



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 afternoon

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

TUESDAY

28TH APRIL 2026

1.30PM - 3.30PM

HOLLESLEY VILLAGE HALL

Woodbridge Road,
Hollesley IP12 3QR



Event funded by your local
Integrated Neighbourhood Team

Enquiries:

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