

North Rushcliffe Community Directory:

GP Practices: Belvoir Health Group (Cotgrave, Bingham and Cropwell Bishop)

East Bridgford Medical Centre

Radcliffe-on-Trent Health Centre

Bingham, Aslockton, Whatton, Radcliffe on Trent, Cotgrave, Cropwell Bishop and surrounding villages

Last updated: October 2023

P2 Bingham, P10 Whatton and Aslockton, P13 ROT, P22 Cotgrave, P28 Cropwell Bishop, P31 East Bridgford; P37 North Villages (Flintham, Screveton etc)

Rushcliffe CVS (RCVS) Transport Scheme

If you experience difficulties accessing transport (e.g., due to living in a remote area, lack of public transport, disability, frailty, or ill health – but you are still able to get in/out of a car unaided), this scheme may be for you. Volunteer drivers who use their own car are DBS checked and can offer a door-to-door service for passengers.

A registration fee is paid per year (£35 or £45 for couples) and then you just pay for mileage (45p/mile) and a £2 admin fee per single or return journey. You need to book with RCVS at least 2 working days in advance.

For more information, please contact RCVS on 0115 969 9060 for terms and conditions, registration forms and leaflets to be sent to you.



Shopping - Morrison's Doorstep Delivery

For anyone who struggles to get to the shops / place an online food shopping delivery Morrison's offer a doorstep delivery that can be placed over the phone. Dial 0345 612 6111 and select the doorstep delivery option. Minimum of 5 items and a £2.50 delivery charge – next day service.

Bingham

Bingham Methodist Church: Has easy access and facilities for elderly and disabled.

1) Coffee Morning (& soup from 5th Jan 2023)

- 9:30-12:00 every Thursday. Everyone welcome, non-church goers very welcome
- From 5th January 2023 every Thursday longer hours of 9.30am-1.30pm, will be with soup lunch.
- **VIP GROUP (VISUALLY IMPAIRED PEOPLE)** Third Thursday each month. A time for people to meet for friendship.
- **Monthly Community Lunch** - at the Chestnut Community Centre, 20 Chestnut Ave, Bingham, Nottingham NG13 8AU – every fourth Wednesday of the month - 12.30pm - soup and a pudding for £3 audreymcawthorn@aol.com tel. 0775327751

2) Bingham Memory Café

- 14:00-15:45 second Monday of every Month (starts on 13th Sept 2021)
- For anyone experiencing memory loss, please attend with a helper if you can and be prepared to stay for the full session.
- Sessions have nostalgic activities aimed at stimulating conversation and participation. Each monthly meeting follows a theme using images, video clips, music to invoke memories and encourage discussions. A light afternoon tea is provided.
- Has easy access and facilities for elderly and disabled.
- Call 0115 9332874 for more information.

3) Lively Spirits – parent and toddler group

- 10:00-12:00
- On Mondays, only during term time
- Online booking system n operations posted on Bingham Methodist Church Facebook page from Sat 4th Sept.
- Tea/coffee and cake served for a fee.

4) Who Let the Dad's Out –

- Once a month 10am-12pm on the first Saturday of the month
- Supporting fathers/male carers/grandfathers, uncles (no exclusion on basis of gender or relationship – all welcome) and their under 7's, offering a fun play space for some quality 1:1 time. Incorporates soft play toys, craft, singing time for children.
- FREE – just turn up, booking not required.
- £2 for tea/coffee, bacon sandwich, plus fruit and drink for the kids.

5) Board Games Club + pizza-

- Age 11-18 (Year 6 and over). First Friday of the month at 3.45-5.30pm.
- Free (Suggested donation for food £1). Parent permission required.
- Email cyp@binghammethodist.org.uk

Coffee Mornings at Bingham Parish Church: St Mary & All Saints Church, Church Street

10:00-12:00 every Thursday, Children's Play Area, dogs welcome at St Marys church.
NO set prices, discreet donations jar if wishing to leave one.

Chestnut Avenue Community Centre

Are you retired, looking for something to do? Then join:

Monday – Bingo 2-3.15pm – arrive for **prompt** 2pm start, bring a pen/dabber £1/strip.

Tuesday – Lunch Club run by Mencap 12pm - £4 for main and £1 pudding, jacket potato and pudding=£4, water is free

Wednesday – Coffee Morning 9.30-11.30am

Friday - Whist 1.15-4pm

Saturday – Coffee Morning 10-12 noon

01949831393 – Lesley

W.I. Coffee Morning

Every Thursday 8.30am-11.30am. At: W.I. Hall, Station Street

Baby changing facilities, loo available. All welcome.

Social Monday Morning

Tapestry, crafts, knitting and sewing. We also have darts, dominoes, and learning Scrabblers 10am-12 noon. At the W.I. Hall, Station Street, including tea/coffee and biscuits for only £1.

Bingham Art Group

We meet every Thursday 2-4pm at the Long Acre Studio – entry via rear entrance on Fisher Lane. New members, beginners or experienced are always welcome to join. There are members experienced in a mixed range of artistic media to offer help and advice to those starting out. Whether you are an experienced artist or you are just thinking of starting art, why not contact us email Heather at binghamartclubmembers@gmail.com It will be fun.

Bingham Butter Cross Art Group

Amateur artists guided by South Notts College, exploring all forms of art e.g. drawing, painting, outdoor sketching. Meets at Old Church House every Monday morning. Maureen Pook maureenpook@yahoo.com or 01949 837744

Scottish Country Dancing

‘Great way to meet new friends, keep fit, give brain cells a workout. Come along alone or with a friend or partner’.

At: Bingham Methodist Centre.

2nd Monday in the month: From Monday 26th September 2-3pm

2 complimentary lessons then £15 for six further classes

Secretary: newarksds@icloud.com

07802427007

Bingham Guitar Club

New group meets Friday afternoons 1.30pm. Teresa 07712 273426
moorend@hotmail.co.uk

Bingham Wind Band

For players of clarinet, tenor sax, trumpet, French horn, trombone, bassoon, etc and drums, percussion etc. All players most welcome.

Rehearsal's Wednesdays 7.15-9.15pm at Robert Miles Junior School, Bingham. Sarah Parnell 07710561982 or binghamwindband@gmail.com

Bingham & Radcliffe Chess Club

Every Tuesday evening at: Royal British Legion, Main Road, Radcliffe, NG12 3RD

7.15pm start for adult beginners and learners

A friendly welcome, coaching and encouragement available.

For more info: Nick London on 07825 787539 or email
Radcliffe.bingham.chess@gmail.com

Junior Chess Club for children aged 7-18 – learn to play or improve your chess skills – 6.30pm on Tuesdays. Same contact as above.

Chess Club at The Horse and Plough

All ages and abilities welcome! *Under 18s must be accompanied by an adult*

Last Sunday of the month 4 – 6pm

Bring our own board or you can use one of ours!

Upstairs in The Pony Trap

Call 01949 839313 to register interest so they know what time to expect you.

Community Choir called Vale Voices

- A friendly Community Choir
- Meets on Monday evenings 7.30-9pm (Term Time only)
- At: Methodist Church in Bingham
- First session FREE then £6 per session
- If interested, please contact the committee at valevoicescc@gmail.com
- [07464999838](tel:07464999838)
- [Facebook.com/valevoices](https://www.facebook.com/valevoices)

Walking Football at Bingham Leisure Centre

Wednesday nights 7pm at Bingham Leisure Centre on 'The Banks'

Aimed at over 50s it is a non-serious, non-tackling fun hour which tends to veer into trotting. Played on Astro pitch. All new players are welcome. Contact Shaun if interested 07800761557.

