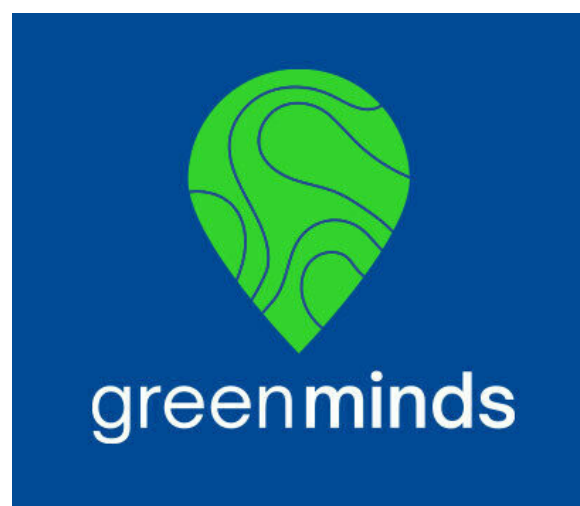


SOCIAL PRESCRIBING PROJECT



Four Greens
Wellbeing Hub



THEME	DATE	TIME	LEAD DELIVERER
Beginners Bowls Group	July 5th, 12th, 19th, 26th, August 5th, 12th, 19th, 26th	13:30-15:00	ACT
Couch to 5K	July 5th, 12th, 19th, 26th, August 2nd, 9th	17:30-18:30	ACT
Walk & Talk	July 6th, 13th, 20th, 27th, August 3rd, 10th, 17th, 24th, 31st	10:30-11:30	ACT in partnership with Elder Tree
Compassionate Cafe	July 6th, 13th, 20th, 27th, August 3rd, 10th, 17th, 24th, 31st	11:00-13:00	ACT in partnership with St Lukes Hospice
Veterans fit Club	July 6th, 13th, 20th, 27th, August 3rd, 10th, 17th, 31st	14:00-15:30	ACT
Extra Time Hub	July 7th, 14th, 21st, 28th, August 4th, 11th, 18th, 25th	13:30-15:30	ACT in partnership with Elder Tree
Treescapes Design Group	July 7th, 21st, August 7th, 12th	tbc	Green Minds
Green Gym	July 14th, 28th	10:00-14:00	Green Minds
Soccercise	July 2nd, 9th, 16th, 23rd, 30th, August 6th, 13th, 20th, 27th	9:20-10:30	ACT
Veterans Loneliness Group	July 2nd, 9th, 16th, 23rd, 30th, August 6th, 13th, 20th, 27th	11:00-13:00	ACT in patnership with Wolferstans
Treescape Consultation Event	July 17th	13:00-15:00	Green Minds
Fit & Fed	August 2nd-6th, 9th-13th, 16th-20th, 23rd-27th	9:00-15:00	ACT
Funky Llama Family Fun Day	August 20th	11:00-15:00	Theatre Royal
5 week Drama Taster sessions	TBC	17:00-18:00 / 19:00-20:30	Theatre Royal
Funky Llama Festival	October 29th, 30th	11:00-17:00	Theatre Royal