

## ACTIVITIES in April 2019 in Epsom, Ewell and Banstead

Most activities are weekly. If there are dates in brackets next to the activity, it will only run on these dates.

Activities in green boxes are in the Banstead area.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning</b>	10:30-13:00 <b>Wellbeing Workshops</b> Job Centre Plus, Epsom* Starts 08/04/19	10:00-11:00 <b>Yoga for Beginners</b> The Phoenix Youth Centre Tadworth*^ Starts 30/04/19 11:00-12:00 <b>Pop up Café</b> , Esquires Café, outside of Epsom Library (only on 16, 23, 30 April)	10:00-12:30 <b>Women's Arts &amp; Crafts</b> , King's Church  11:30-12:30 <b>Play Reading Group</b> , Brickfield Centre	11:00-12:00 <b>Weekly Walk</b> , Outside Beefeater, Tattenham Corner	10:30-12:30 <b>Art &amp; Craft Group</b> , Brickfield Centre  11:00-14:00 <b>Peer Support Group</b> , Brickfield Centre
<b>Afternoon</b>	14:00-16:00 <b>Confidence Building</b> The Brickfield Centre * Starts 01/04/19	13:30-14:30 <b>Introduction to Pilates</b> , King's Church*^  19:30-21:00 <b>Art in the Evening (Silk Painting)</b> The Brickfield Centre* Starts 09/04/19			13:00-14:00 <b>Creative Writing Group</b> , Brickfield Centre

\*Please book for these activities: Email: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) Call: 01372 375400 Text: 07929 024722

^This course requires a small cost, please enquire when booking.

Please note that due to staffing issues, we've had to cancel the Mindfulness practice, Wellbeing Hour, Sustainability Group, Banstead Pop Up Café as well as Personality Disorder support group this month. We hope to resume those activities soon.

**No courses or activities will be running on Bank Holidays.**

**Useful addresses:**

Brickfield Centre, Portland Place, Epsom, KT17 1DL

The Phoenix Youth Centre Preston Manor Road, Tadworth KT20 5

Banstead Civic Centre, The Horseshoe, Bolters Lane, Banstead, SM7 2BQ

King's Church, Longmead Road, Epsom, KT19 9BU

Job Centre Plus, 50 East Street, Epsom, KT17 1HQ