Women's Football

Monday night's 8-9pm, meet at 7.50pm at Bingham Leisure Centre reception – all ages and abilities welcome, also do a bit of fitness and some drills.

If you're looking to get back in to football or have never played, come and give it a go.

£3/session - meet at Bingham Leisure Centre reception

Esthercooper10@outlook.com

Diabetes Support Group – Bingham

Meets every 3rd Wednesday of the month – 10.30am to 12.00pm Venue: The Old Courthouse, Church Street, Bingham, Nottingham NG13 8AL. Informal meetings where you can meet others living with diabetes, share experiences and tips for living with diabetes.

Rowan Bird 07941 440458

rowanbird@sky.com

Bingham and District Angling Club

Club meets every fortnight at a variety of different venues, contact Martin Fielding 01949 877588.

Bingham & District Audio Magazine

(For ROT, Aslockton, Bingham etc) Monthly delivery of a free 1 hr CD delivered featuring local news and interviews with local people, birthday shoutouts etc.

Can provide a CD player if required.

Become a volunteer or request the CD Audio Magazine

<https://www.bdam.org.uk/> Jane Roberts is the contact jar.19rrb@gmail.com 01949 839911.

Volunteering

Bingham has many charity shops including Dogs Trust, Sue Ryder and Barnardo's who are always looking for volunteers. This is a great way to meet new people and gain skills for employment. Also, check at your local Bingham Fire Station if there are any vacancies for you there.

Bingham Library, Eaton Place

Has wheelchair friendly access, free wi-fi, photocopying, fax machine.

Runs: Crafty Chat and Rattle Rhyme and Roll groups etc

Rattle Rhyme and Roll group.

- Come and share simple rhymes and actions songs with your baby or pre-schooler and have fun.
- Free but limited to 15 adults so please call 01949 837905 or come into the Bingham Library to secure place.

Board Games Club –

Free at Bingham Library/ Starts November 9th 2023 – then Thursday afternoons 3.30-4.30pm. Open to all.

Lego (& board games) Club – free at Bingham Library also

Every Saturday 1-3pm (only on during term-time!)

Open to everyone

Crafty Chat / Craft and Chatter at Bingham Library

FIRST Wednesday of the month: 1.30-3pm

Free! Friendly crafty chat group at Bingham Library. Crafters get together to knit, crochet, craft, browse craft books and natter. Share skills or simply admire them.

Cup of tea and biscuit for 50p.

Book a place by calling the library on 01623 677200 or pop into library to book your place.

Reading Friends at Bingham Library

Come and join friendly volunteers to chat about books and reading. Take time to relax and explore the joy of words. Reading friends brings people together to read, share stories, meet new friend' and have fun.

All welcome, no need to book, just pop in. FREE.

First Tuesday of every month 10-11am

Bookclub – online

At the beginning of every month, we bring you a title as both an e book or e audiobook that our online group reads together. You then have the option to join online chats, give feedback, or just wait for the next book. www.inspireculture.org.uk/bookclub

For more information email reading@inspireculture.org.uk

Bingham Children's Centre: Breastfeeding B.A.B.E.S Group

Are you already a breastfeeding or an expectant mum? Why not join us at our breastfeeding (B.A.B.E.S) play, chat & peer to peer support groups.

No booking required Contact Children's Centre if you require any further information.

Bingham Children's Centre – Wednesdays (fortnightly) Breastfeeding (BABES) Group - 27th July 10th & 24th Aug 10-11 am at Bingham Children's Centre. No booking required.

<https://www.facebook.com/ChildrensCentreServiceRushcliffe>

Bingham 123 Baby and Toddler Group

Every Thursday 10am-12pm at Old Church House, East Street

For mums to be, for children 0-5 to play whilst parents and carers can have a drink and chat. With a variety of toys. A craft table too. £3 per family which includes refreshments. Becky 07809659673. Also currently looking for volunteers to help run the group/

Bingham Friday Baby and Toddler Group

Term time on Fridays 10am-12pm at Old Church House, East Street. Toys, activities singing, drinks, snacks. Suitable for 0-5 years old for parents/carers/grandparents. £2 per family. Facebook page: Bingham Friday Playgroup.

Bingham Bowling Club

<https://www.facebook.com/profile.php?id=100057759635577>

At the Dove Cote, Long Acre, Bingham [07983 093693](tel:07983093693)

Tai Chi & Qigong

Gentle flowing mindful movements, helpful for stress and calm. Recommended by NHS, Arthritis UK, British Heart Foundation.

At: Bingham Methodist Church

Mondays 17:15-18:15 and Wednesdays 11:15-12:15 Chris 07776 140155

Yoga in Bingham and East Bridgford with Karen 07775 655 539 /01949 829311
www.mabconsultants.co.uk

Yoga for Osteoporosis – Simple steps to promote better bones, balance & posture.

Caroline Arthur (registered yoga teacher) – 01949 843946/07900473426 or
caroline.arthur1@btinternet.com

- Bingham Methodist Centre (church), Needham St, Bingham. Tuesdays 9.30-10.30am.

Zumba at Bingham Methodist Church Suzanna 07970 626 544

Bingham U3A [Bingham u3a](#)

Meets on 3rd Wednesday of the month at 2pm, Methodist Centre to enjoy a varied speaker programme.

A wide selection of Interest Groups that meet throughout the week in various locations.

Bingham Churches Walking Group

(Part of Churches Together Bingham CTB)

Details of specific walks programme available on website:

<https://www.binghammethodist.org.uk/churchestogether.htm>

Open to anyone – church goers and those who don't go to church. Walks vary in distance and location (4-10miles long). Carshare available to get to walk starting place (from Old Church House).

Daytime and evening walks:

Saturday Walks assemble at the Old Church House at 8.55 am for a prompt 9.00 am departure unless otherwise stated.

Evening walks: Note that we have changed the start time to 6.25pm for a prompt departure at 6.30pm unless otherwise stated, and all walks will be on Tuesday's (now on hold until Spring 2023)

Strong walking shoes - or, preferably, boots - are always recommended together with warm and waterproof clothing as one never knows what our English climate can do from one hour to the next! Don't forget to bring some coffee for a mid-morning snack in all cases.

Bingham Leisure Centre

At: The Banks, Bingham, NG13 8BL

Has a 25m swimming pool (pool hoist too), classes, 60 station gym, free parking. Ask the GP or Social Prescriber about the Exercise Referral Scheme whereby you can then access the gym at a discounted rate.

Bingham Belles: Evening WI Group

An informal friendly fun group- a place to meet new friends, learn new skills, develop existing ones and find out about interesting and new things. A group of like-minded women of all ages, enjoy a variety of meetings where we always learn something new and broaden our view of the world.

Meets every 3rd Wednesday of the month 7.45-9.45 in the WI Hut, Station Street NG13 8AQ – welcomes visitors and new members.

In the past they've done wreath making, dances, singing, etc.

Facebook: binghambelles or Helen Pidgeon 838 567

Bingham Advice Centre

When: Wednesdays 9.30am-12.30pm. - Drop-in, no appointment needed.

