

WELLBEING HOUR



Join us for an hour of wellness
2-3pm on Thursdays
MFT office, Banstead Civic Centre

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|--------|---------------------------|
| 24 Jan | Watercolour weaving cards |
| 31 Jan | Pom pom making |
| 7 Feb | Learn macramé |
| 14 Feb | Watercolour leaf rubbings |
| 21 Feb | Weaving wool |
| 28 Feb | Mindful walking |



Mary Frances Trust is a local emotional wellbeing charity, to find out more visit maryfrancestrust.org.uk, email info@maryfrancestrust.org.uk, call 01372 375400 or text 07929 024722.