

PARK BUDDIES . . .

Have you been stuck in the house because of Coronavirus?

Are you feeling anxious about things "getting back to normal"?

Do you want to get out a bit more and meet people face to face?

YOU ARE NOT ALONE!

Join us for a safe, socially distanced meet up outdoors (no more than 8 people).



PARK BUDDIES IS RUN BY YOUR FRIENDLY SOCIAL PRESCRIBING LINK WORKERS (CLAIRE & LINDSAY)

WHEN?

Every Thursday from 17th June, 12pm - 1pm. ****Booking is essential****

WHERE?

Brook Road Playing Fields and Country Park, Tarporley
(car park available off Farmers Lane).

WHO IS IT FOR?

Anyone! Whether you just want to get out for a chat, maybe you have missed face to face contact with other people, or perhaps you just live local and want to get out a bit more!

HOW DO I JOIN?

****Booking is essential****

Please contact Lindsay on 07825 688340 or email lindsay@healthboxcic.com to book your space.

PLEASE BRING A
PICNIC MAT OR
BLANKET TO SIT ON

FEEL FREE TO BRING A
PICNIC OR LUNCH
(FOR YOURSELF)