At Bingham Town Council, Old Court House, Church Street, Bingham – pick up the handset at the door which is a video phone- meeting room is now upstairs in the building (lift available)

Come and speak with a trained volunteer about things like Consumer Advice, debt, living with a partner, pension credit, sick and unable to work, universal credit, working tax credit and child tax credit, housing benefit etc. Bring any paperwork/letters you may need.

Contact: info@advicecentres.co.uk 07549 184832

Job Club- Bingham

Drop-in sessions: CV support, advice, and guidance on applying for jobs, mock interview practice and 1-2-1 support.

Bingham Library Eaton Place, NG13 8BE

Every Thursday 1pm-3pm 11.15-3pm

Bingham Helping Hands & Bingham Food Warriors

Aim is to help save food surplus going to landfill.

Bingham Food Warriors open every Saturday Morning 9.30am – 10.30am at The Old Courthouse, Church Street, Bingham

FOOD

Family Action has launched Food on Our Doorstep (FOOD) clubs to provide good-quality food at a low cost, while also reducing food waste. It costs just £1 a year for a family to become a member. Once you've joined, you can purchase a bag of tasty food items every week worth approx. £10-£15 for just £3.50! To become a member, you must live or work within approximately 15 minutes of a club.

Rushcliffe Borough Council

Contact Point: An RBC Contact Point is based at Bingham Medical Centre on Newgate Street, NG13 8FD. The RBC Contact point has a walk-in service Thursdays 8.30am-5pm.

Should you have an urgent enquiry that requires a face to face meet at a Rushcliffe Borough Council Customer Service Centre in West Bridgford, please give an advisor a call on 0115 9819911.

For housing enquiries, housing advisors are available at the Rushcliffe Customer Service Centre for face-to-face housing enquiries during opening hours.

Rushcliffe Customer Service Centre address: Rushcliffe Customer Service Centre, Fountain Court, Gordon Road, West Bridgford, Nottingham, NG2 5LN. Open: Mondays and Thursdays 8.30am-5pm, Fridays 8.30am-4.30pm.

Whatton and Aslockton

What's on at Whatton Jubilee Hall:

Where: Church Street, Whatton, Nottingham NG13 9EL Tel: 01949 851613.

The Jubilee Hall has a committee that can help transport you to the events if you live in Whatton or Aslockton, ask your Social Prescriber for details.

Coffee Morning: Every 1st, 3rd and 5th Friday of the month Time: 10:00-12:00

Coffee & tea at 50p a cup.

Carpet Bowels: Friday 2-4:30pm, £2, (Ask if they have capacity, as it is very popular)

Run by Gladys & Barry Andrews.

Zumba and Fitness: Saturday mornings. Run by Andrea.

Art Club: Tuesday mornings 10-12 (currently on hold), £5. Run by Doreen Hunt.

Yoga: Wednesday 6-7pm. Run by Suzie Cocks.

Cranmer Singers Choir: 7:30-9pm

Sequence & Ballroom Dancing & Bar: 1st Saturday of the month, £3.50. Run by Kevin.

Dance classes for U18's: Thursday 6-8pm. Run by Tracey Quaife.

Other theme events run through the year; details will be advertised locally.

What's on at Thomas Cranmer Centre Aslockton:

Where: Main Street, Aslockton, Nottingham NG13 9AL Tel: 01949 850600.

Coffee Morning: Every 4th Friday of the month 10am-12pm

Tea, coffee, sausage cobs, cake, also option of sitting outdoors with well-behaved dogs.

Run by: Graham Harper with Rev Tim Chambers.

Tot Spot: Baby and toddler group for under 5's:

On: 1st and 3rd Thursday of the month 10-11:30

Toys, craft: and tea & toast £1 contribution. Run by: Claire Chambers.

Local History Group – open to anyone

Every first Tuesday of the month Time: 14:30 – 21:00

Art Club: Every Wednesday 10am-12pm

Meet to paint in whatever medium you prefer. Range of experience and abilities welcome. Occasionally have someone who comes with a specific project.

Yoga with Niki – www.theyogalounge.org to book online.

Mondays 9.30am, Tuesdays 9.30am and 7.30pm, Thursdays 7.30pm

Join Niki for a traditional Hatha class. You will be guided through floor and standing postures, breath work and relaxations with modifications given for different levels. Please don't forget to bring your mats, blanket' or anything else you may need for your practice :)

Thomas Cranmer Centre Food Hub in Aslockton

Local Food Bank if you need a one off or regular support. No need to show proof of support/benefits.

Where: Thomas Cranmer Centre St Thomas's Church, Main Street, Aslockton NG13 9AL

When: Tuesday 4-6pm and Friday 9-11am

Contact: 07712 733255 cranmercommunity@gmail.com

The Larder at Aslockton Deli and Convenience Store. Will deliver food to local residents.

Where: Main Street, Aslockton NG13 9AL

Contact: 01949 486626

Transport for Aslockton and Whatton

Transport from Aslockton to Bingham and back – Bus 833 service operated by Vectare
<https://localbus.vectareportal.co.uk/maps>

Transport from Whatton to Bingham and back – Bus 93 and 833 services operated by Vectare
<https://localbus.vectareportal.co.uk/maps>

Transport from Aslockton to Bingham, Nottingham etc – East Midlands Trains

The Jubilee Hall Whatton, has a committee that can help transport you to the events if you live in Whatton or Aslockton, ask your Social Prescriber for details.

Radcliffe on Trent

*The Grange/Parish Council 0115 9333 863 / 9335808 bookings@rotpc.com
Jackie Grice (secretary) clerk@rotpc.com Also...look at The Link (Church Mag)*

Health Walk Move and Mingle

What: free, healthy health walks with a guide/leader, approx. 1 hour long.

(Followed by coffee/tea in St Marys Hall...post restrictions)

When: Thursday mornings 10.30

Where: meet at The Grange

Contact: Simon on 07976 631194 or Duncan 07969 330846

Radcliffe Warm Welcome

Drop in for a chat and time with a friendly face, cuppa and cake.

Monday's 10-12 Craig Moray (Corner of Shelford Road and Queens Road)

Thursday's 2-4.30pm at St Anne's Church (Opposite the Library)

Friday 10-12 Craig Moray (As above)

Radcliffe Befrienders

What: Set up by Radcliffe residents in conjunction with Metropolitan Connect. Can visit people at home, for a cup of tea, chat, support, play games, rekindle hobbies, who for various reasons are feeling lonely and isolated. Could go for a walk with you. All befrienders are DBS checked and receive training.

Where: In your own home or out in Radcliffe-on-Trent

Contact: 0115 9395406

U3A

What: Open to new members, reduced fee £10, newsletter and zoom meetings

A national organisation that provides companionship and enables members to share many educational, creative and leisure activities.

Membership enquiries: George Roberts 07971 593802 members@rot-u3a.or.uk

Various groups including, Knit and Natter, Friendship and Support Group, Classical Music, Whist, Walking, Play Reading etc.

Radcook Community Kitchen

What: 2 course Sunday lunch delivered to your door (young with disabilities, those with MH issues, elderly, isolated) Part funded by council, part funded by donations.
Run at The Grange by Mel Evans and Tracie Bere.

