

ACTIVITIES in August 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 Mindfulness with Meditation (Starts 20 August) Health Education Room Banstead Clinic	10.00-12.30 Women's Arts & Crafts (from 31 July the group will be held at Brickfield) 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*
Afternoon		13.30-14.30 Introduction to Pilates, King's Church*^			13.00-14.00 Creative Writing Group, Brickfield Centre

*This is not a drop in session – please ask for details

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

Useful addresses:

Brickfield Centre, Portland Place, Epsom, KT17 1DL

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

The Banstead Clinic, Bolters Lane, Banstead SM7 2BQ

Surrey Choices, The Larches, 44 Waterloo Road, Epsom KT19 8EX