



It's time for a cuppa and a catch-up

When: 16 January 2023

Time:

Details:

We're coming together for a cuppa so Samaritans can be there, day or night, for anyone who needs someone to listen.

Text MCRSAMS 5 to 70450 to donate £5

Texts cost £5 plus one standard rate message

#BrewMonday

SAMARITANS

Manchester & Salford