

MAKE TECHNOLOGY WORK FOR YOU

Want to feel more confident using technology at home, work, or in everyday life?

Join our friendly drop-in sessions to build digital skills and confidence online.

Talk to our volunteers about any problems you're having with websites, apps, or devices, and work together to find solutions and practice using new websites and apps to develop and maintain useful digital skills.



Weekly on Wednesdays starting 1 July
at 12.00pm-2pm
at the Brickfield Centre, Portland Place,
Epsom KT17 1DL

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 or visit www.maryfrancestrust.org.uk or scan our QR code 



MFT MARY
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TRUST

Inspiring Mental Wellbeing

IN ASSOCIATION
WITH:



Registered Charity 1055113