

FRIENDSHIP EVENTS

ACROSS CENTRAL RUSHCLIFFE

1st and 3rd
Monday of the
month

10:30AM - 12:00PM

The Poppy and Pint,
Pierrepont Road, Lady Bay,
Nottingham, NG2 5DX

Heron Music Cafe

If you're feeling a bit
lonely and isolated, have
dementia or other health
conditions, or just fancy a
coffee, chat and a sing
we'd love to see you.



Contact Helen Tooth 0115 9145879

Every
Tuesday

10:15AM AND 11.30PM

Gresham Park Road
junction on Wilford Lane
(near mini roundabout)

Short Wellbeing Walk

Free guided walks,
45 minutes or less
on flat terrain and
suitable for all!



Contact Jeremy 07751 458041

Every
Tuesday

2:00PM - 4.00PM

St Lukes Community Cafe
Leahurst Road, West
Bridgford, NG2 6GL

Coffee Cake and Chat

Community Café - Coffee, Cake
and Chat! Free refreshments.
All ages welcome, toddler area,
outside area weather
permitting, drop in after school
welcomed too.



Contact Claire 07394 929736

Every
Wednesday

10:00AM - 12:00PM

West Bridgford Methodist
Church, Musters Road,
West Bridgford, NG2 7PQ

Meeting Point

Retired friends
who enjoy a cuppa
and conversation.
£1 donation.



Contact Jane Everett 07905 143661

Every
Wednesday

11:15AM - 12:00PM

Followed by a cuppa for £1 until 1pm

Rushcliffe Arena, Rugby
Road, West Bridgford,
Nottingham NG2 7HY

Seated Yoga

Seated gentle movement
exercises to support
balance, strength and
mobility. Feel free to stay
afterwards for a cuppa!



Contact Suzie 07970 848818

Every
Wednesday

10:30AM - 12.30PM

West Bridgford Library,
Bridgford Road, NG2 6AT

Place of Welcome

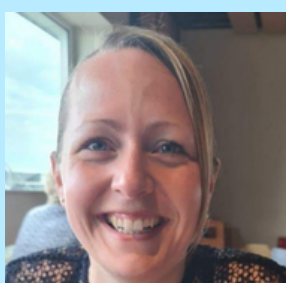
Drop in for a
complimentary cuppa and
a chat with friendly faces.
Meet new people, find
things out, share your skills
or just have a drink and
relax. Everyone welcome!



Contact 01623 677 200

For further updates,
please see our website:
www.rushcliffehealth.org/rushcliffe-social-prescribing

Your Central Rushcliffe team:



Meg Kozian
07888 681733



Nick Marlow
07309 854437



Leanne Hennessey
07735 679593

Please call
the groups
ahead to
check the
session you
want to
attend is
running.