



FORGET ME NOTTS

COTGRAVE
THURSDAYS 1.30PM – 3PM

.....

FREE SPORTING ACTIVITIES AND
SOCIAL INTERACTION SESSIONS FOR
THOSE LIVING WITH DEMENTIA
AND THEIR CARERS

For more information, contact Ian Richardson on
07814 112 510 or email fmn@trentbridge.co.uk

Notts Getting Active Together
Community Group of the Year Winner 2020

Celebrating Rushcliffe Awards
Health and Wellbeing Award 2019



NOTTINGHAMSHIRE
COUNTY CRICKET CLUB



EDWALTON
GOLF CENTRE