



PUT THE FIZZ BACK INTO YOUR FRIDAYS WITH SOME GENTLE ACTIVITY, SOCIALISING AND A NUTRITIOUS MEAL.

Bowl & Plate is a volunteer led project for the local community.
It's on every Friday starting 7th April 2017 from 11am til 2pm at Garswood Hall
Bowling and Community Club, on Nicol Road, Ashton.



Bowl & Plate is free to all age groups and offers you the chance to:

- Get to know your community
- Learn and play crown green bowling at beginner and intermediate level
- Meet new friends or renew old friendships over a hot drink of tea/coffee
- Play darts, dominoes, pool, cards or board games
- Eat a hot nutritious meal courtesy of Fur Clemt Café, Ashton on a 'pay as you feel' basis (Fur Clemt are part of the Real Junk Food Project whose aim is to reduce food waste)

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GHBCC

Experts in serving your
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