**Friendship coffee morning**



**Have you been:**

* **Feeling isolated or lonely**
* **Feeling low, anxious, depressed**
* **Recently bereaved**
* **Wanting to meet other people**

**Then come to our coffee morning**

**At: The Thorndike Surgery**

**On: The 2nd Friday of every month**

**You will be assured of a warm welcome and company**

**The coffee morning is run by patients on the**

 **PATIENT PARTICIPATION GROUP Confidentiality is respected and assured**