



Get crafting over a cuppa

Arts & Crafts in Aylesbury

Whether you're a beginner or a seasoned crafter, you'll be welcomed with a cuppa and a smile.

Join us at Friends in Need (Free) Peer Support group.

If you're experiencing mental health problems, feeling lonely & isolated and would like to improve your wellbeing please contact us for more information. (For adults 18 and over).

Date: Every Wednesday

Time: 2:30 - 4:15pm

Venue: On Enquiry

For more information about Friends in Need, please contact Nicole Connors

E: nicole.connors@bucksmind.org.uk

T: 07376 650129



Make New Friends Over Coffee

Coffee and Catch up in Aylesbury

A really informal meet up, to make new friends and chat.
Join us at Friends in Need (Free) Peer Support group.

If you're experiencing mental health problems, feeling lonely & isolated and would like to improve your wellbeing please contact us for more information. (For adults 18 and over).

Date: Every Tuesday

Time: 12:30 – 13:30pm

Venue: On Enquiry

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 **mind**
Buckinghamshire

**Friends
in need**