



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/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
- Winter warmth & home safety



Event funded by your local Integrated Neighbourhood Team

Enquiries:

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