

September 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 Peer Support	10-11.30 Women's Peer Support	10-12 Coffee & Craft FULL Next: 2 ,16 & 30 September	9.30-10.30 Qigong	9.30-10.30 Coffee and Mindfulness	9.30-10.30 Five Ways to Wellbeing Course
10-11 Cardio Tennis	11-12.30 Arts & Crafts	10-12 Space to Grow	10.30-12 SEND Families Coffee & Play.	11-1 Coffee & Social	10-11.30 Coffee & Social No session: 26 September
10.30-12 Coffee Morning	12-2 Peer Support FULL	10.30-11.30 Circuit Training	11-12 Walk	11.15-1.15 Peer Support	10.00-12.00 Eating Disorders Support Course
12-1 Photography	1-2 Singing in Mind	12-2 Digital Skills drop-in	11-1 Women's Peer Support	1-2 Football	
12.30-2.30 Art	1.30-3 Gardening	1.30-5 Neuroscience Course FULL	1-2 Yoga		
4-5 Yoga	1.30-3 Art FULL		1-2 Walk Next: 10 & 24 September		
	1.30-2.30 Yoga	2.30-4 Numeracy Skills drop-in			
	2-3.30 Creative Writing	4-4.45 Book Club			

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>	7-8.30 <u>Men's Social Group</u> 2 and 4 Tuesday of the month	6-7 <u>Football</u>	6-7 <u>Zumba</u> 1 and 3 Thursday of the month		
	7.30-8.30 <u>Unpaid Carers Support</u> . Next: 1 September	7.15-8 <u>Meditation</u>	7-8.30 <u>Bipolar Support Group</u> Next: 3 September		
	7-8.30 <u>LGBTQ+ Peer Support</u> Next: 15 September		7.30-8.30 <u>Men's Peer Support</u>		

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.