

# SATURDAY COFFEE AND SOCIAL

Looking for friendship,  
fun and new activities?

Our Saturday coffee  
morning is a great place  
to meet new people, share  
experiences, and enjoy  
engaging in activities in a  
welcoming environment.

No need to book just come  
along!



**Weekly on Saturdays at 10am-11.30am  
Ashted**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

For more information 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



**MFT** MARY  
FRANCES  
TRUST

Inspiring Mental Wellbeing

Registered Charity 1055113