

Sanctuary magazine



Invites women affected by
mental ill health, their carers and supporters to our

Women's wellbeing Day

Come and enjoy a head and shoulder massage and other complementary therapies, meet friends and make new friends. You will also have the opportunity to have your say about mental health services and whether you feel they are sensitive and responsive to you as a woman.

PLUS A SANDWICH LUNCH AND REFRESHMENTS

**WHERE? Redhill Methodist Church –
Earlswood/Bletchingley Room**

WHEN? Tuesday 1st December 11am – 2.30pm

Contact Megan on 07824 364703 for more details and to book your place (*please note, numbers are limited*)

Please return form below to Let's Link, PO Box 533, Betchworth RH4 9FL. T. 07824 364703.
Email: megan.aspel@sky.com

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I would like to attend on the 1st December - please tick

I am unable to attend but would like to be put on the mailing list -please tick

NAME

ADDRESS

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..... Post code

Telephone Email:

Any special dietary requirements