Let's Live Well in Rushcliffe

Social Prescribing Newsletter November 2026

RUSHCLIFFE SOCIAL PRESCRIBING
COMMUNITY HUB

Looking for support, activities or a friendly chat?

Come along to the Rushcliffe Social Prescribing Community Hub at the West Bridgford Young People's Centre, open on most Mondays.*

The Hub is currently closed for the October school holidays and will reopen on Monday 2 November.

Whether you're looking to try something new, meet people, improve your wellbeing or simply have a friendly chat, there's something for everyone.

Keep up to date with the latest news, activities and sessions by following us on **Facebook** and **Instagram**, **visiting our website** or joining our mailing list by emailing: **nnicb-nn.rushcliffesocialprescribing@nhs.net**

Every Monday*

*please check the Facebook page as some Monday's may vary due to school holidays and bank holidays

West Bridgford Young People's Centre, NG2 6AT
(next to West Bridgford Library)

Adults aged 18+ registered with a GP surgery in Rushcliffe

Click the links or Scan the QR code to find out more!

For enquiries, contact: nnicb-nn.rushcliffesocialprescribing@nhs.net

For more information: www.rushcliffehealth.org/rushcliffe-social-prescribing

www.facebook.com/RushcliffeSP rushcliffesocialprescribing

Diwali Day

AT THE HUB

Lots to eat
Lots to do
Everyone welcome!

Let's embrace the meaning of the season

Come together • Celebrate • Learn • Enjoy

Join us for a vibrant day at Rushcliffe Community Hub as we celebrate Diwali – the festival of lights.

Find out more about the traditions, stories and meaning behind Diwali, and enjoy a day filled with delicious food, creative activities and inspiring conversation.

DELICIOUS FOOD
A wonderful selection of traditional dishes

CREATIVE ACTIVITIES
Paint and decorate our handmade diyas and other crafts

LEARN ABOUT THE CULTURE
A short talk from a wonderful volunteer from the local temple telling us all about what Diwali means

COMMUNITY AND CONNECTION
Meet new people and share in the celebration together

TALK ON MANAGING WORRY AND ANXIETY
With the wonderful **Dr Chandril** – a friendly and practical talk with tips and insights to support your mental wellbeing

MONDAY 2 NOVEMBER
10:30am – 2:00pm

10:30 – 12:15	Food and activities
12:15 – 12:30	Serve and enjoy lunch
12:30 – 12:50	Short talk from the local temple – What Diwali means
1:15 – 2:00	Dr Chandril talk – Managing worry and anxiety

Rushcliffe Community Hub
West Bridgford Young People's Centre (next to the library)

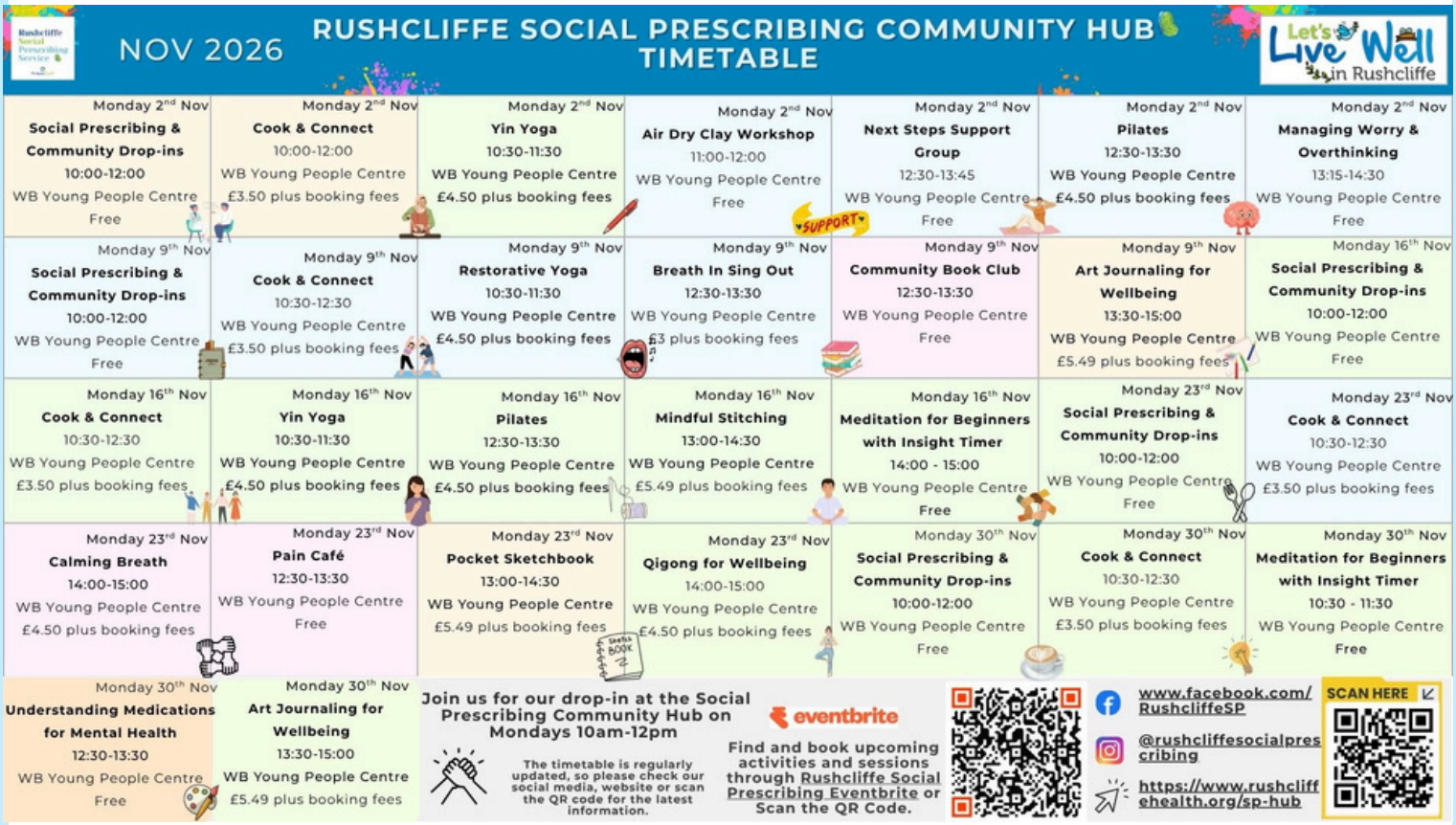
Everyone welcome!
Come along, enjoy the celebration and be part of this special day.

