



Across North Rushcliffe

Event 1

Monday 8th April 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

Event 2

Wednesday 10th April 9.30-10.30am – ‘Cropwell Coffee, Cake, Chat and Bellringing Beginners’ at St Giles Church, Fern Road, Cropwell Bishop, NG12 3BU.

Join Social Prescriber Laura 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 4

Wednesday 24th April 10am-12pm – ‘Coffee Morning & Craft Group’ at St Mary’s Hall, 11 Main Rd, Radcliffe on Trent, NG12 2FD.

Join Social Prescriber Jessica at this weekly coffee morning. On Wednesdays, the Craft Group that meet at St Mary’s will be in attendance from 10am, so bring along any craft if you would like to join them. Otherwise join us for a cuppa and a chat.

Event 3

Tuesday 16th April 1.30 – 3pm – ‘Spring Wellness’ at Cotgrave Community Garden accessed through wooden gate on your right in Welfare car park, Woodview, Cotgrave, NG12 3PJ (or the leisure centre if poor weather).

Join Social Prescriber Pippa at this free weekly wellbeing event in a peaceful outdoor setting offering a wide range of activities e.g. planting seeds, making bird boxes, picking vegetables, making broths and soups, weeding the garden, painting flowers and many more!

This week we’ll be sowing vegetable seeds and making scrumptious vegetable curry or soup!

Weekly event

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.

Free. No loo on site.

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