

WOMEN'S CRAFT & SEWING GROUP

This term-time group will help you to discover how to achieve greater confidence, a more balanced life and improved emotional health, wellbeing and resilience.

There will be guidelines in place to keep people as safe as possible. Sessions will be a small group of 8 people until December 2021. To attend you will need to book a place Mondays each week by texting Parvin on 07380857701. To allow the maximum numbers of attendees, places will be given on a rotation basis to allow everyone the opportunity to benefit from this group.

Start Date: Wednesday 20 October 2021

Duration: Term-time

Times: 10.30am-12pm

Venue: Creche Room, King's Church,
Longmead Road, Epsom, KT19 9BU



MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT first and then contact:
01372 375400, text 07929 024722,
email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk



Inspiring Mental Wellbeing