Light up our community with kindness, understanding and togetherness

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Let's Live Well in Rushcliffe

Social Prescribing Timetable November 2026



Click here to enlarge the timetable

View all sessions and book via Eventbrite

Visit our website to find out more about the Hub and view the latest timetable

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Let's Live Well in Rushcliffe

Drop In for Advice and Support

Pop In for a Chat

Join us at the Rushcliffe Social Prescribing Hub between 10am and 12pm for our informal drop-in.

Whether you're looking for advice, need help finding local services or simply fancy a friendly chat with a social prescriber, you're welcome to pop in.

No referral or booking is needed to attend the drop-in.

We also host a range of local services at the Hub, offering more tailored advice and guidance on specific topics. You can find out more about each service and book an appointment by clicking the links below.

Explore our services:

- Employment Advice
- Benefits Guidance
- Gambling Awareness
- Carers' Advice
- Mental Health and Wellbeing
- Blood Pressure Checks
- Weight Management
- Help to Quit Smoking
- Strength and Balance
- NHS App Guidance
- St Paul's Community Connector

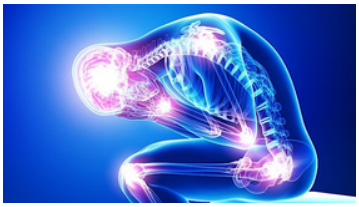


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Let's Live Well in Rushcliffe

Upcoming Activities: Let's Live Well Lounge

Discover practical ways to feel better



Pain Café - Accepting Pain & Managing Pace

Join Pain Café to discover practical skills, tools and approaches to help you manage persistent pain, feel supported and live well.



Understanding Medications for Mental Health

Take part in a relaxed, pharmacist-led session to learn about mental health medications, ask questions and build confidence in making informed decisions about your treatment.



Managing Worry & Overthinking

This workshop will help you to break free from repetitive thought patterns and develop a different relationship with your thoughts.



Next Steps Peer Support Group

Join the Next Steps peer support group to explore your relationship with alcohol, build awareness, share experiences and connect with others in a supportive environment focused on positive change.

Click the links or Scan the QR code to find out more!

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Let's Live Well in Rushcliffe

Upcoming Activities: Let's Recharge

Make time for yourself, find moment of calm and boost your wellbeing



Pilates

A gentle, low-impact session using precise movements to build strength, improve posture, flexibility and balance, while supporting your overall wellbeing.



Calming Breath

Explore simple breathing techniques to help you feel calmer, more grounded and relaxed, while managing everyday stress and moments of overwhelm.



Meditation for Beginners with Insight Timer

Discover how to get started with meditation using Insight Timer, a free meditation app, in a relaxed, supportive session introducing you to mindfulness at your own pace.



