Let's Live Well in Rushcliffe

Community Wellbeing Cafe

Coffee & Cake £3.50

Feel free to come to the new Wellbeing Cafe; this is a safe and comforting place. There are plenty of obstacles that can arise in life. This is a brilliant way for our community to come together and support one another. Come and reconnect with the community & Let's Live Well in Rushcliffe! For information contact 07464 655 356

Do you want to explore your wellbeing needs?
Would you like help to cope with the demands of work, study and socialising?
Would you like support to engage in more social activities and build relationships?

Dates: Every Wednesday. Launch date 23rd May
Time: 11am
Location: Chequers Inn, Cropwell Bishop, NG12 3DB

Let's Live Well in Rushcliffe wellbeing cafes are a safe space where anyone is welcome to come for a chat, meet people and support one another.
The cafes will offer some guidance on the 5 ways to wellbeing to provide people with the tools to better manage their health and wellbeing.