



**Starting on  
11th October 2023:**

**10.00 - 11.00 am:  
Women only  
Exercise Classes**

All ages and levels welcome.

**11.00 - 12.30 pm:  
Well-Being and Moving  
sessions for adults**

All genders, ages and abilities.

*A series of Free  
activities, food and events  
hosted by  
The Purple Ladies*



**EVERY WEDNESDAY\***

**ALL WELCOME**

**FREE**



**From 15th November 2023:**

**1.00 - 3.00 pm:**

**The Cossall Social Cafe:**

**An open space offering a  
Free light lunch, tea/coffee & snacks.**

**Skill exchange:**

**A platform to help one another  
with projects and different abilities.**

**\* No sessions on Christmas holidays**

**Cossall Hall - 48 Mortlock Close - SE15 2QE ph: 07946744398 e: info@thepurpleladies.com**