

Restology Offer

Raincliffe Woods

Raincliffe and Forge Valley Woods which offers amazing access to beautiful walks, wildlife spotting and much more all on our very doorstep. They run a range of great events and are working in partnership with Carers Plus to offer some amazing concessions to clients with a Restology card.

- The first is an 8 week mindfulness course starting on the 2nd of Sept which is half price (£40) or 'pay as you can'.
- Restology card holders can also gain free access to the fortnightly wellbeing walks.
- To access either of these offers or to find out more details please click <https://www.raincliffewoods.co.uk/events/> and link to Claire Rodway. Or speak to a member of the Carers Plus team.



RAINCLIFFE WOOD
COMMUNITY ENTERPRISE

carers
plus
YORKSHIRE