

Friendship Events across North Rushcliffe

February

2025

13TH

Contact
the Social
Prescriber

Cotgrave Long-Term Conditions Support Group

When: Thursday 13th February 2025, 2pm-3.30pm

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

Now open to all registered with a Belvoir Health Group GP!

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

No need to book, just turn up at the Methodist Church but do let us know if you would like us to look out for you!

27TH

Contact
the Social
Prescriber

Coffee Morning and Second-hand Book Stall

When: Thursday 27th February, 10.30am-11.30am

Where: Bingham Methodist Centre, Needham St, Bingham, Nottingham NG13 8AE

Join Social Prescriber Laura at this weekly Bingham coffee morning and cheap books stall.

Come along for a warm and welcoming community coffee morning—connect with friendly faces, enjoy a cosy cup, and brighten your day with great conversation!

Bring change if you'd like a nice coffee, tea or cake.



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

Your North Rushcliffe team:

Laura Steed
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Pippa Bremner
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Tamika Shelkundo
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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

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