

# Allotment Open Day Friday 11th August 12-4pm

Come and see us at  
Paradise Allotments Plot 35  
run by the Rushcliffe Social Prescribing  
Service and our volunteers



Experience this relaxing green space that  
continues to help with physical and mental  
wellbeing

Directions: NG11 6BN  
Next to 69 Wilford Road, Ruddington  
RSVP Laura Steed  
07846142620

