training</u>	11-12 <u>Walk</u>	11.15-1.15 <u>Peer Support</u>	
12-1 <u>Photography</u>	1-2 <u>Singing in Mind</u>	12-2 <u>Digital Skills drop-in</u>	11-1 <u>Women's Peer Support</u>	1-2 <u>Football</u>	
	1.30-3 <u>Gardening</u>	2.30-4 <u>Numeracy Skills drop-in</u>	11-1 <u>Arts & Crafts</u>		
	1.30-3 <u>Art</u> FULL No group: 11, 18 or 25 August	4-4.45 <u>Book Club</u>	1-2 <u>Yoga</u>		
	2-3.30 <u>Creative Writing</u>		1-2 <u>Walk</u> Next: 13 & 27 August		
			4-5.15 <u>Music Group</u> Next: 6 & 20 August		

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
7-8.30 <u>Neurodivergence Social Group</u>	7-8.00 <u>Anxious Head to Happy Head</u>	6-7 <u>Football</u>	6-7 <u>Zumba</u> Next: 13 and 27 August		
	7-8.30 <u>Men's Social Group</u> Next: 4 August	7.15-8 <u>Meditation</u>	7-8.30 <u>Bipolar Support Group</u> Next: 6 August		
	7.30-8.30 <u>Unpaid Carers Support</u> . Next: 4 August		7.30-8.30 <u>Men's Peer Support</u>		
	7-8.30 <u>LGBTQ+ Peer Support</u> Next: 18 August				

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.