



COMMUNITY DROP IN

Supported by **Christ the King Church, Bedford**

*Are You
Feeling
Isolated &
Alone?*

*Do you want
to make a
friend or find
out what is
going on in
your local
area?*

*Would you
like to access
information
about how to
improve your
wellbeing?*



*Do You Need
support in
relation to
Housing or
Benefits?*

We will be running a drop in on the **1st Monday of the month** starting on the **7th October 2019** between **10am and 12pm** at **Christ the King Church Hall** on **Harrowden Road** where you will be able to access free support and information. Or you can just pop in for a coffee and a chat. Refreshments will be provided and all are welcome.

Please contact **Sophie** on **07948 417085** if you would like more information.