

Healthy Minds, Healthy Bodies

Starting in January 2026

Drop into the Community Space in St Leonard's Church,
Alma Avenue, Malinslee, TF4 2DU.

**every Wednesday morning from 21 January 2026,
10.45am to 11.45am.**

for a free hot / cold drink and snack, plus friendly conversations
with others.

There will be people there to talk to about your health, wellbeing
and social care needs, such as the local vicar, Wrekin Housing
Group, Telford Mind, Citizens Advice, the Healthy Lifestyles Team
and more.

For more details call 01952 416370 or email

jo@telfordchurch.co.uk