



Drop in anytime,
Rushcliffe Country
Park Visitors
Meeting Room,
by the lake

Come and
experience nature
based activities,
short walks or
simply relax,
socialise and enjoy
the beautiful
surroundings

Rushcliffe Country Park



Wednesday
21st June 2023
1:30 - 3:30pm

For more details ask at your local
Memory café or contact:
gwynneth.owen@nhs.net

(07309 852899)

Rushcliffe Green Memory Café

**For people living
with memory loss,
and their carers**

- Activities and refreshments are free
- Activities indoors and outdoors
- Suitable for people with limited mobility
- Car parking available nearby
- No need to book