

ONLINE GROUPS AND ACTIVITIES FOR ALL LOCATIONS – WEEK OF 10 AUGUST 2020

NOTE: You'll need to log in to Zoom to access all our online groups and activities. 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 & Michael	10.30-11.30 Coffee Morning John	10.30-11.30 Coffee Morning John & Lenny	10.30-11.30 Coffee Morning Anna & MFT external provider	10.30-11.30 Coffee Morning Michael & Louise
		11.00-11.45 Women's Group Parvin & Caroline (please note the Women's Group is now a part of the coffee morning, you will be taken into separate room)	11.30-13.00 Developing and Maintaining Resilience 12 August Catherine Clark & Parvin		10.45-11.45 Intro to Drawing Group Starts 14 August for 4 weeks (you can only attend either the Wednesday one or Friday. Not both) Taryn (please note it will be part of the coffee morning, you will be taken into a separate room by Taryn)
		Crafts Vlog We'll publish a video blog on Tuesday mornings with a craft project you can do from home. Available from blog section of our website: www.maryfrancestrust.org.uk/category/blogs/ as well as on our Facebook, Twitter and Instagram page. Taryn (28 July, 4 Aug, 25 Aug, 1 Sept)	11.30-13.00 Keeping Calm and Focused 19 August Catherine Clark & Parvin		
			11.30-13.00 Visualising the Life You Want and How You Want to Feel 26 August Catherine Clark & Parvin		11.30-12.30 Peer Support Group Parvin & Allen

			10.30-11.45 Qigong 6-week course Starting 16 September Kate		
A F T E R N O O N	12.00-12.40 Meditation with Litsa Litsa & Parvin	12.30-13.15 Book Club Starts 11 August Michael and Parvin	13.00 - 13.45 Talking Football Starts 12 August John	13.30-14.00 Fitness session Michael	14.15 - 15.00 Mindful Meditation Amanda & Parvin
	13.00-13.45 Quiz group Michael & John	(you can only attend either the Tuesday or Wednesday one. Not both)	14.15 - 15.00 Mindful Meditation Anna & Amanda	14.00-15.00 Creative Writing (Introductory) Michele & Chris	15.15- 16.00 Tools for Anxiety 14 August John & Parvin
	14.00-15.00 Crafts at Home Taryn	14.00-15.00 Creative Writing (Follow on) Michele & Chris	16.00 - 16.45 Book Club Starts 5 August John & Anna	13.00-15.00 Regaining Confidence and Self Esteem 4-week course starting 6 August MFT External provider	15.15- 16.00 Supporting Your Own Wellbeing 21 August John & Parvin
	14.00-15.25 Managing Your Emotional Health Post-Covid On 10 August MFT external provider	14.00-15.00 Action for Happiness 9-week course starting 4 August (no sessions on 29 September and 8 October) MFT external provider	(you can only attend either the Tuesday or Wednesday one. Not both)	14.30-16.30 Improving Sleep Difficulties Starting 27 August (register by 14 August. Your details will then be passed to Centre for Psychology (CFP) for them to conduct their telephone assessment) Parvin & CFP	15.15- 16.00 Supporting Others' Wellbeing 28 August John & Parvin
	14.00-15.25 Creating A Wellbeing Plan On 17 August MFT external provider				

	<p>14.00-15.25</p> <p>Emotion Gym</p> <p>On 24 August</p> <p>MFT external provider</p>			<p>13.00-15.00</p> <p>Introduction to Decluttering and Goal Setting</p> <p>3-week course starting 10 September</p> <p>MFT external provider</p>	
	<p>14.00-15.00</p> <p>Managing your Emotional Health in a Language Familiar to you (Bengali, Urdu and Hindi)</p> <p>31 August</p> <p>Parvin and outside providers</p>			<p>13.00-15.00</p> <p>Practical Mindfulness</p> <p>15 and 22 October</p> <p>MFT external provider</p>	
				<p>13.00-15.00</p> <p>Address your Stress and Anxiety</p> <p>4-week course starting 5 November</p> <p>MFT external provider</p>	
E V E N I N G		<p>18.30-19.00</p> <p>Zumba</p> <p>Jayne Nicola</p>	<p>18.00-19.00</p> <p>Intro to Drawing Group</p> <p>Taryn</p> <p>Starts 12 August for 4 weeks (you can only attend either the Wednesday one or Friday. Not both)</p>	<p>18.00-18.40</p> <p>Zumba</p> <p>Jayne Nicola</p>	
		<p>17.00-18.00</p> <p>Managing Your Emotional Health and Diabetes</p> <p>8, 15, 22, 29 Sept (deadline for booking is 21 August)</p> <p>Parvin & Lieneke</p>		<p>19.00-20.00</p> <p>Bipolar Support Group</p> <p>On 3 September</p> <p>Helen</p>	
				<p>19.30-20.30</p>	

				LGBTQ Support Group On 20 August Patrick, Vix & Emily	
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This is our current calendar of activities. Please book your place on any course by emailing info@maryfrancestrust.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>

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.