When: Sunday 12-2pm

Where: Residents in ROT

Contact: Tricia King by email radcookscommunitykitchen@gmail.com

ROT and Bingham Advice Centre

What: Expert volunteers offering free, confidential impartial advice on benefits, employment, legal matters, consumer, form filling, utility companies etc

When: Thursdays 9.30-12.30

Where: F2F in St Marys Church Hall

Contact: 07549 184832 info@advicecentres.co.uk

Radcliffe Community Garden

What: Community project, setting up a garden with intention to grow fruit and veg to be used by Radcooks

When: Saturday mornings twice a month

Where: Community Allotments, Lees Barn Road

Contact: Karine Toledano 07746 060 792 karinetoledano@hotmail.com or check out [Facebook](#)

Jo, 07778324924, Alice, 07905166307, Nikki, 07787116610

(ROT Allotments: Glebe Lane: Vicky Vennvorne 07547 542444 Lees Barn: Marie Langdon 0115 933 2405)

Radcliffe Station Community Garden

Radcliffe Station Community Garden Contact Phil Thomas pnthomas51@gmail.com

ROT Station Community Garden

What: Community gardening project as part of “Friends of Radcliffe Station”- gardening activities to maintain raised beds as part of “station adoption” with social cuppa

When: Last Friday of every month 10-12 noon

Where: Train Station,

Contact: Phil Thomas

Welcome Café

What: Drop in café for anyone (young families/elderly etc) Easy access for buggies and wheelchairs and baby changing facilities. Hot drinks, teas, fruit juice, homemade cakes, toast and sugar-free muffins. Simple play activities available (under parental supervision)

When: Tues, Wed, Thurs 9-12noon.

Where: St Marys Church Hall

Contact: Jude McLauchlan 0115 8451656

Craft Group at The Welcome Café

Open to all, drop-in session. Sit together at a large table. Crafts include, Card craft, knitting, Crochet, or just company. Wednesdays from 10am.

Bingham & Radcliffe Chess Club

Every Tuesday evening at: Royal British Legion, Main Road, Radcliffe, NG12 3RD

7.15pm start for adult beginners and learners. A friendly welcome, coaching and encouragement available.

Contact: Nick London on 07825 787539 Radcliffe.bingham.chess@gmail.com

Junior Chess Club for children aged 7-18 – learn to play or improve your chess skills – 6.30pm on Tuesdays. Same contact as above.

ROT Bowls Club

When: Seasonal April – September. Out of season members meet indoors to do activities i.e. indoor bowls. Introductory session and then discussions about annual membership.

Where: Bowls Club, 1 Glebe Lane, Radcliffe on Trent, Nottingham NG12 2FR

Contact: Secretary Dorothy McPetrie 07709 516544 bowlsradcliffe@gmail.com

Scrabble Club

When: Every other Friday 10-12 noon

Where: The Old white House in The Grange, ROT

Contact: Joan Stanway 0115 9334065

Little Angels

What: Drop in for parents and toddlers: play, singing, support, creative activities

When: Every Wednesday 9.30 – 11.30 (term time only)

Where: Methodist Church, Shelford Road

Contact: Rev Nicola Jones

Friday Coffee Morning

What: Drop in for conversation and a cuppa and teacakes

When: Every Friday 9.30-11.30 (term time only)

Where: Methodist Church, Shelford Road

Contact: Rev Nicola Jones

Food For Thought

What: Drop in lunch- Homemade soup and cake

When: 1st Thursday of the month 12.15pm

Where: Methodist Church, Shelford Road

Contact: Rev Nicola Jones

Radcliffe on Trent Memory Café

What Crafts, singing, tea! ... for anyone with memory issues/ Dementia and their carers

When 2021 2-4pm, every 3rd Tuesday

Where Methodist Church ROT

Contact Christine Anderson 0115 8450433

Community Cafe

What: Drop in for cuppa, cake, crafts for children

When: 3rd Saturday of the month 9.30-11.30

Where: Methodist Church, Shelford Road

Contact: Rev Nicola Jones

Quiet Space

What: Quiet Meeting place with live music, images on screen, chance to reflect

When: every Friday 9.30-11

Where: Methodist Church

Contact: Rev Nicola Jones revnjones@gmail.com

Tea Dance & Monthly Social dance

What: Friendly, social dance afternoon, sequence dancing (waltz, quick step etc). Break in the middle for a cuppa. £3.50

When: Every Friday afternoon 1.30 -3.30pm

Where: The Grange Hall

Contact: Glenda Mary School of Dancing (Kevin) 0115 9830116

Tea Dance

What: Dancing with a bit of teaching

When: Every Tuesday 2-4pm

Where: The Grange Hall

Contact: June Bark 0115 933 2159

Ceroc Social Dancing

Social partner dance lessons, an evening of music, friendship & gentle exercise (walking at a slightly faster pace) It is a self-differentiating exercise, so dancers can pace themselves according to their ability, increasing as their fitness & mental well-being

improves. So many dancers who have come to dancing due to loneliness, fitness issues, bereavement, stress & other mental issues.

Mondays, Grange Hall From 7.45 -10.45pm (with structured tuition, social time, practice time etc)

No need for a partner, helpers available, no upper age limit, stay for as long as you wish.

Contact: Sue O'Reilly 07915671688

www.facebook.com/sue.oreilly118

www.cerocheaven.com

www.facebook.com/cerocers

ROT Drama Group

What: local amateur dramatics group

Where: St Marys Hall, Main Road (next to the church)

When: Every Monday and Thursday evening 7.30pm

Contact: Membership Secretary: 07532 777306 www.radcliffe-on-trentdramagroup.co.uk

New: Zumba Gold

New class from September

Low impact, friendly and easy to follow dance-fitness.

Grange Hall, ROT

Mondays at 11:30am

£4.50 per class, pay as you go.

Contact Suzanna: 07970626544

ROT Gardening Club

What: Talks in the winter (Sept – April), visits in the summer

Where: The Grange Hall

When: Last Thursday every month

Contact: Membership Secretary: Maureen Wigley 0115 9334431

Bereavement Listening and Info Time

2nd Wednesday of the month 11-12 mid-day

A warm welcome to talk over a cup of tea/coffee, however recent or long ago the bereavement at St Anne's Meeting Room, ROT

Enquiries: dlc10@live.co.uk Iris McClean 0115 9335502

ROT Library

New Road NG12 2AJ General enquiries: 0115 9332312 or Inspire 01623 677200

Open: Mon 9-7, Tues 9-1, Thurs 9-5, Sat 9-1pm

- Regular event: Rattle, Rhyme and Roll every 2nd and 4th Monday 10.30am (book your place)
- Reading Well Collection: books for specific health and wellbeing conditions
- Memory Bags

Grange Art Club

When: Thursdays 10-12. A friendly welcoming group of beginners and experienced artists

Where: British Legion Hall **Contact:** Rodney Fogg 0797 153 7119

Silver Cinema

What: film showings

When: usually last Wednesday of each month, doors open 12.30pm, film starts 1pm

Where: The Grange Hall £3 admission

Contact: bookings@rotpc.com or Lisa 0115 933 5808 ext.1

MIOLI (Move it or Lose It)

What: fun, easy to follow exercise class for men and women over 60, seated and standing (try 1st class for free).

Improve flexibility, aerobic health, balance, strength and make new friends!

Created in collaboration with NHS and Centre for Healthy Ageing Research.

