

ACTIVITIES September 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	10.30-12.00 Belly Dancing for Wellbeing , King's Church <i>Starts 23 Sept (5 weeks)</i>	10.00-11.00 Mindfulness and Meditation with Amanda Health Education Room, Banstead Clinic <i>(3, 10 Sept)</i> 10.00-11.00, Yoga for Beginners , The Gable Room, All Saints Church Hall. <i>Starts 24 Sept (10 weeks)</i>	10.00-12.30 Women's Arts & Crafts , King's Church. <i>Starts 4 Sept</i> 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 Music and Mood , Brickfield Centre <i>Starts 27 Sept (4 weeks)</i> 10.30-12.30, Drawing and Mixed Media , Brickfield Centre. <i>Starts 6 Sept (4 weeks)</i> 10.00-12.30, Introduction to Mindfulness , The Horseshoe, Banstead. <i>20 Sept</i>
Afternoon / Evening			18.00-20.00, Coping with Worry and Low Mood , Brickfield Centre. <i>Starts 18 Sept (6 weeks)</i>	12.30- 14.00 ESOL Support (for Job Centre Plus clients in Epsom) Job Centre Plus Epsom. <i>Starts 5 Sept</i>	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

Job Centre Plus, 50 East Street, Epsom, KT17 1HQ

All Saints Church, 84 High Street, Banstead, SM7 2NG