

# POP IN FOR A CUPPA

## CHAT ABOUT EVERYTHING AND NOTHING

NEW GROUP EVERY WEDNESDAY 10-12PM

A CHANCE TO MEET NEW PEOPLE, TALK ABOUT HOBBIES, INTERESTS, LIKES AND  
LOVES



# YOUR MENTAL HEALTH MATTERS

EARLS COLNE RECREATION CLUB  
[WWW.ECRC.CLUB](http://WWW.ECRC.CLUB)