When: Tuesdays 11.15 – 12.15pm

Where: British Legion Hall

Contact: Karen Green 07775655 539 or 01949 829 311

email: karen.green@moveitorloseit.co.uk

Exercise Opportunities:

Fitness and Dance Classes

ROT Grange Hall for all abilities, text 0786653 2224 for info PAYGo

Modern Line Dancing class

Improver/easy intermediate level, Methodist Church Pat 0115 9140673

Swing Into Shape

ROT Scout Hall Low impact exercise to music classes for all ages and abilities £5 PAYGo

Sally 07866105 072

Tango Classes (Argentine) Mondays British Legion Hall PAYGo Tony 07764 305454

Yoga

British Legion Hall PAYGo Chris 07811 713677 also Debbie Spencer 07941526136

Shelford Village Hall annemccarthy yoga@gmail.com

Yoga in ROT with Kev 07817 547 558/01949 829311 www.mabconsultants.co.uk

Somatic Yoga in ROT & Gunthorpe with Karen 07775 655 539 www.mabconsultants.co.uk

Pilates in Radcliffe on Trent and Bingham contact Liz Dougall 07823693527

<https://www.lizdougallhealthandfitness.co.uk/>

SNMC: South Notts Men's Chorus

Auditioned male voice choir, Thursday evenings. Tel 07973 765222

Local History Group

John Whitfield 0115 9611161 gives talks at the Local History Group

Radcliffe Archaeological Project (RAP): Ann Mcleod 07966 478873

Radcliffe on Trent Local History Society

www.radcliffe-on-trent-local-history-society.co.uk)

Facebook group: Radcliffe on Trent Local History Society Check the above pages for local talks, lectures, etc.

ROT Women's Institute:

British Legion Hall Tuesdays 7pm Ann Smith 0115 933 3383

Other groups e.g., badminton, stamps, bowls, singing – see LINK Magazine

Shelford WI Radcliffe on Trent:

When: 1st Thursday of the month 7:30pm

Where: Shelford Village Hall, Shelford, Radcliffe on Trent, Nottingham NG12 1EN

Contact: shelfordwinotts@gmail.com

Radcliffe on Trent Male Voice Choir

Shelford Road Methodist Church NG12 2AG EVERY Thursday 7pm

Just turn up you will be made very welcome and seated with an experienced singer.

No expertise needed; you do not need to read music.

Anyone can learn and you will get the benefits no matter how you sing.

Benefits: improved breathing, increased lung capacity, abdominal toning, better posture, lower stress levels, boosted immune system

[Http://radcliffeontrentmvc.org](http://radcliffeontrentmvc.org)

Film Appreciation Group

The Grange, Radcliffe on Trent

Group leader: David Richards

Monthly dates available.

Strictly Jive Group

Royal British Legion Radcliffe Hall

Wednesdays 3pm beginners and improvers

Turn up or contact Chris: worthington690@btinternet.com

Joyful Jukebox

What: Twice monthly informal sing-alongs of popular songs. Fully inclusive & Dementia friendly.

Where: Radcliffe Hall, Royal British Legion

Cost: Free entry & refreshments

When: 13:30-3pm. September 7th & 12th, October 5th & 19th, November 2nd & 16th, December 7th & 21st.

Upper Saxondale

Coffee morning: In the Village Hall, Friday's 10:30 – 12:30.

Walking Group: We are a small group of village residents who go walking on the 4th Wednesday of the month. Catching the local bus or car sharing. We walk between 5-7 miles and finish up at a pub for a lunch. We have a WhatsApp Walking Group.
Contact: 07805 900306 for further details.

Cotgrave

Cotgrave Methodist Church FREE hot drink/warm food and games

Starts Tuesday 1st November 12-3pm and again Saturday 5th November 10am-1pm

All are welcome, have a chat, keep warm, hot drinks and warm food FREE.

Cards, dominoes, board games, chat make new friends.

There is a warm welcome waiting for you.

Free to attend, you don't need to be a member of the church!

Contact Linda on 07787 742934 for more info or if you would like to volunteer.

Garden Club Coffee Morning

Every other Friday (alternate Fridays from the Library Coffee Club) 11-12.30

Located next to the Bowling Green at the Cotgrave Welfare (entrance through the 1st gate)

At: Cotgrave Community Garden, Next to Welfare Bowls Club, entrance through the first gate NG12 3PJ

Coffee, tea, cake in the garden – outdoors so please dress for weather, bring an umbrella!

Cotgrave Community Garden

Wednesday 10-12 and Saturdays 11-2 facebook@cotgravecommunitygarden

Located next to the Bowling Green at the Cotgrave Welfare (entrance through the 1st gate)

At: Cotgrave Community Garden, Next to Welfare Bowls Club, entrance through the first gate NG12 3PJ

Everyone welcome, no experience needed, come along, and enjoy a new skill, share your knowledge, or just relax and enjoy the garden.

Gardening Activities (Commencing 19/09/2023)

In Sponsorship with “Cotgrave Community Garden”, “Trent Bridge Community Trust” and “Powered by Levelling Up”

Tuesday’s 1:30-3pm at Cotgrave Community Garden

Gardening activities to promote a healthier lifestyle that can have a positive impact on your health and wellbeing.

Contact: Ian Richardson 07814 112510 ian.richardson@trentbridge.co.uk

Coffee Club at Cotgrave Library

No-one needs to be alone in Cotgrave! New time! 10.30am - 12.30pm at Cotgrave Library

Come along to our Coffee Club for tea or coffee, cake, crosswords, crafts, colouring and companionship!

Alternate Fridays (following week from Cotgrave Community Garden Coffee Morning so people can attend both ie one weekly)

Yarn Crafts Group / Knit and Natter at Cotgrave Library

Do you enjoy knitting / crocheting / stitching? Free to all, craft group

2nd and 4th Saturday of each month 10am-12noon

All ages and abilities welcome, Cotgrave Library

For more information call 01623 677 200 (Inspire Libraries)

Bingo Buddies

At Thurlbeck Community Centre off Edgington Close NG12 3TD

Thursday 2pm – all welcome

Isobel 07508 220825 (Check capacity, may be full)

New: Lego Club at Cotgrave Library

Do you enjoy building Lego and want to share your skills or have a go at mini-making challenges?

Free – pop in!

10-11am

Every 3rd Saturday in every month: Starts 17th Sep 15th Oct 19th Nov 17th Dec.

All ages and abilities welcome

Cotgrave Crafters

Meet every Wednesday at Cotgrave Library – 2pm to 4pm.

Bring your own projects to work on, share ideas and enjoy a cuppa and a chat with fellow crafters. Refreshments 50p

Mini Market - CCK (Cotgrave Community Kitchen)

Pop up mini market – Affordable Fresh Fruit and Veg, Frozen Food, Eggs, Toiletries, Bread and Tinned Foods.

Everyone welcome – help to stop food waste and save yourself a lot of money.

Thursdays 10.30 -12.30pm

Saturdays 10.30 - 12.30pm

Contact: Jill Mathers 0777 970 2035

Cotgrave Futures on Candleby Lane opposite the new Shopping Centre, easy Parking

Toddler Café

Re-opening from 28th April. Cotgrave Methodist Church

9:15am on 2nd and 4th Thursdays of each month

Toddler café for families with pre-school aged children, donation of £1 per family

Toddler Group – meets every Tuesday 10am to 1pm at Rose and Crown Pub, Main Road, Cotgrave. Just turn up.

Health Walk at Cotgrave Country Park

Friday 2-3pm, Starting at Rose and Crown Pub, Main Road, Cotgrave.

