

# FRIENDSHIP EVENTS

across South Rushcliffe, April 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.

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

Thursday 4th April, with Fiona.

Try a different craft each month, with demonstrations, and a chance to chat with fellow crafters. This month is machine sewn cushion covers and handmade slow stitched needlecases. No experience 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 10th April, with Kasia.

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

