

ACTIVITIES in May 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	Saturday
Morning	10.30-1.00 Wellbeing Talk and Workshop Group, Job Centre Plus 13 and 20 May	10.00-11.00 Yoga for Beginners, The Phoenix Youth Centre, Tadworth*^	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 11.00-13.30 Extended Health Walk, Outside Beefeater, Tattenham Corner to Walton-on-the-Hill 16 May	10.30-12.30 Art & Craft Group, Brickfield Centre 11.00-14.00 Peer Support Group, Brickfield Centre 11.00-14.00 Body Image Workshop followed by Pampering Session, Brickfield Centre, 17 May	10.00-11.00 Bike Ride for Men, Brickfield Centre 18 May
Afternoon		13.30-14.30 Introduction to Pilates, King's Church*^	10.30-12.30 My Next Steps The Brickfield Centre (5 weeks from 15 May)		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 Mindfulness practice, Wellbeing Hour, Sustainability Group, Pop Up Cafés and Personality Disorder Support Group until further notice.

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.

Useful addresses:

Brickfield Centre, Portland Place, Epsom, KT17 1DL

The Phoenix Youth Centre Preston Manor Road, Tadworth KT20 5LG

Banstead Civic Centre, The Horseshoe, Bolters Lane, Banstead, SM7 2BQ

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

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