



St Thomas' Church
Milnthorpe

Let's brighten your
day with our

Companionship Cafe!

Getting older can sometimes make us feel a bit isolated, but here's the good news - **you're not alone!**

Come and mingle over a FREE hot drink and scone with jam and cream!

We can chat, lend an ear and provide valuable insight on local activities and support groups.

The next dates are:

- Wednesday 31st July
- Wednesday 11th September
- Wednesday 23rd October
- Wednesday 11th December (Christmas Themed)

From 1.30-3pm



No need to book but if you would like more information please call **01539 267220**