

ACTIVITIES in March 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 Yoga , Edge Youth Centre, Epsom*^	11:00-12:00 Pop up Café , Esquires Café, outside of Epsom Library	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
Afternoon		12:00-14:00 Confidence Building and Conflict Management , Tadworth Leisure and Community Centre* 13:30-14:30 Introduction to Pilates , King's Church*^			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 Monday Mindfulness practice, the Wellbeing Hour, Sustainability Group, Banstead Pop Up Café as well as Personality Disorder support group this month. We hope to resume those activities soon.

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