



Registered charity 1187423
ruralcoffeecaravan.org.uk

21younghearts.co.uk

**The Rural Coffee Caravan
and 21 Young Hearts
are 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

**TUESDAY
12TH MAY 2026**

10AM - 12PM

**1ST MARTLESHAM
SCOUT HUT**

**The Drift, Martlesham
Heath IP5 3PL**

Event funded by your local
Integrated Neighbourhood Team

Enquiries:

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