

27th June  
all day

Meet your Social Prescribing Link Worker  
WW1 Gallery



Bud: Growing@Tolson (therapeutic growing)  
Heritage Garden 10am – 2pm.

Baby Boutique/50 things to do before you're 5  
Transport Gallery

Light Refreshments (tea, coffee, snacks)  
Community Heritage Gallery



Museum in a Box (memories and artefacts)  
Community Heritage Gallery

Free, drop in sessions

11-11.30am

Rise and Shine: short morning stroll  
Ravensknowle Park

11.00 -1pm

Stop Smoking  
Transport Gallery

11.30am

Exercise for Confidence  
The Study

11.30am

Yoga for All  
Woodhead Room



12.30pm

Our Parks (outdoor fun fitness for all)  
Ravensknowle Park

1.00pm

Wellbeing Walk  
Ravensknowle Park



1.00pm

Parent & Child Walk and Talk  
Ravensknowle Park

1.30pm

ART session – string painting  
The Study

1.30pm

MAGIC Chair Exercise (suitable for all)  
Transport Gallery



2.00pm

Big Drum (dance, music and percussion)  
Woodhead Room



Social Prescribing |

