

# Support Us

There are many ways to support us. You can donate directly, fundraise for us or hire us to deliver wellbeing workshops. To find out how you can help, visit our website or contact our Fundraising Officer.

[maryfrancestrust.org.uk/support-us](http://maryfrancestrust.org.uk/support-us)

E: [biba@maryfrancestrust.org.uk](mailto:biba@maryfrancestrust.org.uk)



# Volunteering

Volunteers are vital for us as they help us deliver our services and contribute to running the organisation.

To get involved, check our website or contact us.

[maryfrancestrust.org.uk/support-us/volunteer](http://maryfrancestrust.org.uk/support-us/volunteer)

E: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

# Contact Us

Tel: 01372 375 400

SMS: 07929 024 722

E: [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)

[www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)

23 The Crescent,  
Leatherhead, KT22 8DY



@MaryFrancesTrst



Mary Frances Trust



MaryFrancesTrust

Community Connections Surrey



MFT is the lead for Community  
Connections Mental Health Service for  
Surrey Downs Integrated Care Partnership.  
[www.communityconnectionssurrey.com](http://www.communityconnectionssurrey.com)



@cc\_surrey

Funded by:



Surrey Heartlands  
HEALTH AND CARE PARTNERSHIP



Surrey Downs  
Clinical Commissioning Group



SURREY  
COUNTY COUNCIL



Inspiring Mental Wellbeing

Looking for  
support?

We're here  
for you!



Registered Charity: 1055113  
Company Limited by Guarantee: 3189443

# About Us

We're Mary Frances Trust (MFT), a mental health and emotional wellbeing charity, supporting people in Surrey since 1994.

We offer a variety of face-to-face and online services, available to adults (16+) living in Surrey who would like to restore and/or maintain their mental and emotional wellbeing (no diagnosis needed).

We run services in Banstead, Elmbridge, Epsom & Ewell and Mole Valley.

Our services are free of charge.

"MFT has enabled me to gain strength from others coping with similar difficulties in life. It is a real blessing to me to have found out about it."



# Our Services

Include:

- Individual support and goal setting
- Wellbeing Advice and Information
- Wellbeing courses, activities and interest groups (face-to-face and online)
- Peer Support and Self-Help groups
- Crisis Support (Safe Haven)
- Co-production
- Volunteering

## Safe Haven

A supportive environment for people in mental health crisis.

Our Safe Haven is open 6pm-11pm every evening of the year at:

Brickfield Centre  
Portland Place  
Epsom, Surrey  
KT17 1DL



We also operate the service virtually. To find out more, visit:  
[maryfrancestrust.org.uk/how-we-help/safe-haven/](https://maryfrancestrust.org.uk/how-we-help/safe-haven/)

"I've been attending the Art Group and am beginning to re-gain some lost confidence and courage. The staff and volunteers have been very helpful and encouraging."



## Accessing our Services

- You can register with us directly on our website: [maryfrancestrust.org.uk](https://maryfrancestrust.org.uk) (click on "Register with Us")
- Or you can be referred by your GP, mental health team or any another organisation.
- Once we receive your registration form, we'll contact you within two working days to arrange an informal meeting. Face-to-face, telephone or video appointments are available.
- During our initial meeting, we will discuss your individual needs and how we can support you.
- You can use our services for as long as you need and register again at any point.