

# 2025 Friendship Events across North Rushcliffe September

## 10TH

### Good Boost Aqua: for people with muscle or joint pain

When: Wednesday 10th September 10.15-11.30am (meet at 10.15am)

Where: Bingham Arena, Mercia Court, Chapel Ln, Bingham, NG13 8QX

£5 per session (and isn't included in Arena membership) to be paid at Bingham Arena (card only)

Join Social Prescriber Laura at these sessions tailored just for you! Using details about your muscle or joint pain, they create a gentle programme that helps you build strength, ease pain and improve mobility at your own pace in the soothing pool. The exercises are shown on a waterproof Good Boost tablet with clear animations, and a friendly facilitator will be there throughout to guide and support you. Please remember to bring your swimming gear and arrive 30 minutes early to fill out a form about your health (so meet at 10.15am at Bingham Arena reception and session begins at 10.45am).

Booking is essential: <https://shorturl.at/wU5Ik>

Contact  
the Social  
Prescriber

## 11TH

### Cotgrave Long-Term Conditions Support Group (for Cotgrave residents only)

When: Thursday 11th September 2025, 2pm-3.30pm. Free.

Where: Cotgrave Methodist Church, 10 Bingham Road, Cotgrave, Nottingham, NG12 3JR

Free!

Do you live in Cotgrave and have a Long-Term Physical Health Condition or care for someone who has? Join Social Prescriber Pippa at this free monthly support group to meet people, share experiences, education and advice to help manage your health and wellbeing in order to live a happier life.

You're invited to bring along the device you use most, whether that's your iPad, phone, or tablet. The team from AbilityNet will be joining us to chat about digital accessibility and share handy tips and resources to help you get the very best out of the internet. It's a great chance to learn, ask questions, and feel more confident online!

As always: free refreshments and chair-based exercises! No need to book, just turn up!

Contact  
the Social  
Prescriber

### Your North Rushcliffe team:

Laura Steed  
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Pippa Bremner  
07832611196



For updates, please let us know if you would like to be added to our Friendship WhatsApp group

If you are not on our WhatsApp group: please call the social prescriber ahead to check the session you want to attend is running.

Every effort will be made for a social prescriber to attend however please be mindful that a social prescriber may not always be in attendance