

# MaryFrancesTrust



## Badminton



**Did you know that participating in sport has a positive effect on your emotional well-being?  
Have you played before but need to re-gain your confidence to play again or want to start exercising?**

Come and join our friendly Badminton group  
at  
Spelthorne Leisure Centre  
Knowle Green,  
Staines,  
TW18 1AJ.

**Every Friday  
Time: 5pm—6pm**

**Cost £2.00 per session, payable on the day.**

To book your place please contact:  
**Mary Frances Trust on  
01372 375400, text 07929 024722,  
Or email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)**

*Mary Frances Trust supports people to improve their emotional wellbeing through one to one support, courses, groups and activities designed to aid recovery.*