

TRENT BRIDGE
COMMUNITY
TRUST



FORGET ME NOTTS

Free sport and social sessions for people living with dementia and their carers.

Join us
Tuesdays

10.30 AM - 12.00 PM



Venues across Rushcliffe
See overleaf for venue calendar



What we provide

- Low-Impact Sporting Activities
- Varied Social Activities
- Carer Support and Signposting
- A cuppa, chat and a biscuit or two!

Glendale
Golf



EDWALTON
GOLF CENTRE



NOTTINGHAMSHIRE
COUNTY CRICKET CLUB



Please see below for session dates and venues:

	RUSHCLIFFE ARENA	EDWALTON GOLF CLUB	TRENT BRIDGE CAFÉ
JAN	7th & 21st	14th	28th
FEB	4th & 18th	11th	25th
MAR	4th & 18th	11th	25th
APR	1st & 15th	8th & 22nd	29th
MAY	6th & 20th	13th	27th (Venue tbc)
JUNE	3rd & 24th	10th	17th
JULY	1st & 15th	8th	22nd
AUG	5th & 19th	12th	26th
SEP	2nd & 16th	9th & 30th	23rd
OCT	7th & 21st	14th	28th
NOV	4th & 18th	11th	25th
DEC	2nd	9th	🎄 16th 🎄
VENUE	Rushcliffe Arena, Rugby Rd, West Bridgford, Nottingham, NG2 7HY	Edwalton Golf Club, Wellin Lane, Nottingham, NG12 4AS	Trent Bridge, West Bridgford, Nottingham, NG2 6AG

For further information, contact:

07486 327 403



olivia.mackie@trentbridge.co.uk



trentbridge.co.uk/trust



Notts 'Getting Active Together'

Community Group of the Year 2020

Celebrating Rushcliffe Awards

Health and Wellbeing Award 2019



To see this leaflet in alternative languages:

SCAN ME

