

SIP & SUPPORT

Women's Health Coffee Afternoon

3RD THURSDAY OF EVERY MONTH

17.07.25 | 21.08.25 | 18.09.25 | 16.10.25 | 20.11.25 | 18.12.25

1PM - 2:30PM

TOM MANN PAVILION

VALLEY PROSPECT, NEWARK, NG24 4QN

**A new and inviting group
for women of all ages!**

Come along and join us for a coffee (or your favourite drink!) for open, supportive conversations about women's health and wellbeing.

Connect with others, share experiences, and hear from guest speakers and organisations who can help.

