



**Ulverscroft
Grange**

Shuttlewood
Clarke
Foundation

Wellbeing Wednesdays at Ulverscroft Grange Tearoom 11.00am - 2.00pm

Wednesday 6th May

Come and have a chat with Rachel from Parkinsons UK to find out more about local services, activities and support.



Wednesday 13th May

Come and meet our Local Area Co-ordinators and find out how they can improve your health and wellbeing.

