



Across North Rushcliffe

Event 1

Wednesday 1st May 12.30-2.30pm - 'Breathe Easy Support Group: Talk by Dr Kinnear & James Brown's Latest Research' At Welbeck Hall, West Bridgford, NG2 7QW

Join Social Prescriber Laura at this self-help group for people with all forms of lung disease. Everyone is welcome and there is no charge. A retired consultant who now work at NTU will be talking about voluntary control of our breathing as opposed to the autopilot that makes sure we have enough oxygen - he will discuss sighing, yawning, speaking, coughing, panic attacks.

Event 4

Monday 13th May 11am-12pm - 'Conversation Café' at Bingham Library, Eaton Place, Bingham, NG13 8BE. Join Social Prescriber Laura for this monthly Monday social (2nd Monday every month). A chance to socialise in your local library. In the nice café area to the right of entrance of library. Free tea, coffee and biscuits

Weekly event

Wednesdays 1.30-3.30pm 'Paradise Allotments' at Wilford Road, Ruddington, NG11 6BN.

Join Social Prescriber Laura who co-runs the allotment weekly every Wednesday during Spring/Summer. Join us to be in nature, and a chance to do some wholesome gardening activities or just come for fresh air! Contact Laura if you wish to attend.

Event 2

Wednesday 8th May 10-11am - 'Cropwell Coffee, Cake, Chat and Bellringing Beginners' at St Giles Church, Fern Road, Cropwell Bishop, NG12 3BU.

Join Social Prescriber Jessica at this weekly event in the community. With free coffee, cake, biscuits, juice, toys. For everyone in the community, come and join for a chat.

Event 3

Wednesday 8th May 11.30am-1pm - 'Coffee Morning and Library Van Visit' The Boot & Shoe Inn, Flintham, NG23 5LA

Join Social Prescriber Jessica at this coffee morning which coincides with the Library Van visit at 12.15pm. This is every 4 weeks and is brand new!

Event 5

Friday 17th May 2pm - 3pm 'Cotgrave Country Park Wellbeing Walk' starting from the Rose & Crown Pub, Main Road, Cotgrave, NG12 3HQ.

Join Social Prescriber Pippa at this FREE, safe, fun, and sociable weekly wellbeing walk with trained leaders around Cotgrave Country Park over easy ground and at a steady pace to suit varied fitness levels and abilities.

We encourage you to contact the Social Prescribers before attending to ensure the session is

running! Contact:

Jessica: 07361 894475

Laura: 07846 142620

Pippa: 07832 611196