

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
Ashtead**

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:
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email info@maryfrancestrust.org.uk
or visit www.maryfrancestrust.org.uk
or scan our QR code



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FRANCES
TRUST
Inspiring Mental Wellbeing