

ACTIVITIES for May 2019 in Mole Valley

NOTE: All groups take place at 23 The Crescent in Leatherhead, unless stated otherwise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		09.00-12.00 Advice & Info Appts 10.00-11.00 Walking Football Meadowbank, Dorking 10.00-12.00 Art with Beccy	11.00-14.00 Butterfly Café MFT 25th anniversary Bake Sale , from 11am 15 May	10.00-12.00 Food Hygiene & Healthy Eating (5 weeks from 18 April)	10.00-15.00 Advice & Info Appts 10.00-11.00 – Walking Photography – 10 and 24 May 11.00-14.00 Butterfly Café	11.00-13.00 Extended Walk for Health , Leatherhead Theatre 11 May
Afternoon	15:30 – 16:30 Football Training , Leatherhead Leisure Centre	12.30-15.00 Emotional Health & Wellbeing (4 weeks from 30 April)	13.30-15.30 Women’s Group Sewing Project Patchwork Picture (8 weeks, 17 April –5 June)	14.00-16.00 Dorking Foodbank – Christian Centre, Dorking – 16 May	13.15-14.15 Yoga for Beginners - St. Peter and St. Paul’s Church, Leatherhead (12 weeks from 26 April)	
Evening	18:30-20:00 - Book Club - ‘The Stranger in the Woods’ by Michael Finkel 20 May		17.30-18.30 Back to Netball - Dorking Starts 22 May 18.30-20.30 Mosaics for Beginners 1, 8, 15 and 22 May	19.00-21.00 Bipolar Self Help Group 2 May 19.00-21.00 Hoarders Self Help Group 9 May 18.00-20.00 Personality Disorder Consultation (Fully booked) 16 May 19.00-21.00 Men’s Group 30 May		

All activities are weekly unless dates are otherwise stated. **Please note that there won’t be any activities or courses on the May bank holidays (6 and 27 May 2019). Courses due to run on those dates will skip a week and return the following week.**