

# GARDENING GROUP

## EPSOM

Join our weekly gardening group where we will create and maintain the wonderful space at our office in Epsom!

No experience necessary!



**Weekly on Tuesdays**  
**1.30pm-3pm**  
**Epsom**

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](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)  
or scan our QR code →



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Inspiring Mental Wellbeing