

If you know residents in St Ann's or Sneinton who could benefit from getting together with others for support, advice, activities and a warm lunch. Refer them for Feel Good Gold



Feel Good Gold is a diverse six week programme - it takes place on Wednesdays or Fridays, 11:30am to 1:30pm at Cherry Lodge, King Edward Park Sessions are completely free and for ages 66 and over.

Free Transport is also available

Make a referral here:

<https://forms.office.com/e/x3ibCVdANK>

or call us to find out more

Phone: 0115 911 2226