The route around Cotgrave Country Park varies from week to week, usually no longer than 2 miles. Walks last for about an hour with a shorter 30-minute walk available to suit your fitness and ability. Meet on the Rose & Crown car park, ready to start at 2.00.

Contact: Simon on 07976 631194 or Duncan 07969 330846

Slimming World

Slimming World sessions run in Cotgrave Methodist Church

Tuesday 5:30pm and 7pm with Judy. Call 07764449382

Thursday 5:30pm. Call 07738947883

Women's Football Training

Was Fridays 7-8pm at the welfare but this is on pause until April for those not wanting to join as a player.

Currently training players of the team at Candleby Lane 3G pitches.

Awaiting an update from Laura Cook, as seen on The Cotgrave Noticeboard

Breakaway Badminton Club

Cotgrave Leisure Centre – every Tuesday 10am – 12 noon.

Always looking for new players

Friendly, non-competitive club who enjoy badminton games.

For more info call Sandra on 01949 81981 or Barbara on 0115 937 4908 – or just turn up for a game!

Cotgrave Memory Café

Venue: Cotgrave Church, Church Lane, Cotgrave, Notts.

When: Last Thursday of every month Time: 14.00 – 16.00

The Café is a structured two hours for people suffering memory problems and their helpers to enjoy some nostalgic activities to stimulate conversation and participation.

Each monthly meeting will be themed for the time of year e.g., bonfire night may be used to stimulate an interactive discussion about gathering and making bonfires, fireworks they bought, penny for the guy etc. We also intend to have some music and in time some nostalgia boxes, as well as many more activities themed for each meeting.

Gerry Thompson 01949 838173

Cotgrave Advice Centre

What: Drop-in advice sessions. Free, confidential, and impartial drop-in advice sessions. Advice on range of issues including debt, benefits, legal, form filling, consumer, and housing.

When: Tues and Thursday mornings 9-12 noon, Monday evenings: 5-7pm

Where: All Saints Church, Plumtree Road

Tel: 0115 9893294 cotgraveadvicecentre@gmail.com

U3A

What: A national organisation that provides companionship and enables members to share many educational, creative and leisure activities. Choose from a wide variety of groups across Cotgrave e.g.

Lunch Club, Art, Coffee and Chat, Birdwatching, Bridge, Book Club, Wine Tasting, Real Ale, Keep Active, Local History, Card, and Board Games etc.

Monthly open meetings are held in Cotgrave with a visiting speaker, chance to meet friends and find out more about the groups.

Where: The Welfare

When: 2nd Tuesday of each month 10am

Cost: £20 a year subscription

Contact: Membership Secretary 0115 9892145 or Liz 07980580161

Senior Meet Up

What: Informal get together for older people

Where: Rose and Crown Pub, Main Road, Cotgrave

When: Every Wednesday 10am to 1pm Just turn up.

Notts In Mind Cotgrave

Wellbeing programme at Cotgrave Leisure centre, run by Trent Bridge Community Trust. For anyone feeling down or stressed out. Or maybe you just want to come along to socialise with others or try a new activity.

Ladies' session Thursdays 10.30-12pm (Men's session now cancelled, poor attendance)

Free, using sport and physical activity to increase self-esteem, build confidence, improve fitness levels and meet new people. Sports can include anything from badminton to archery to football. **Not all activities are physically active – board games etc also on offer. Everyone welcome. Or just come along for a cup of tea / coffee!**

More Info from Ian Richardson 07814 112 510 or email ian.richardson@trentbridge.co.uk
www.trentbridge.co.uk/trust

Carers Group “For people living with dementia and their carers”.

New – starting January 2023!

Run by Trent Bridge Community Trust. Every other Wednesday 1.30-3pm at Cotgrave Leisure Centre.

Falls Prevention and Management Classes – Free – 12-week courses.

Who are the classes aimed at?

People, primarily over 55 who:

- are unsteady on their feet, have fallen or think they might fall
- would like to improve their strength and balance - many have had hip or knee replacements, or are suffering with arthritis, diabetes, high blood pressure, Parkinson's, anxiety or heart or lung conditions. They come with sticks, walker' and some in wheelchairs.

Cotgrave Methodist Church, Bingham Road, Cotgrave NG12 3JR

Fridays 2-3.30pm starting (in 12-week blocks) on Friday 1 July and 7 October 2022; and 13 January 2023

Content

About an hour of gentle exercises followed by a 30-minute social session. The exercises are all evidence based and were developed by a team of physiotherapists - Later Life Training. They help to improve participants' strength, balance, flexibility: and confidence as well as understanding what to do if they do trip or fall.

- The classes are chair based - participants can either sit down or stand up to do them or a mixture of the two - and they are progressive; as well as being tailored and adapted to individuals' capabilities.
- At the end of each class we have a social session where we spend 30 minutes chatting about anything and everything - this can range from vaccinations, lifeline alarms, how to save money on energy bills, benefits, footwear, eye tests, and other groups and support that are available to them in the area, as well as what they get up to with their grandchildren. Participants (particularly those who live on their own) report getting as much from this side of the class as the exercises.

"I'm so lonely now after my husband died and these classes have given me a real focus to my week - I've made new friends and I never thought I'd do that. Thank you."

"I love the atmosphere in the classes - it makes you forget you're actually exercising."

"I did fall last night coming back from the toilet in the middle of the night. But I remembered what we do in class and was able to get up on my own without having to wait hours for an ambulance to come."

If you wish to join these classes, please ask your Social Prescriber to refer you.

Job Club- Cotgrave

Drop-in sessions: CV support, advice and guidance on applying for jobs, mock interview practice and 1-2-1 support.

Cotgrave Futures, Candleby Lane NG 12 3JG Every Wednesday 11.15-3pm

Zumba

Thursdays 6pm – Cotgrave Welfare

No booking required, just turn up.

Cropwell Bishop

The Saturday Café

Cropwell Bishop Parish Council coffee morning runs on the last Saturday of the month, apart from December from 10.00 am till 12.00 mid-day at The Old School in the village.

There are a variety of stalls throughout the year at the café and is a place where you can come for coffee, cake, and a chat. It's a lovely warm atmosphere ran by a wonderful group of village volunteers.

Everyone welcome.

Activities at Rawlings Court (open to everyone in Cropwell Bishop)

Weekly coffee morning, every Wednesday 10 – 11:30am, 30p for hot drinks includes a biscuit.

Weekly craft knit and natter, every Thursday 2 – 4pm, 30p for hot drinks (if you don't do a craft, come along for a natter)

Fish and Chips lunch – last Friday of the month *order and money collected at the coffee morning on that week.

All welcome!

Contact: Helen 0115 9899052

Cropwell Bishop Garden Club – Growers and Gardeners

Growers and Gardeners return to meetings at The Old School

Visiting speakers and regular meetings for those interested in gardening.

Can get a membership for the year or all visitors welcome £3 at the door.

Refreshments and Raffle

Contact cropwellbishopgandg@gmail.com or 07759954999 for more details and future meeting times/dates.

Support Group: Tea, Coffee, Cake and Chat - called 'The Well'

Thursdays from 2pm Methodist Church Schoolroom

Is open to new members but Rosa requests contact with her first – speak to your social prescriber about this.

