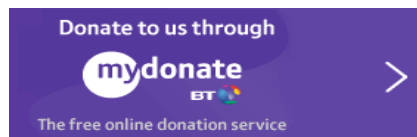


Support us

We are always grateful for donations that help us expand our services for people living in Surrey.

To make a donation, please visit:



mydonate.bt.com/charities/maryfrancestrust



Volunteering

Volunteers are vital for us as they help us deliver our services.

If you would like to know how you can get involved, do contact our Volunteers Co-Ordinator, Anna Silver on:

Tel: 01372 375400 ext 105

Email: anna@maryfrancestrust.org.uk

Contact us

Tel: 01372 375 400

Text: 07929 024 722

Email: info@maryfrancestrust.org.uk

www.maryfrancestrust.org.uk

www.communityconnectionssurrey.com

23 The Crescent

Leatherhead

Surrey

KT22 8DY

Community Connections Surrey



@MaryFrancesTrst



MaryFrancesTrust



SUPPORTING YOUR MENTAL HEALTH AND EMOTIONAL WELL-BEING

MaryFrancesTrust

The Lead for Community Connections Mental Health Services for Mole Valley, Epsom & Ewell, Banstead and East Elmbridge

We also provide services in West Elmbridge and Spelthorne

FUNDED BY

Charity No. 1055113

Company No. 3189443



Surrey Downs Clinical Commissioning Group



Mary Frances Trust
is committed to supporting all
people in Surrey who are
affected by emotional and
mental health issues.

The Charity was established in
Leatherhead in 1994 and now provides
services across Mole Valley, Epsom and
Ewell, Banstead, Elmbridge and
Spelthorne.



"MFT has been a positive organisation
and has enabled me to gain strength
from others coping with similar
difficulties in life. It is a real blessing
to me to have found out about it."

Services

We offer a range of services and activities
to give you the help you need to support
your mental and emotional well-being, and
to achieve your goals:

- **Advice and Information**
- **Learning and Skills**
- **Groups and Activities**
- **Peer Support**
- **Well-being Services**
- **Self-help Groups**

For more information, including times for
our activities, please visit our website:
www.maryfrancestrust.org.uk/calendar/

Safe Haven

A supportive environment for people in
mental health crisis.

Our Safe Haven is open 6pm-11pm every
evening of the year at:

The Larches
44 Waterloo Road
Epsom
Surrey
KT19 8EX



"I have been attending the Art Group
and am beginning to re-gain some lost
confidence and courage. The staff and
volunteers have been very helpful and
encouraging."

Accessing our services

- You can contact us for a referral
form and complete this yourself
or find it on our website:
[www.maryfrancestrust.org.uk/
how-to-join/](http://www.maryfrancestrust.org.uk/how-to-join/)
- You can ask a professional or
other person you are working
with to refer you.

Once we have received your referral
form, a member of our staff will
contact you to arrange an informal
meeting at a venue convenient to you.

