# Sunflower

**Tuesdays**

**Warm Welcome**

**The Luxford Centre 11am to 2pm**

**Meet, Mingle, Munch – all free**

**Chat, play a game**

**or just do your own thing**

**Cheery volunteers make you welcome**

**Need a free lift? call 01825 578006**

A Manor Park & Hempstead Fields Residents Association initiative

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