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WAYS TO TRY SOMETHING NEW AND MAKE LASTING FRIENDSHIPS

2024/25

Rushcliffe Social Prescribing Service 

June 12th Narrowboat Canal & River Experience 12-2pm

July 24th Mindfulness Dip at Colwick Country Park 11-12pm

August 15th Beginners Kayaking Session 1-2:pm

Saturday 6th July



September 23rd Water Colour Painting 1-2.30pm

October 17th Sound bath meditation 1-2pm

November 11th Willow weaving 1-2pm



December 10th West Bridgford Community Christmas Lunch 12:30-2:30pm

January 15th Seated Yoga Bingham Arena 12:00-13:00pm

February 10th Breathwork Session 1-2:-pm



TRY SOMETHING NEW

March 10th How To Eat For Better Health, A Lifestyle Medicine Workshop 12:00-2:00pm

April 23rd Pilates Taster Session at Rushcliffe Arena 12Pm-13pm

May 19th Friendship Group Community Meet up TBC 12:00-1:30pm

For more information:

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rushcliffehealth.org/friendship-calendars



Rushcliffe Primary Care Network

