

# NATURE NURTURE SPACE TO GROW

A safe, friendly and social space for adults and young people to feel the benefits of our green spaces.

Our aim is to get more people gardening, helping to grow resilience whilst developing the space into a biodiverse, abundant ecosystem.



**Weekly on Wednesdays  
10am-12pm  
Walton-on-Thames**

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