

Term time Activities



Chatty Cake Cafe

Tuesday 9:30am to 11:30am (monthly – 3rd Tuesday of the month)

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

Free – No need to book, everyone welcome

Tuesday Social – back in November

Feel Good Family Fun

Tuesday 4pm to 5pm

An hour of being active and having fun for all the family

Brendon Lawrence Sports Centre, 35 Hungerhill Road NG3 4NB

£1 per family – book your place

Women's Kickabout

Tuesday 5:45pm to 6:30pm

Warm ups and an informal game of football

Brendon Lawrence Sports Centre, 35 Hungerhill Road NG3 4NB

Free – book your place

Feel Good Gold

Wednesday 11am to 1pm

Lunch and activities for people aged 60 and over

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

£2 donation – contact us to find out more

Social Supper

Wednesday 4pm to 7pm

Enjoy a hot meal and a warm welcome

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

Free – book your place

Drop in Day

Thursday 9:30am to 4pm

Advice, guidance, digital support health and hygiene product support

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

No need to book

Feel Good Live Well

Friday 10am to 12pm (monthly – 2nd Friday of the month)

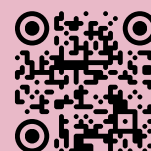
A friendly dementia hub for people with dementia and their carers / supporters

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

£2 donation – contact us to find out more

Book your place: bookwhen.com/renewaltrust

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)





St Ann's and Sneinton Early years play sessions for ages 0 to 4 (term time)

Monday

Mini Movers Active Play

9:30am to 11am

Brendon Lawrence Sports Centre, 35 Hungerhill Road NG3 4NB

Book your place – £1.50 per child

Mini Movers Boogie Beat Music and Movement

10:15am to 11am

The Dales Centre Library, Sneinton Dale NG2 4HJ

Book your place – Free to local residents

Wednesday

Mini Movers on Wheels

9:30am to 10am

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

Book your place – Free for Nottingham City residents

Mini Movers Roll and Stroll

10:30am to 11:30am

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

Book your place – Free for Nottingham City residents

Mini Movers Outdoor Play – Back in November

Friday

Mini Movers Boogie Beat Music and Movement

10am to 10:45am

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

Book your place – Free to local residents

Book your place: bookwhen.com/renewaltrust



Clifton

Early years play sessions

for ages 0 to 4 (term time)

Monday

Mini Movers Boogie Beat Music and Movement

1:30pm to 2:15pm

Clifton Leisure Centre, Southchurch Drive NG11 8AB

Book your place - Free to local residents

Mini Movers on Wheels

2:30pm to 3pm

Clifton Leisure Centre, Southchurch Drive NG11 8AB

Book your place - Free to local residents

Thursday

Mini Movers on Wheels

10:15am to 10:45am

Footprints Centre, 553 Farnborough Road, Clifton NG11 9DG

Book your place - Free to local residents

Mini Movers Boogie Beat Music and Movement

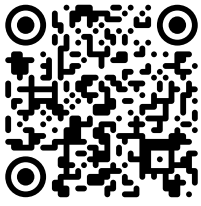
11am to 11:45am

Footprints Centre, 553 Farnborough Road, Clifton NG11 9DG

Book your place - Free to local residents

Book your place: bookwhen.com/renewaltrust

Walk and Bike



Weekly Sessions (term time)

< Book your place here



funded by

TRAVEL WELL



St Ann's and Sneinton

Tuesday

Feel Good Bike Club (adults and children)

5pm to 5:45pm

Brendon Lawrence Sports Centre, 35 Hungerhill Road NG3 4NB

Book your place - Free to Nottingham City residents

Wednesday

Feel Good Bike Club (adults and children)

4pm to 5pm

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

Book your place - Free to Nottingham City residents

Friday

Led Walk

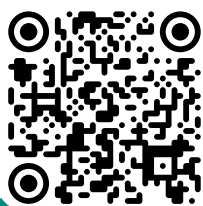
1pm to 2pm

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

Book your place - Free to Nottingham City residents

Book your place: bookwhen.com/renewaltrust

Walk and Bike



Weekly Sessions (term time)

< Book your place here



supported by
Eating and Moving for
Good Health Fund
and Nottingham City
Public Health

Clifton



Monday

Walk and Talk

1:30pm to 2:15pm

Clifton Leisure Centre, Southchurch Drive NG11 8AB

Book your place - Free to Nottingham City residents

Feel Good Bike Club (adults)

3pm to 4pm

Clifton Leisure Centre, Southchurch Drive NG11 8AB

Book your place - Free to Nottingham City residents

Feel Good Bike Club (adults and children)

4pm to 4:45pm

Clifton Leisure Centre, Southchurch Drive NG11 8AB

Book your place - Free to Nottingham City residents

Thursday

Feel Good Bike Club (adults)

9:30am to 10:15am

Footprints Centre, 553 Farnborough Road, Clifton NG11 9DG

Book your place - Free to Nottingham City residents

Walk and Talk

11am to 11:45am

Footprints Centre, 553 Farnborough Road, Clifton NG11 9DG

Book your place - Free to Nottingham City residents

Book your place: bookwhen.com/renewaltrust