

October - November 2024

Green gate by 69 Wilford Road, Ruddington, Nottingham, NG11 6BN. **30TH OCT** Pumpkin Carving and Soup at 1:30-3:30PM Paradise Allotments

We meet every Wednesday, but for our seasonal session booking is required. Free pumpkin and soup provided. Bring your own carving knife.

Sophie 07846 507599

East Leake Village Hall

11AM - 1PM

01 NOV

East Leake Community Crafting

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





NOV

10:30AM

06 & 27 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

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

> Rushcliffe Social Prescribing Service

Your South Rushcliffe team



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



