



11 Ways To Try Something New And Make Lasting FRIENDSHIPS



July

13

Mindfulness Dip at Colwick Country Park

August

10

Learn the Art of Allotmenting at Paradise Allotments

September

14

Nature-Based Art and Craft Session at FarmEco



October

12

A Visit to The Dice Cup Board Game Café



November

9

Yoga Taster at Rushcliffe Arena

December

14

West Bridgford Community Christmas Lunch

2023

Jan

11

Welcome to Mindfulness

Feb

8

Qi Gong Taster Session

March

8

How To Eat To Live Your Best Life, Lifestyle Medicine Workshop

April

11

Rushcliffe Ramblers Nature Walk

May

10

Walking Football



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