FRENDSHPEVENTS ACROSS SOUTH RUSHCLIFFE

August-September 2024

Green gate by 69 Wilford Road, Ruddington, Nottingham, NG11 6BN.

Paradise Allotments

We meet weekly on our allotment. No experience necessary. Hot drinks available.

Contact your social prescriber

East Leake Village Hall

East Leake Community Crafting

Every 1st Thursday of the month (expect August), try a different craft, with demonstrations and a chance to chat with fellow crafters. Experience is not required.



11 SEPT

10:30AM

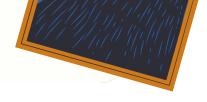
O5 SEPT

9:30-11:30AM

EVERY

WEDNESDAY

1:30-3:30PM



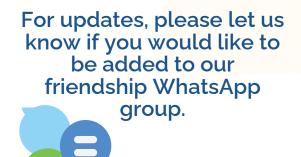
14 AUG, Rushcliffe Country Park. Meet on the open grassy area at the lakeside near the visitor centre.

Wellbeing Walks

Free weekly guided walks, usually no longer than 2 miles with shorter options to suit all abilities.

Duncan, 07969 330846 or Simon, 07976 631194

Your South Rushcliffe team



Rushcliffe Social **Prescribing** Service 4



Fiona Turner 07888678075



Sophie Taylor 07846507599

We encourage you to contact groups

organisers or one of the Social Prescribers

before attending to ensure the session is

running.



Kasia Frankowska 07735 614398



