



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 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*



**TUESDAY**

**11<sup>TH</sup> NOVEMBER 2025**

**2PM – 4PM**

**RENDLESHAM  
COMMUNITY CENTRE**

**31 Walnut Tree Avenue,  
Rendlesham,  
IP12 2GG**

Enquiries:

01284 663 472

[info@ruralcoffeecaravan.org.uk](mailto:info@ruralcoffeecaravan.org.uk)