

November 2023

# Friendship Events Across

## North Rushcliffe

### Event 1

**Thursday 2nd November 10-11am.**  
**Coffee Morning at St Mary & All Saints Church, Bingham NG13 8AL.**

**Free/donations welcome**

Join Social Prescriber Laura at this weekly coffee morning. There is a children's play area, dogs are welcome. Treat yourself to home-made cake and a lovely tea or coffee.



**Monday 13th November 10.30am-12.30pm.**  
**The Flintham Museum, Inholms Rd, Flintham, Newark NG23 5LF. £5 per person.**

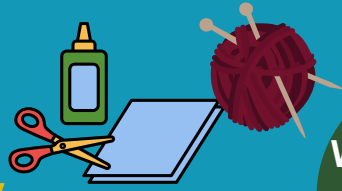
Meet Social Prescriber Jessica at the church then short walk to this small museum to visit, browse, shop and have a chance for refreshments.

Run by locals, it is an impressive little place. It looks at rural life through the eyes of a village shopkeeper. Ideal for history lovers.

### Event 3

**Wednesday 22nd November 2023 2pm-4pm. Cotgrave Crafters Group. Cotgrave Library, The Cotgrave Hub, Rivermead, Cotgrave, NG12 3UQ**

Come along and meet Social Prescriber Sal at this weekly session! Crafters bring along their own projects to work on, share ideas and enjoy a cuppa and chat. Tea and Coffee 50p - otherwise no cost involved!



### Event 2

#### The 5 Ways to Wellbeing are:

1. Connect
2. Get active
3. Take notice
4. Keep learning
5. Give back

**We encourage you to contact the Social Prescribers before attending to ensure the session is running! Contact:**

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Laura: 07846 142620  
Sal: 07735 598078