

November 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: 11 & 25 November	10-11 Table Tennis	9.30-10.30 Coffee and Mindfulness	10-11.30 Coffee & Social
10-11 Cardio Tennis	10.30-12 NEW Autism Coffee Morning Next: 3 & 17 November	10-12 Space to Grow	10.30-12 SEND Families Coffee & Play	11-1 Coffee & Social	
10.30-12 Coffee Morning	11-12.30 Arts & Crafts	10.30-11.30 Circuit Training	11-12 Walk	11.15-1.15 Peer Support	
12-1 Photography	12-2 Peer Support FULL	12-2 Digital Skills drop-in	11-1 Art Epsom	1-2 Football	
12.30-2.30 Art	1-2 Singing in Mind	2.30-4 Numeracy Skills drop-in	11-1 Women's Peer Support		
	1.30-3 Gardening	4-4.45 Book Club	1-2 Yoga		
	1.30-3 Art Banstead		1-2 Walk Next: 5 & 19 November		
	2-3.30 Creative Writing		3-4 Yoga		

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 <u>Holistic Health Course</u>	6-7 <u>Football</u>	6-7 <u>Zumba</u> 1 and 3 Thursday of the month		
7-8 Qigong	7-8.30 <u>Men's Social Group</u> 1 Tuesday of the month	7.15-8 <u>Meditation</u>	7-8.30 <u>Bipolar Support Group</u> Next: TBC		
	7.30-8.30 <u>Unpaid Carers Support</u> . Next: 3 November		7.30-8.30 <u>Men's Peer Support</u>		

To Book: First register with Mary Frances Trust at www.maryfrancetrust.org.uk ("Register with us" tab). Once a client, you can contact us at info@maryfrancetrust.org.uk or call 01372 375400 or text 07929 024 722 to reserve your space on any activity.