## Refresh Cafe

Wednesday 1st November 2023

3.15pm to 4.30pm

The Bridge

Whitefriars Church

Everyone welcome: children, parents, carers, and grandparents!

A safe space for connection and fun to refresh yourself physically and emotionally.

Games, activities, refreshments pause for thought and fulfilling conversation.

For more information Contact Emma Croxon 07957 080074 or emma@whitefriarschurch.org.uk