

# FRIENDSHIP EVENTS

ACROSS CENTRAL RUSHCLIFFE

Every other Monday

10:30AM - 12:00PM

The Poppy and Pint,  
Pierrepont Road, Lady Bay,  
Nottingham, NG2 5DX

## Heron Music Cafe

If you're feeling a bit lonely and isolated, have dementia or other health conditions, or just fancy a coffee, chat and a sing we'd love to see you.



18th March  
28th March

Contact Helen Tooth 0115 9145879

Every Tuesday

10:15AM AND 11.30PM

Gresham Park Road  
junction on Wilford Lane  
(near mini roundabout)

## Short Wellbeing Walk

Free guided walks,  
45 minutes or less  
on flat terrain and  
suitable for all!



Contact Jeremy 07751 458041

Every Tuesday

1:30PM - 3.00PM

Cafe on the Corner,  
Boundary Road, West  
Bridgford, NG2 7DB

## Community Cafe

Join us for a fun afternoon of board games with complimentary tea, coffee and biscuits. Feel free to bring your favourite games too!



Contact Leanne 07735 679593

Every Wednesday

10:00AM - 12:00PM

West Bridgford Methodist Church, Musters Road,  
West Bridgford, NG2 7PQ

## Meeting Point

Retired friends who enjoy a cuppa and conversation.  
£1 donation.



Contact Jane Everett 07905 143661

Every Wednesday

11:15AM - 12:00PM

Followed by a cuppa for £1 until 1pm

Rushcliffe Arena, Rugby Road, West Bridgford,  
Nottingham NG2 7HY

## Seated Yoga

Seated gentle movement exercises to support balance, strength and mobility. Feel free to stay afterwards for a cuppa!



Contact Suzie 07970 848818

Every Wednesday

10:30AM - 12.30PM

West Bridgford Library,  
Bridgford Road, NG2 6AT

## Place of Welcome

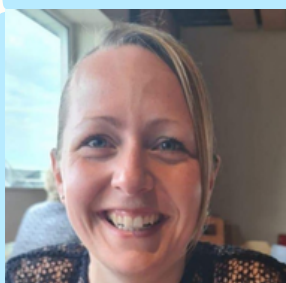
Drop in for a complimentary cuppa and a chat with friendly faces. Meet new people, find things out, share your skills or just have a drink and relax. Everyone welcome!



Contact 01623 677 200

## Your Central Rushcliffe team:

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



Meg Kozian  
07888 681733



Nick Marlow  
07309 854437



Leanne Hennessey  
07735 679593

Please call the groups ahead to check the session you want to attend is running.