

Rushcliffe
Social
Prescribing
Service

2025

Friendship Events across North Rushcliffe

October

16TH

Joyful Dance & Movement - Inclusive Dance Session by Impactd CIC

When: Thursday 16th October 9.30am-10.30am. Free!

Where: Chestnut Avenue Community Centre, Chestnut Avenue, Bingham, NG13 8AU

Come and join Social Prescriber Laura for an inclusive dance session, where everyone is welcome to move in their own way. There are no routines to learn, just music, space, and time to enjoy yourself. You can take part seated, standing, or a mix of both – whatever feels right for you. These sessions were hugely popular at our Social Prescribing Community Hub, where every week they would do a new theme - Caribbean, Bollywood, 80s, you name it! It's a chance to get moving, lift your mood, and meet new people in a friendly and relaxed atmosphere.

These sessions also run in Cotgrave, Keyworth, Ruddington and West Bridgford.

Contact
the Social
Prescriber

20TH

Cotgrave Hub - Heart of Cotgrave

When: Monday 20th October (Holly there 11am-12pm). Free!

Where: Cotgrave Club/Cotgrave Welfare, Woodview, Cotgrave, Nottingham NG12 3PJ

Are you 65 and over and live in Cotgrave? Join Social Prescriber Holly at the new Heart of Cotgrave - Cotgrave Hub which is now open Mondays 11am-3pm! Whether you're looking for a friendly place to meet, activities to get involved in, support and advice, or simply somewhere to relax, the hub will have something for everyone.

Contact
the Social
Prescriber

22ND

Cotgrave Hub - Heart of Cotgrave

When: Wednesday 22nd October (Holly there 11am-12pm). Free!

Where: Cotgrave Club/Cotgrave Welfare, Woodview, Cotgrave, Nottingham NG12 3PJ

Are you under 65 and live in Cotgrave? Come along and join Social Prescriber Holly at the brand-new Heart of Cotgrave – Cotgrave Hub which is now open Wednesdays 11am-3pm! Whether you're looking for a welcoming space to connect with others, fun activities to get involved in, friendly support and advice, or simply a place to unwind, the hub has something for everyone.

Contact
the Social
Prescriber

Your North Rushcliffe team:

Laura Steed 07846142620	Pippa Bremner 07832611196	Holly Nicholls 07403236430
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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

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



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