

South West Family Values

ENJOYING OUR ORCHARD!



Orchard Forest School

OVER-55s FOREST FITNESS, FUN AND FOOD

Do you fancy being part of
SOMETHING SPECIAL?

Would you like to keep
FOREST FIT?

Would you like to meet new friends,
have fun and eat fresh food cooked over
an open fire in the peaceful and secluded
setting of a beautiful ancient orchard?

AND ALL FOR FREE?!

We will be developing and maintaining the ancient
orchard in the grounds of **Lupton House**, with an
individual fitness plan that lets you do just as much
as you want – helps you increase your fitness –
and friends.

**COME AND JOIN OUR GROUP,
STARTING ON WEDNESDAY
15th APRIL 11-1pm**

All equipment and food provided

For further details contact Dave Jones on 07787
556124 or email dave@southwestfamilyvalues.org.uk

**JOIN OUR OVER 55s FOREST FITNESS
GROUP AND LET YOUR INDOORS OUT!!!**



South West
Family Values
Supporting Families - Supporting Children


**LUPTON
HOUSE**

Orchard Forest School, Lupton House, Brixham, TQ5 0LD