

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 (Gamston Community Hall)
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:

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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**

