



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



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TUESDAY

28TH APRIL 2026

1.30PM - 3.30PM

HOLLESLEY VILLAGE HALL

Woodbridge Road,
Hollesley IP12 3QR

Enquiries:

01284 663 472

info@ruralcoffeecaravan.org.uk



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Registered charity 1187423
ruralcoffeecaravan.org.uk

21younghearts.co.uk

**The Rural Coffee Caravan
and 21 Young Hearts
are hosting a**

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TUESDAY

12TH MAY 2026

10AM - 12PM

**1ST MARTLESHAM
SCOUT HUT**

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

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