

FRIENDSHIP EVENTS

ACROSS SOUTH RUSHCLIFFE

August-September 2024

**EVERY
WEDNESDAY**

1:30-3:30PM

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



05 SEPT

9:30-11:30AM

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.

£3

Sarah Kennedy 07309 033398



**14 AUG,
11 SEPT**

10:30AM

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



Fiona Turner
07888678075



Sophie Taylor
07846507599



Kasia Frankowska
07735 614398

We encourage you to contact groups organisers or one of the Social Prescribers before attending to ensure the session is running.

For updates, please let us know if you would like to be added to our friendship WhatsApp group.



Rushcliffe
Social
Prescribing
Service



Partners Health
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