

FRIENDSHIP EVENTS

across South Rushcliffe, May - June
2024

Paradise Allotmenters

Every Wednesday, 1:30-3:30pm.

Green gate by 69 Wilford Road, Ruddington, Nottingham, NG11 6BN.

Social prescribers, Laura and Sophie, will be in attendance.

We meet and take part in doing tasks around the allotment. There is no pressure to do lots of tasks. Why not come and socialise instead? We have some seating around our garden table and always have hot drinks available.

Free



East Leake Community Crafting

Every 1st Thursday of the month, 9:30am-11:30am.
No session in May. Resuming as normal in June.

East Leake Village Hall, Main St, East Leake, LE12 6PF.

Thursday 6th June, with Sophie.

Try a different craft each month, with demonstrations, and a chance to chat with fellow crafters. Experience is not required.

Sarah Kennedy 07309 033398

£3

Rushcliffe Health Walk

Every Wednesday, 10:30-11:30am.

Rushcliffe Country Park. Meet on the open grassy area at the lakeside near the visitor centre.

Wednesday 22nd May, with Kasia.
Wednesday 12th June, with Fiona.

Led by trained walk leaders, usually no longer than 2 miles with shorter options to suit all abilities.

Free

Duncan, 07969 330846
or Simon, 07976 631194

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

For more information, or to join our friendship WhatsApp group, contact the South Rushcliffe Social Prescribers:
Fiona, 07888 678075
Kasia, 07735 614398
Sophie, 07846 507599