Zumba with Wanda

£4.50 per session 07957 166506

Tuesdays 9.15am, 10.15am in Cropwell Bishop at The Old School

Pilates

Pilates Fitness

Cropwell Bishop, The Old School – Monday 6.30pm – 7.30pm, Wednesday 6.00pm – 7.00pm & Saturday 9.30am – 10.30am – Teacher Lu Denty.

Cropwell Bishop, The Old School- Thursday 2.00pm – 3.00pm – Teacher Christine

‘It’s hard to believe that there’s a form of exercise that can make you feel relaxed, elated, and seriously fit all at once. Try one of the Pilates classes, and you’ll realise that there is. Pilates promote both physical and mental wellbeing, Pilates is all about feeling strong from the inside out.’

Cropwell Cinema

Community Cinema at The Old School, Fern Road

Refreshments, large screen, surround sound.

£4 adults, £3 under 18’s

For details contact Judith Gelsthorpe @ cllrjudithgelsthorpe@gmail.com

Bridge Club

Every Tuesday at The Old School, 19:30-21:30. Beginner’s welcome.

You don’t have to bring a partner, come on your own and join in!

For further information contact: Pam Wakefield

Mob: 07787 801570

Cropwell Luncheon Club

The Old School - Fern Road.

Lunch will be at the Old School, Fern Road every second Tuesday of the month from then onwards at 12:30 – 2pm. Has the use of the Parish Council community bus free of charge for the village only.

(CURRENTLY HAVE A WAITING LIST – from NOVEMBER 2022)

New Members of all ages most welcome, not suitable for small children.

Contact: Myra Kendall on e-mail: howardkendall26@gmail.com

Zumba

Zumba Fitness

Cropwell Bishop, The Old School – Tuesday 9.45am – 10.45am – Teacher Wanda Shungi-Russel

Cropwell Bishop, The Old School- Monday 6.15pm – 7.15pm – Teacher Sandy Groves

‘It’s a totally exhilarating, effective and easy to follow calorie burning Dance Party!’

‘You will enjoy this workout so much you don’t even feel like you are working out!’

Everyone Welcome

‘ZUMBA caters for ALL ages, ALL shapes, ALL sizes and ALL levels of fitness.’

Bishops Eight Square Dancing

Make new friends, have some fun, take gentle exercise, and learn how to square dance.

Everyone welcome – Join Dave and Kath at the Old School

Thursday Evenings 7.00pm – 9.30pm

For more information contact: Kath – 01949 860843

‘The first thing you need to know about square dancing is that it should be called “square walking.” That’s because square dancing is about walking in different patterns called out by the square dance “caller.” It becomes a game of staying-up with the caller and often ends up in people goofing-up, laughing and having a great time.’

Please see Cropwell Bishop Parish Council website for list of all these events and activities in Cropwell Bishop and the Events Calendar for each month [Cropwell Bishop Parish Council | Serving the parish of Cropwell Bishop \(cropwellbishop-pc.gov.uk\)](http://cropwellbishop-pc.gov.uk)

East Bridgford

East Bridgford Care Group

Transport now available for village trips and med appts.

(a group of people willing to help others in various ways eg transport, shopping, befriending, prescription collections)

EB Care Group Transport offered for those in surrounding villages and registered at EB Medical Centre

Cost: free within EB. Otherwise 45p mile. Fixed prices for certain destinations

Contact: 07976 935476

East Bridgford Mobile Library Van (Route East 10)

Run by Simon from Inspire Libraries Southwell 01636 812148

Can check your books in/out, can put a selection of books together for you, adult & children's books available, can bring them to your door, has a hydraulic lift on the van so that you can access easily to look at books.

Every 4th Tuesday of the month.

East Bridgford Garden Club

In East Bridgford village hall. Non-members welcome. £3 for visitors. 7.30pm on:

Tues 25th Oct 2022, Tue 15th Nov, Fri 9th Dec (Xmas Special), Tue 24th Jan 2023, Tue 28th Feb, Tue 28th Mar, Tue 25th Apr

East Bridgford King Edward Snooker Club

Interested in playing snooker? Why not come along to the King Edward Snooker Club located behind the village hall? Membership is open to residents of East Bridgford and surrounding villages.

For an application form contact Steve Coupland (Secretary) 07801333945
stevecoup60@gmail.com A visit to the club can be arranged prior to joining if required.

Falls Prevention and Management Classes – Free – 12-week courses.

Who are the classes aimed at?

People, primarily over 55 who:

- are unsteady on their feet, have fallen or think they might fall
- would like to improve their strength and balance - many have had hip or knee replacements, or are suffering with arthritis, diabetes, high blood pressure, Parkinson's, anxiety or heart or lung conditions. They come with sticks, walker' and some in wheelchairs.

East Bridgford Medical Centre Tuesdays 2-3.30pm

Next course starting (in 12-week blocks) on 10 January 2023.

Content

About an hour of gentle exercises followed by a 30-minute social session. The exercises are all evidence based and were developed by a team of physiotherapists - Later Life Training. They help to improve participants' strength, balance, flexibility, and confidence as well as understanding what to do if they do trip or fall.

- The classes are chair based - participants can either sit down or stand up to do them or a mixture of the two - and they are progressive; as well as being tailored and adapted to individuals' capabilities.
- At the end of each class we have a social session where we spend 30 minutes chatting about anything and everything - this can range from vaccinations, lifeline alarms, how to save money on energy bills, benefits, footwear, eye tests, and other groups and support that are available to them in the area, as well as what they get up to with their grandchildren. Participants (particularly those who live on their own) report getting as much from this side of the class as the exercises.

"I'm so lonely now after my husband died and these classes have given me a real focus to my week - I've made new friends and I never thought I'd do that. Thank you."

"I love the atmosphere in the classes - it makes you forget you're actually exercising."

"I did fall last night coming back from the toilet in the middle of the night. But I remembered what we do in class and was able to get up on my own without having to wait hours for an ambulance to come."

If you wish to join these classes, please ask your Social Prescriber to refer you.

Coffee Morning/Drop in chat,

Every Wednesday 10-12 noon.

Methodist Chapel - for all our village residents, an informal social meeting place.
(Hopefully some great coffee and cake as well)

For the less mobile we can arrange some transport or a walking partner.

Chair: Angie Adams 07443 573737

- There is a pub lunch outing once a month. The Care Group arrange the transport. Organised by Linda Molineaux. Contact: 07976 935476.

Singing for the Brain

Dementia Friendly Singing Sessions run by Alz Soc and Home Instead.

Every 3rd Wednesday at East Bridgford Village Hall 2pm

Contact: Abi Vernon 01949 480480 email: fieldsup1.eastnotts@homeinstead.co.uk

EB WI

Meetings held in EB Village Hall Tuesday's at 7:30pm.

Contact President: Dorothy 01949 21273 eastbridgfordwi@gmail.com

EB Bowls

Butt Field, College Street, EB Ng13 8LE (indoors at the Village Hall in the winter)

EBBC offers a friendly, inclusive environment for experienced, improvers or beginners to the game of bowls, with an active social calendar (bingo, wine tasting, coffee mornings etc), for all to enjoy.

EB BINGO

First Friday of the month in the Village Hall, doors open 7pm for a 7:30pm start.

3rd February 3rd March 7th April 5th May 2023.

Roll-ups: Casual/social friendly games (no dress code!!!) with refreshments at half time

Held every Monday, Wednesday, Friday 1.45pm – 4pm and every Tuesday evenings 6.30pm

Good way to meet other members and free coaching if required.

