



MTM **MORE
THAN
MUM**

COFFEE MORNING

Save the dates for 2025 coffee mornings

**Friday 7th February
Friday 7th March
Friday 2nd May
Friday 6th June
Friday 4th July**

**Friday 12th September
Friday 3rd October
Friday 7th November
Friday 5th December**



Where can you find us?

10am-12pm

**Upstairs at The New Wolsey
Theatre , Civic Drive IP1 2AS**

**Come to our MTM coffee morning to meet
other mums and find out about events and
support in Ipswich for mums like YOU!
Coffee is FREE and so is the FUN!**



**Phone or Text: 07498 739 459
Email: kim@futurefemalesociety.org
www.futurefemalesociety.org**



**SIGN UP
TO OUR
MAILING
LIST!**



Future Female Society Presents :

Women's Wellbeing Roadshows.

**Empowering women
today for better health
tomorrow!**



A More Resilient You
with Dr Mary-Jane Budd from
Embrace Change Coaching

Wednesday 30th April 2025
10:00-12:00
Murrayside Community Centre,
Nacton Road, Ipswich, IP3 9JL

Sign up to our mailing
list using the QR code
below to
find out where and
when!



Suffolk
County Council

