



Registered charity 1187423
www.ruralcoffeecaravan.org.uk

is hosting a

WAYS TO WELLNESS WALK IN

ALL WELCOME!

You're invited to our FREE informal coffee morning
FREE refreshments and a chance to chat with representatives from a whole range of services dedicated to your overall wellbeing

We're here to help with:

- Financial challenges
- Memory & mobility
- Physical & mental health & wellbeing
- Caring for loved ones
- Home safety

THURSDAY

16TH APRIL 2026

10AM - 12PM

SUDBOURNE VILLAGE HALL

Snape Road, Sudbourne,
Woodbridge
IP12 2AT

Enquiries:

01284 663 472
info@ruralcoffeecaravan.org.uk



Event funded by your local
Integrated Neighbourhood Team