

2025 Friendship Events across North Rushcliffe November

5TH

Cotgrave Hub - Heart of Cotgrave

When: Wednesday 5th November 11am-1pm for drop in sessions with SP Holly. Free!
Where: Cotgrave Club/Cotgrave Welfare, Woodview, Cotgrave, Nottingham NG12 3PJ

Please note change in
day/time

Contact
the Social
Prescriber

Are you 65 and under and live in Cotgrave or surrounding villages? Join Social Prescriber Holly at the new Heart of Cotgrave - Cotgrave Hub which is now open Wednesdays 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.

13TH

Cotgrave Long-Term Conditions Support Group (for Cotgrave residents only)

When: Thursday 13th November 2025, 2pm-3.30pm. Free!
Where: Cotgrave Methodist Church, 10 Bingham Road, Cotgrave, Nottingham, NG12 3JR

Contact
the Social
Prescriber

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

As always: free refreshments and chair-based exercises! No need to book, just turn up!

28TH

Good Boost Aqua: for people with muscle or joint pain

When: Friday 28th November 9.30-10.45am. £5 per session to be paid at Bingham Arena (by card)
Where: Bingham Arena, Mercia Court, Chapel Ln, Bingham, NG13 8QX

Contact
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Prescriber

Join Social Prescriber Laura at these sessions tailored just for you! Using details about your muscle or joint pain, they create a gentle programme that helps you build strength, ease pain and improve mobility at your own pace in the soothing pool. The exercises are shown on a waterproof Good Boost tablet with clear animations, and a friendly facilitator will be there throughout to guide and support you. Please remember to bring your swimming gear and arrive 9.30am at the latest as you will need to fill out some forms and questionnaires beforehand.

Booking via Eventbrite is essential: <https://shorturl.at/F8PLo>

Your North Rushcliffe team:

Laura Steed
07846142620

Pippa Bremner
07832611196

Holly Nichols
07403236430

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.