Members can play free of charge: non-members pay nominal fee of £3 per session.

For any further information, advice, help with coaching, or anything else!! Contact: Rose Lewis (01949-21348, or 07985065454) George Whitt (01949-20557) or Phil Clarke (01949-20822)

rose.lewis2@btinternet.com

EB Village Hall

Fitsteps FAB

Adult dance exercise, low impact, low intensity (in Strictly style but no partners needed!)

Connie strictly.fitsteps@gmail.com 07385601290

Pilates – (and Body Con, Outdoor Fit, Body Blast) at EB, Bottesford, ROT and Bingham

Becky 07789 86 3644 beckiriddings@hotmail.co.uk Wednesday evening.

Yoga with Karen 07775 655 539 /01949 829311 www.mabconsultants.co.uk

Art classes -Jenny 01949 20640 jennie@jenniebambury.co.uk)

Zumba – Monday mornings

Fitness – Friday mornings

Pop up market coffee and cake 2nd Tuesday every month,

Village Hall Committee (Cathy Smith bookings)

Parish Magazine: Sherry Rudman 01949 20528 ebvmag@hotmail.com

Methodist Church Martin Smithson (Paul Bancroft) 01949 837330

St Peters (Fosse GP of churches) (EB, Flintham, Newton, Car Coslton, Screveton) Rev Ruth Colby 01636 924 383 email: revruthcolby@gmail.com

Cranmer group of churches (Aslockton, Whatton, Orston) Tim Chambers 01949 850523 / 07946 526569 email vicar@cranmergroup.org.uk

Jade= admin: thecranmergroup@gmail.com 07526 603766

(Newark: "Sit, Get Fit, Get Healthy" Tracy Ferguson 07871 950 256

North Villages

Orston

Facebook page: facebook.com/groups/orstonvillage
village website: www.orstonparish.co.uk

Village newsletter "Orston Bulletin"

Cllr Shirley Lockwood 859024 or Cllr Nick Hammond (851442)

Village Choir- 7pm Every Thursday

Orston and Thoroton WI 2nd Wednesday of each month, Orston Village Hall

Orston Walkers – every other Tuesday 9.30am, meet at Village Hall car park, walks usually between 5-7 miles, often shortened option Tel 851379 paulinefaz@live.com

Orston Gardening Group- 3rd Wednesday of each month, 7.30pm,

Speaker, refreshments, plant sales etc

All enquiries Anne Hounslow 07968 779696

Pilates – core strength Every Tuesday 12, 5.15 and 6.30pm

Badminton – every Tuesday 8pm

Orston Playgroup 3rd Wednesday of each month, 9.30am

St Marys Church services support@cranmergroup.org.uk

Tel: 07526 603766 Rev Tim Chambers

Flintham

Flintham Museum

By appt, any day, £5, includes refreshments and if interested, extends to a walk around village.

“Rural life through the eyes of a village shop keeper”

Contact: Sue Clayton 01636 525641 Community Shop at the back of the museum (specialising in local produce when available)

Dementia memory kits /game for families/care homes/cafes etc

Coffee, Cake & Chat

When: Every other Friday at 12-1pm (commencing 10/03/2023)

Where: Boot & Shoe Pub, Flintham Village

Contact: 07778 845173

Crochet Group to mee afterwards 1-3pm

Craft Group (contact Parish Council and /or Sue Clayton 01636 525641 for more details)

(Offering a safe, welcome space for attendees to chat and offer support to others who are in similar situations (lonely, bereaved, isolated), whilst working on different themed activities such as crocheting and poetry)

Poetry Group

Meets on the 2nd Tuesday of the month (new location & time to be confirmed) free to attend.

(Different theme each month. People can read a poem they have brought or just listen to poetry being read)

Community Choir – on hold.

When: 6-8pm Sunday evenings village hall

Contact: Amanda Crawford 01636 525 107

Keep Fit for the over 60's.

When: Tuesday 1pm

Where: Flintham Village Hall

Contact: Sharon 07967 756311

Cost: £6 drop-in sessions, just turn up.

Flintots drop-in play café

What: Drop-in play café for toddlers and parents/family. Refreshments available.

When: 2nd & 4th Friday of the month 9-11am

Where: Flintham Village Hall

Screveton

FarmEco: Home Farm, Lodge Lane, Screveton NG13 8JL

www.farmeco.co.uk

Men In Sheds

Every Tuesday and Friday 10-12.30

Our Men in Sheds group, meeting on Tuesday and Friday mornings, enables folk to get together, do something useful, learn new skills and have a laugh and a chat.

Women in Sheds: Thursday 10 - 12 and 1 - 3pm

Mixed Shed Sessions: Wednesday 7-9pm

Contact Kev Bryant on 07739 519748.

For more details email kristina@quirkshops.co.uk

Create with Nature: inclusive art sessions to support people with memory loss and their Carers. Sessions take place outdoors with a sensory approach to nature-based arts. Planned for Autumn 2022 and Spring 2023, £5 a session.

Nature Care: Run 4 times throughout the year, a block of 6 x3 hours session (Fridays, costs £30 for 6-week course but contact Kristina if you are interested but cannot afford this as may be able to support) to include light lunch – variety of nature-based activities to help with poor mental health, social isolation and those experiencing financial difficulties.



Farmeco Nature Club

Dr David Walker (volunteer) is looking to set up a nature club:

Farmeco offers a rich nature environment for a variety of activities. The Nature Club offers the membership access to the farm for an annual fee to cover the expenses of organisation and coordination of the activities.

Proposed annual membership fee: Volunteers: £10 Visitors: £20

Activities proposed include Biodiversity monitoring of: Birds, Butterflies and Moths, Insects, Plants and trees, Nature Journaling (Kristina), Conservation in action to enhance the biodiversity of Farmeco, Mindfulness and Forest Bathing, Fruit harvesting and products,

Forest School (Nick Exley alittlebitwilder.co.uk)

Nature meetings: 4 times per year social and Nature talks Club members free Visitors £15

Quirk shops

Kristina McCormick- art/craft workshops including Creative Nature walk.

email: kristina@quirkshops.co.uk mobile: 07931 521942

social media: <https://www.facebook.com/quirkshops/> website: www.quirkshops.co.uk

Elston

Octave =Parish magazine (octave@chhanby.net)

Allotments

Coffee morning All Saints Church Elston, once a month on a Saturday

Art Group Tuesdays 10am Village Hall, beginners welcome, self-help group, all abilities. There is good wheelchair access and suitable toilet facilities. The organizer is Eunice Rabjohn

Films: 6:30pm On a Friday once a month (Oct – March)

Gardening: 7pm 1st Wednesday of most months at Village Hall with speakers etc (Wendy Hewitt wendym46@tiscali.co.uk)

Chair based yoga Wednesday 12 noon from (January 2023), (Bridget bridget@healthandharmony.yoga) (recently retired nurse)

Pilates Monday 7-8pm at the Village Hall

Singing Group: Tuesday 2:30-4:30 in the Village Hall.

Children's Dance Class Saturday: 08:45-10:45

Stathern

Belvoir Art Group – Wednesdays 10 till 12pm at the War Memorial Institute Building in Stathern. This is next door to the village garage and little shop. Contact Erica 07805 206976. £6 per session. At 12 o'clock stops for tea or coffee and biscuits.