



Registered charity 1187423

[www.ruralcoffeecaravan.org.uk](http://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
- Winter warmth & home safety



Event funded by your local  
Integrated Neighbourhood Team

**TUESDAY**

**2<sup>ND</sup> DECEMBER 2025**

**10AM - 12PM**

**BLAXHALL VILLAGE  
HALL**

**Church Road, Blaxhall,  
Woodbridge  
IP12 2DX**

**Enquiries:**

**01284 663 472  
[info@ruralcoffeecaravan.org.uk](mailto:info@ruralcoffeecaravan.org.uk)**

