

ACTIVITIES in June 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		10.00-11.00 Yoga for Beginners , The Phoenix Youth Centre, Tadworth*^ 10.00-11.00 Take Your Mind to the Gym (Mindfulness) The Banstead Centre Banstead (Starts 18 June)	10.00-12.30 Women's Arts & Crafts , King's Church 11.30-12.30 Play Reading Group , Brickfield Centre	11.00-12.00 Weekly Walk , Outside Beefeater, Tattenham Corner	10.30-12.30 Art & Craft Group , Brickfield Centre 11.00-14.00 Peer Support Group , Brickfield Centre 11.00-13.00 Anxiety Management Brickfield Centre (Starts 21 June) 10.00 - 12.00 The Big Mosaic Project Phoenix Youth Centre Tadworth (7 June – 19 July)
Afternoon	12.30-14.00 Dancing for Health King's Church (3 June until 1 July)	13.30-14.30 Introduction to Pilates , King's Church*^		13.30-14.30 Badminton The Rainbow Leisure Centre, Epsom (Starts 6 June) 13.15-14.15 Yoga @The Edge Youth Centre, Ewell	13.00-14.00 Creative Writing Group , Brickfield Centre

*Please book for these activities: Email: 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, Pop Up Cafés and Personality Disorder Support Group until further notice.

Useful addresses:

Brickfield Centre, Portland Place, Epsom, KT17 1DL

The Phoenix Youth Centre Preston Manor Road, Tadworth KT20 5LG

The Edge Youth Centre, Rowden Rd Watersedge Estate, West Ewell, Epsom, KT19 9QA

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

The Banstead Centre, The Horseshoe, Banstead SM7 2BQ

Raindow Leisure Centre, East Street, Epsom, KT17 1BN