



Espresso Yourself!

The ELFT Befriending Service is hosting a weekly online coffee and chat group for Service Users to help build communication skills, confidence and social networks.

Every Monday 6pm to 7pm
Every Friday 11am to 12pm

You bring the coffee (or tea) and we will bring the chat.

To join, email us at: elft.befriendingservice@nhs.net

P.S. you can bring biscuits too, we don't judge!