



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/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

*The Be Well Bus
will be stopping by*



FRIDAY
4 OCTOBER 2024
2PM - 4PM

**GRUNDISBURGH
VILLAGE HALL**
Ipswich Rd,
Grundisburgh
IP13 6US

Enquiries:

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