

ONLINE GROUPS AND ACTIVITIES FOR ALL LOCATIONS – WEEK OF 1 June 2020



NOTE: You'll need to log in to Zoom to access the online groups marked with a *. Further details on how to take part on our website:
<https://www.maryfrancestrust.org.uk/how-we-help/activities-courses-and-groups/>

	Monday	Tuesday	Wednesday	Thursday	Friday
M O R N I N G	10.30-11.30 Coffee Morning* John & Jo	10.30-11.30 Coffee Morning* Parvin & Anna Beccy's Arts & Craft blog (available on our website homepage (scroll down to Top News section), as well as Facebook, Twitter and Instagram.	10.30-11.30 Coffee Morning* John & Lenny	10.30-11.30 Coffee Morning* Anna & John	10.30-11.30 Coffee Morning* Anna & Louise 11.30-12.30 Peer Support Group* John & Allen (5 June)
A F T E R N O O N	13.00-13.45 Quiz group* John & Allen (1 June) 14.00-15.00 Crafts at Home* Taryn & Parvin (1 June) 15.15-16.00 Resilience Building* On 1 June Tamsyn & Parvin	14.00-15.00 New Mums' Support Group* Jo 14.00-15.00 Creative Writing* (Follow on) Michele & Chris	13.00-14.00 Women's Group* Anna & Lenny 14.15-15.15 Mindful Meditation* Anna & Lenny 15.00-15.40 Yoga* Anna R	13.30-14.00 Fitness session* Tamsyn 14.00-15.00 Creative Writing* (Introductory) Michele & Chris	14.15 - 15.15 Mindful Meditation* Anna & Lenny 15.15-16.00 COVID-19 Stress Management* On 5 June Tamsyn 15.15-16.00 Supporting Others' Wellbeing* On 12 June Tamsyn

	<div>15.15-16.00</div> <div>Supporting Your Own Wellbeing*</div> <div>On 8 June</div> <div>Tamsyn</div> <div>15.15-16.00</div> <div>Confidence Building*</div> <div>On 15 June</div> <div>Tamsyn</div>				
EVENING		<div>18.30-19.00</div> <div>Zumba*</div> <div>Jayne Nicola</div>		<div>18.00-18.40</div> <div>Zumba*</div> <div>Jayne Nicola</div> <div>19.00-19.30</div> <div>Young People’s Peer Support Group*</div> <div>Sarah & Justin</div> <div>19.30-20.30</div> <div>LGBTQ Support Group*</div> <div>Patrick, Vix & Emily</div> <div>On 18 June</div> <div>19.00-20.00</div> <div>Bipolar Support Group*</div> <div>Helen</div> <div>On 4 June</div>	

This is our current calendar of activities. Please book your place on any course by emailing info@maryfrancetrust.org.uk. If you do not already use our service, you will be asked to complete a short online registration form that can be found at: <https://mft.support-me.org.uk>

Log in details may be changed for security reasons. Please ensure you re-book your place to get the right details. The activity facilitator can also re-book your place and can forward any new log in details to you.