

GREEN MEMORY CAFE

RUSHCLIFFE COUNTRY PARK



For people living with memory issues and their carers

- Indoor and outdoor activities so please wear appropriate clothing
- Suitable for people with limited mobility
- Free refreshments

Come and experience gentle nature-based activities, short walks or simply relax, socialise and enjoy the beautiful surroundings



WEDNESDAY

Feb 21st
April 10th
June 19th
Aug 14th
Oct 9th
Dec 11th

1.30 -3.30pm



For more details, ask at your local memory cafe or contact: Gwynneth.owen@nhs.net Tel: 07309852 899

