

Activities at Cherry Lodge



Tuesday Social

Tuesday 9:30am to 12pm

Drop in for a hot drink, a chat and maybe a biscuit (or two)

Free - No need to book, everyone welcome

Chatty Cake Cafe

Tuesday 9:30am to 12pm (monthly, 3rd Tuesday of the month)

Free - No need to book, everyone welcome

Mini Movers - Outdoor Play

Wednesday 9:30am to 11am

Early years play session for ages 0 to 4

£1.50 per child - Book your place bookwhen.com/renewaltrust

Feel Good Gold

Wednesday 11:30am to 1:30pm

Lunch and activities for people aged 60 and over

£2 donation - contact us to find out more

Drop in Day

Thursday 9:30am to 4pm

Advice, guidance, digital support health and hygiene product support

No need to book

Feel Good Live Well

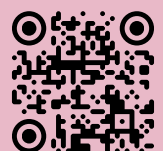
Friday 10am to 12pm

A friendly dementia hub for people with dementia and their carers / supporter

£2 donation - contact us to find out more

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

To find out more about our **Walk Bike Run** activities on King Edward Park and for more **Mini Movers** sessions go to renewaltrust.co.uk (or scan the QR code)



Walk Bike Run



Weekly Sessions (term time)

funded by
TRAVEL WELL



Monday

11am to 12pm - Walk and Talk

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free to Nottingham City residents

1:30pm to 2:30pm - Adult Learn to Ride

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free to Nottingham City residents

4pm to 5pm - Learn to Ride

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free to Nottingham City residents

Tuesday

10am to 11am - Adult Learn to Ride

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free for Nottingham City residents

11am to 12pm - Women's Learn to Ride

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free for Nottingham City residents

12pm to 12:30pm - Couch to 5k

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free for Nottingham City residents

Wednesday

4pm to 5pm - Learn to Ride

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - £1.50 per child

Thursday

4:30pm to 5:30pm - Learn to Ride

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free to Nottingham City residents

Book your place: bookwhen.com/renewaltrust

Mini Movers

Weekly Sessions (term time)
Sessions for ages 0 to 4

Monday

9:30am to 11am - Mini Movers Active Play

Brendon Lawrence Sports Centre, 35 Hungerhill Road NG3 4NB

Book your place - £1.50 per child

10:15am to 10:45am - Mini Movers Boogie Beat Music and Movement

The Dales Centre Library, Sneinton Dale NG2 4HJ

Book your place - Free to local residents

1:30pm to 2:15pm - Mini Movers Boogie Beat Music and Movement

Clifton Leisure Centre, Southchurch Drive NG11 8AB

Book your place - Free to local residents

Tuesday

9:15am to 10am - Mini Movers on Wheels

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free for Nottingham City residents

10am to 11am - Mini Movers Roll and Stroll

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - Free for Nottingham City residents

Wednesday

9:30am to 11am - Mini Movers Outdoor Play

Cherry Lodge, King Edward Park, Carlton Road NG3 2AS

Book your place - £1.50 per child

Friday

10am to 10:45am - Mini Movers Boogie Beat Music and Movement

St Ann's Valley Library, Livingstone Road NG3 3GG

Book your place - Free to local residents

Book your place: bookwhen.com/renewaltrust