

# SEASONAL ARTS & CRAFTS

**This 4 week course will help you relieve stress, meet new people and boost your confidence and self esteem.**

Please note, as this course is being run by WEA, you will also need to enrol with them to attend. We will talk to you about how to do this when you contact us to reserve your space, and if you have any issues with the enrolment, we will be holding a session on 11 November from 12pm to 1pm to help people complete the registration.

**Start Date: Thursday 18 November 2021**

**Duration: 4 weeks**

**Times: 11.30am -1.30pm**

**Venue: Brickfield Centre,  
Portland Place, Epsom, KT17 1DL**



**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 please contact:  
01372 375400, text 07929 024722,  
email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
To attend this course, you will also  
need to register with WEA.**

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