

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.

Free to attend. 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
or visit www.maryfrancestrust.org.uk
or scan our QR code



MFT MARY
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TRUST

Inspiring Mental Wellbeing