

NO NEED
TO BOOK

FREE
SESSION

JUST
TURN UP

Do you have a Long Term Health Condition or care for someone who has?

If so, come along and join us at the Cotgrave's Long Term Health Conditions Support Group!

Our dates for 2025:

9th October
13th November
4th December

2pm - 3.30pm
at The Cotgrave Methodist Church

These sessions will have a hot topic to try and support and help you to manage your Long-Term Health Condition.

We will have some time for peer support – **cuppa and chat** with other people living with a long-term condition

Finished with some **chair based yoga exercises** to help build strength and improve your mobility

For further information please email us: nnicb-nn.cotgrave-inw@nhs.net

* These sessions are being established as part of the Cotgrave Integrated Neighbourhood Working project in partnership with the South Notts NHS Place Based Partnership, The Cotgrave Surgery, Rushcliffe Primary Care Network and the Rushcliffe Community & Voluntary Service

* These sessions will be fully funded for the first year by the South Notts NHS Place Based Partnership.



You don't have to quit alone

Free stop smoking
support at Cotgrave
Surgery



Scan to
sign up!

What to expect:

You'll receive 12 weeks **FREE** supply of Nicotine Replacement including vapes, patches, gum and lozenges



Delivered by
qualified NCSCT
Tobacco
Practitioners



Cotgrave
Surgery,
NG12 3UQ



It's easy! Call Your
Health Notts on
0115 772 2515 to
book your
appointment



WHAT'S ON IN COTGRAVE WITH YOUR HEALTH NOTTS



Your Health
Notts

FREE Strength and Balance sessions Cotgrave Welfare Scheme Thursday morning - Cotgrave residents only.

A 12-week intervention designed to improve strength and balance for those at risk of falls or have had a fall. Sessions are delivered by qualified Otago Strength and Balance Instructors.

"The sessions have increased my confidence and motivated me to get out walking more, socialise again and feeling more mobile"

FREE Adult Weight Management sessions Cotgrave Welfare Scheme Thursday afternoon

A 12-week programme combining 45 minutes of moderate, ability based exercise with educational nutrition sessions. Each session supports achievable goal-setting to support healthy habit formation and long-term weight management.

"My prediabetic level dropped from 43 to 38! It's hard work, but I look forward to coming every week"

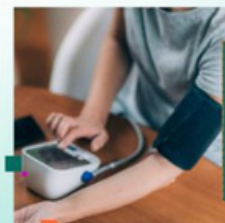
How to refer: Call 0115 772 2515

www.yourhealthnotts.co.uk

+well
Pharmacy
COTGRAVE



NHS Blood Pressure Check Service



40 years or
over?
Do you know
your blood
pressure?

The NHS Community Pharmacy Blood Pressure Check Service supports risk identification and prevention of cardiovascular disease (CVD).

High blood pressure significantly increases the risk of having a heart attack or stroke, but early detection and treatment can help people live longer, healthier lives.

IF YOU ARE

- Over the age of 40
- Have not previously been identified as having hypertension or a related condition' and
- Have not had your blood pressure measured by a health professional within the last six months

Have yours checked today and receive a free gym/swim pass for one of the Lex Leisure Facilities which include Cotgrave Leisure Centre, Bingham Leisure Centre, Keyworth Leisure Centre and Rushcliffe Arena.

