

## ACTIVITIES in Dec 2018 until 18 Jan 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
Morning		11:00-12:00 <b>Pop up Café</b> , Café Nero, Epsom (ends 18 Dec, restarts 8 Jan)	10:00-12:30 <b>Women's Group</b> , King's Church, Epsom (ends 19 Dec, restarts 2 Jan) 11:00-12:00 <b>Pop-up café</b> , Costa Coffee, Banstead (12 Dec) 11:30-12:30 <b>Play Reading Group</b> , Brickfield Centre (ends 19 Dec, restarts 2 Jan)	11:00-12:00 <b>Weekly Walk</b> , Beefeater, Tattenham Corner (ends 20 Dec, restarts 3 Jan)	10:30-12:30 <b>Art Group</b> , Brickfield Centre (ends 14 Dec, restarts 4 Jan)  11:00-14:00 <b>Christmas Party</b> , Brickfield Centre (14 Dec)  11:00-14:00 <b>Peer Support Group</b> , Brickfield Centre (begins 4 Jan)
Afternoon	13:00-14:15 <b>Yoga for Emotional Wellbeing</b> , Brickfield Centre (3, 10, 17 Dec) 12:00-14:00 <b>Time For Me project</b> , King's Church (ends 17 Dec, restarts 7 Jan)	13:00-15:00 <b>Winter Wellness Event</b> , Rainbow Centre, Epsom (11 Dec) 14:00-15:00 <b>Sustainability</b> , Brickfield Centre (18 Dec) (next session 15 Jan)	14:00-15:00 <b>Wellbeing Hour</b> , Banstead Civic Centre (ends 19 Dec, restarts 9 Jan) 10:00-16:00 <b>Sewing group fundraising event</b> , Longmead Community & Wellbeing centre (12 Dec)		13:30-14:30 <b>Creative Writing Group</b> , Brickfield Centre (ends 14 Dec, restarts 4 Jan)
Evening		19:30-21:00 <b>Winter Art</b> , Brickfield Centre (11 Dec, 18 Dec)		20:00-21:30 <b>Sowdon Singers Winter Concert</b> , St John the Baptist's, Purley, CR8 2EF (20 Dec) <i>all funds raised will be donated to MFT</i>	

### Useful addresses:

Brickfield Centre, Portland Place, Epsom, KT17 1DL

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

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

St Barnabas Church, Temple Road, Epsom, KT19 8HA