

2025

Friendship Events across North Rushcliffe

**Rushcliffe
Social
Prescribing
Service**

May

7TH

NEW Chair-Based Yoga at Bingham Arena

When: Wednesday 7th May, 12-1pm. £5 pay as you go or included Arena membership.

Where: Bingham Arena, Mercia Court, Chapel Ln, Bingham, NG13 8QX

After the fantastic feedback from our last Seated Yoga Friendship Event, you asked for regular seated yoga classes at Bingham Arena and here they are! Join Social Prescriber Laura at this gentle and accessible yoga session. Perfect for those who prefer seated movements while still enjoying the benefits of flexibility, strength, and relaxation. Excellent for pain & fatigue management. Led by instructor Susie who's a highly experienced yoga instructor, skilled in all styles of yoga, including chair-based practice. £5 pay as you go or included Arena membership. **Book Now! Call**

Bingham Arena 01949 838628 to reserve your spot

Contact
the Social
Prescriber

WEEKLY

Social Prescribing Allotment

When: Wednesdays 1.30-3.30pm. Free.

Where: Paradise Allotments, next to 69 Wilford Road, Ruddington, NG11 6BN.

Join Social Prescriber Laura at our Social Prescribing Allotment! Come and see our peaceful plot - it is tucked away and full of birdsong and possibility. 2025 will be our 5th season of growing produce and friendships. Up to you what you do - get stuck in or enjoy the fresh air and come for a cuppa instead. Do let us know if you are wishing to join us so we can look out for you!

Contact
the Social
Prescriber

8TH

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

When: Thursday 8th May 2025, 2pm-3.30pm. Free.

Where: Cotgrave Methodist Church, 10 Bingham Road, Cotgrave, Nottingham, NG12 3JR

Do you live in Cotgrave and have a Long-Term Physical Health Condition or care for someone who has? Come to this free support group to meet people, share experiences, education and advice to help manage your health and wellbeing in order to live a happier life. Your Health Notts will be there discussing lifestyle changes to help manage long term conditions Free refreshments and chair-based exercises! No need to book, just turn up

Contact
the Social
Prescriber

Your North Rushcliffe team:

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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.

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