



# HEALTHY FRIENDSHIPS

## LUDLOW

Newsletter April/May 2013

Registered Charity Number 1114905

### WHO ARE WE?



L-R: Assistant Coordinators Elaine Milton, Suzanne Winstanley, Becky Luijk and Pat Helm

Healthy Friendships is a registered charity in South Shropshire, covering Ludlow, Craven Arms, Clee Hill, Cleobury Mortimer and all the surrounding villages.

Our mission is to encourage people who experience emotional distress to live happier, healthier and more fulfilled lives. We seek to do this by running gentle exercise groups, organizing trips and activities and through a befriending scheme.

Pat Helm (Ludlow) 07528 349 367

Suzanne Winstanley (Ludlow) 07583 711 219

### REGULAR GROUPS

*Healthy Friendships run 3 regular exercise groups and anyone is welcome. Come and give it a go!*

- **FIT AND FUN** - A gentle, friendly, seated exercise Mondays 10.30am Upper Fee, St. John's Lane

- **BOCCIA** - Come and join us to play Boccia, seated carpet bowls

Mondays 2pm Helena Lane Day Centre, Hamlet Road  
Tuesdays 10am Guy Thornycroft Court, Tollgate Road

*Healthy Friendships also support the local Walking for Health groups including*

- **WALK FOR HEALTH**

Tuesdays 1.45pm Information Centre

A fortnightly 45 minute walk followed by tea at the Buttery. April 9<sup>th</sup>, 23<sup>rd</sup>, May 7<sup>th</sup>, 21<sup>st</sup>.

Healthy Friendships offers services free to members however a nominal charge of £1 is requested for groups. As a charity we need funds to continue our work and contributions are always greatly appreciated. To make a donation that will make a real difference talk to an Assistant Coordinator.

Newtown Office - 01686 626221

### TRIPS AND ACTIVITIES

- **VISIT TO NEWTOWN** - Tuesday 16<sup>th</sup> April

Meet at the Foyer for the minibus pick up at 10.30am. Visit the market, and 'Whatever Next', the Healthy Friendships Charity shop. There will also be an opportunity for lunch.

- **LUNCH AT THE THREE HORSESHOES, Wheathill** - Tues 30<sup>th</sup> April

3 Course lunch for £6.95. A minibus will leave from Ludlow at 11.30. Meet at the Foyer on Portcullis Lane.

- **VISIT TO LUDLOW CASTLE** - Wednesday 1<sup>st</sup> May

Meet at the Castle Entrance at 2pm. (£5/£4.50)

- **VISIT TO CROFT CASTLE AND THE BLUEBELL WOOD** - Thursday 2<sup>nd</sup> May.

Meet at the Foyer for the minibus pick up at 1pm. Come and join us for a gentle walk in the Bluebell woods, followed by tea and cake in the café. There is also an opportunity to visit Croft Castle.

- **VISIT TO ACTON SCOTT FARM** - Thurs 9<sup>th</sup> May

Meet at the Foyer for the minibus pick up at 12.30

- **WORLD BOOK NIGHT PRESENTATION AT LUDLOW LIBRARY** - Tues 14<sup>th</sup> May, 2pm.

Come and receive your free book and join us for Tea and Cake

- **TRAINING DAY** - Fri 17<sup>th</sup> May 10-4 at the Rockspring.

Ask Pat for more info if you are interested

- **LUNCH IN LUDLOW** - Thurs 23<sup>rd</sup> May

Venue to be arranged, any suggestions?

*Please contact Pat if you are interested in any of the above as all trips are subject to interest and details may have changed. If you have any ideas or suggestions for trips or activities please let us know!*

