

October 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: 14 & 28 October	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	10-11 Table Tennis	11-1 Coffee & Social	10-11.30 Coffee & Social No session: 31 October
10.30-12 Coffee Morning	12-2 Peer Support FULL	10.30-11.30 Circuit Training	10.30-12 SEND Families Coffee & Play	11.15-1.15 Peer Support	
12-1 Photography	1-2 Singing in Mind	12-2 Digital Skills drop-in	11-12 Walk	1-2 Football	
12.30-2.30 Art	1.30-3 Gardening	2.30-4 Numeracy Skills drop-in	11-1 Art Epsom		
4-5 Yoga	1.30-3 Art Banstead	4-4.45 Book Club	11-1 Women's Peer Support		
	1.30-2.30 Yoga		1-2 Yoga		
	2-3.30 Creative Writing		1-2 Walk Next: 8 & 22 October		
			3-4 Yoga		

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

Mondays

7-8.30 Neurodivergence Social Group

Tuesdays

7-8 Holistic Health Course

7-8.30 Men's Social Group
1 Tuesday of the month

7.30-8.30 Unpaid Carers Support, Next: 6 October

7-8.30 LGBTQ+ Peer Support
Next: 13 October

Wednesdays

6-7 Football

7.15-8 Meditation

Thursdays

6-7 Zumba
1 and 3 Thursday of the month

7-8.30 Bipolar Support Group
Next: TBC

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.