

# ACTIVITIES from mid Jan until end Feb 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	09:30-10:30 <b>Yoga</b> , Edge Youth Centre, Epsom*^ (Riverview only)  10:30-11:00 <b>Mindfulness practice</b> , Brickfield Centre (begins 28 Jan)*	10:00-12:00 <b>Big Mosaic Project</b> , Brickfield Centre (begins 15 Jan)*  11:00-12:00 <b>Pop up Café</b> , Esquires Café, outside of Epsom Library	10:00-12:30 <b>Epsom Women's Crafts Group</b> , King's Church, Epsom* (ends 20 Feb)  11:00-12:00 <b>Pop-up café</b> , The Open Door Cafe, Banstead High Street (23 Jan, 13 Feb, 27 Feb)  11:30-12:30 <b>Play Reading Group</b> , Brickfield Centre	10:30-13:00 <b>Decluttering and Goal Setting</b> , Brickfield Centre, (31 Jan – 14 Feb)  11:00-12:00 <b>Weekly Walk</b> , Outside Beefeater, Tattenham Corner	10:30-12:30 <b>Art &amp; Craft Group</b> , Brickfield Centre (Weekly but from 1 Feb – 1 Mar, Spring Themed course with professional tutor)  11:00-14:00 <b>Peer Support Group</b> , Brickfield Centre
Afternoon	14:00-15:30 <b>PD support group</b> , Brickfield Centre (fortnightly, 4 Feb, 18 Feb)*	13:30-14:30 <b>Introduction to Pilates</b> , King's Church (begins 15 Jan)*^  14:00-15:00 <b>Sustainability</b> , Brickfield Centre (15 Jan, 19 Feb)*	12:30-13:00 <b>Mindfulness practice</b> , MFT office, Banstead Civic Centre (begins 16 Jan)*	14:00-15:00 <b>Wellbeing Hour</b> , MFT office, Banstead Civic Centre (begins 17 Jan)*	13:00-14:00 <b>Creative Writing Group</b> , Brickfield Centre
Evening	18:30-21:30 <b>I ♥ Consent</b> , Brickfield Centre (11 Feb)*		18:30-21:30 <b>Introduction to Mindfulness</b> , Brickfield Centre (6 Feb)*		

\*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.

### 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

Edge Youth Centre, 34 Rowden Rd, Epsom KT19 9PW