

ONLINE GROUPS AND ACTIVITIES FOR ALL LOCATIONS – WEEK OF 21 September 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 Parvin & Michael	10.30-11.30 Coffee Morning Anna & Parvin	10.30-11.30 Coffee Morning Michael & Louise	10.30-11.30 Coffee Morning Anna & MFT external provider	10.30-11.30 Coffee Morning Lenny & Michael
		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)	10.30-11.45 Qigong 6-week course Starting 16 September. Kate & Parvin	The Craft Project by Diana We'll publish a craft project you can do from home every week. Check our website: www.maryfrancestrust.org.uk/category/blogs/ or our social media pages.	11.30-12.30 Peer Support Group Parvin & Allen
		11.00-12.00 Rock Pilates Starting 15 September (a medical form will need to be completed by anyone new joining the group). No session on 6 October Arlette Rowe		10.00-12.00 Pain management 6-week course starting 8 October (this course will be run by Centre for Psychology who will conduct their own assessment after you have registered with us. You will	10.30-12.30 Introduction to Goal Setting and Decluttering. 3-week course starting 9 October (limited places) MFT external Provider
		10.00-12.00 Coping with IBS 6-week course starting 10 November (this course will be run			

		<p>by Centre for Psychology who will conduct their own assessment after you have registered with us. You will not be able to attend the course if you are already undertaking any psychological therapies. You will need to register by 30 October).</p> <p>Kiran B & Parvin</p>		<p>not be able to attend the course if you are already undertaking any psychological therapies. You will need to register by 25 September).</p> <p>Kiran B and Parvin</p> <p>11.00-12.00</p> <p>Walk for Health, Epsom Downs. Meet outside Beefeater, Tattenham Corner. Only 8 spaces, all need to be pre-booked (check poster for booking link).</p> <p>Weekly from 1 October</p> <p>Anna + external walk leader</p>	
A F T E R N O O	<p>12.00-12.40</p> <p>Meditation with Litsa</p> <p>Litsa & Parvin</p> <p>13.00-13.45</p> <p>Quiz group</p> <p>Michael & Parvin</p> <p>14.00-15.00</p>	<p>14.00-15.00</p> <p>Creative Writing (Follow on)</p> <p>Michele & Chris</p>	<p>13.00 - 13.45</p> <p>Talking Football</p> <p>Michael</p> <p>14.15 - 15.00</p> <p>Mindful Meditation</p> <p>Anna & Amanda</p> <p>15.00-15.30</p> <p>Salsacise, dancing for heath</p>	<p>13.30-14.00</p> <p>Fitness session</p> <p>Michael</p> <p>13.00-14.00</p> <p>Yoga for all abilities</p> <p>6-week course starting 27 August (a medical form will need to be completed by</p>	<p>14.15 - 15.00</p> <p>Mindful Meditation</p> <p>Amanda & Parvin</p>

N	Crafts at Home Taryn		Starting 16 September Jayne	anyone new joining the group) Saara V	
			16.00 - 16.45 Book Club Anna	14.00-15.00 Creative Writing (Introductory) Michele & Chris	
			15.00 - 16:30 Yoga (S.E.E. course) 3-week course starting 4 November Anna Rowe Thomas	13.00-15.00 Introduction to Creative Therapies On 24 September MFT external providers	
				13.00-15.00 Practical Mindfulness On 15 & 22 October MFT external provider	
				13.00-15.00 Address your Stress and Anxiety 4-week course starting 5 November MFT external provider	

E V E N I N G		18.30-19.00 Zumba Jayne Nicola		18.00-18.40 Zumba Jayne Nicola	
				17.30-18.30 Connect, a support group for young people ages 16- 25 Starting 17 September Every two weeks Sarah & Justin 19.00-20.00 Bipolar Support Group On 1 October Helen 19.30-20.30 LGBTQ Support Group On 17 September Patrick, Vix & Emily	

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>