

SINGING IN MIND

It is proven that singing makes you feel great.

We're bringing the choir experience to anyone who wants to sing, laugh and meet new people!

The choir session lasts 45 minutes and requires no experience.

And don't worry, your voice won't be heard on its own!

But you will be able to hear your Choir Leader.



A 10-week programme
From Tuesday 30 April to 10 July 2024
1pm-1.45pm
on Zoom

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 first register with MFT (if you haven't already) at www.maryfrancestrust.org.uk and then contact us. Email info@maryfrancestrust.org.uk
Call/text 01372 375400 / 07929 024722



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Inspiring Mental Wellbeing