Restorative Yoga

Experience a gentle, deeply relaxing yoga practice using supported postures to calm the mind, release tension and leave you feeling rested, grounded and restored.



Yin Yoga

A alming class focusing on breath, body and mind. Access deeper tissues, joints and ligaments as you hold postures, find stillness and let gravity do the work.



Qigong for Wellbeing: Move, Breathe, Relax

Gentle movement, mindful breathing and relaxation techniques to release tension, improve body awareness and support calm, balance and wellbeing.

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Let's Live Well in Rushcliffe

Practitioner Spotlight

Kate Edwards - Restorative Yoga



Kate has been teaching yoga for over seven years, with additional training in Vinyasa Flow, Tantric Hatha Yoga, meditation, mentoring and mantra. Her approach focuses on creating a welcoming, accessible and nourishing space, helping people slow down, reconnect with their bodies and find moments of calm and stillness.

Her classes combine gentle movement, breathing techniques, restorative postures and guided relaxation to help settle the mind and unwind the body. Suitable for everyone, the sessions are particularly beneficial for those feeling overwhelmed, stressed, anxious or exhausted. Everything is optional, and participants are encouraged to take things at their own pace.

Find out more about Restorative Yoga and book your place by **clicking here.**

You can also connect with Kate through her **Website** or **Instagram**

Click the links or Scan the QR code to find out more!

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Let's Live Well in Rushcliffe

Upcoming Activities: Let's Create Lounge

Relax, get creative, learn new skills and connect with others.



Mindful Stitching

Take some time for yourself and enjoy the calming, mindful practice of stitching in a relaxed and friendly environment. Everyone is welcome - no experience necessary.



Arts Journaling for Wellbeing

Explore creativity and self-expression through a range of art techniques and materials in a relaxed, supportive environment.



Pocket Sketchbook Workshop

Discover simple, calming drawing practices to support relaxation and wellbeing, and create a pocket-sized sketchbook of techniques to help you pause, unwind and take a short break whenever you need one.



Breath In Sing Out

Join us for a relaxed and enjoyable session combining breathing techniques, gentle vocal exercises and singing to support your wellbeing.



Click the links or Scan the QR code to find out more!

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Let's Live Well in Rushcliffe

Cook & Connect

Good food, new skills and great company!



Fancy trying something new in the kitchen and meeting new people along the way?

Join us at Cook & Connect for a friendly, relaxed session where we cook or bake together, share handy tips and enjoy a delicious lunch in good company.

Each session features a live cooking or baking demonstration, with opportunities to get involved, build your skills and discover new recipes.

Once everything is ready, we'll sit down together to enjoy what we've made.

Whether you're a confident cook or a complete beginner, everyone is welcome!

Find out more and book your place by **clicking here.**

Discover our recipes: **Cooking Sessions**

Please let us know about any food allergies or special dietary requirements when booking.

Click the links or Scan the QR code to find out more!

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Upcoming Activities: Let's Get Active

Enjoy simple ways to move more, feel good and connect with others



Racket & Connect

Fancy trying something new, getting active and meeting others?

Racket & Connect offers friendly, informal opportunities to enjoy racket sports in a welcoming environment, including badminton, table tennis and pickleball.

No previous experience is needed – just come along, have a go and enjoy being active and connecting with others.

Looking for more ways to get active?

Click the image or Scan the QR code to find out more!

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Let's Live Well in Rushcliffe

Find Us in Your Community

Support closer to home

Can't make it to the Rushcliffe Social Prescribing Hub in West Bridgford? You can still access advice, guidance and support at a range of community drop-ins across the borough.

Our social prescribers visit local venues to help you explore support, find out about activities in your area and connect with services that could improve your health and wellbeing.

Click the link to explore our community drop-in locations and find a session near you, including when you can come along for a friendly chat.



Click the link or Scan the QR code to find out more!

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Let's Live Well in Rushcliffe

Rushcliffe Friendship Sessions



Looking to meet new people, make friends and get involved in your local community?

We have a range of friendly activities and sessions taking place across Rushcliffe, with a social prescriber available at selected sessions to offer a familiar face, help you feel more comfortable and make it easier to get involved.

Here are just a few examples of what's happening near you. Scan the QR code or click the links below to explore more activities and find a session near you.



Conversation Café

RAMBLERS WELLBEING WALKS

Wellbeing Walks



Chair-based exercise

Scan the QR code or click here to explore more activities and find a session near you.

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Let's Live Well in Rushcliffe

Rushcliffe Big Green Book 2026



Your go-to guide for nature based activities and wellbeing opportunities across Rushcliffe has been refreshed for the season, packed with ideas to help you enjoy the outdoors.

Discover community gardens, wildlife connections, coffee meetups, and green spaces to explore.

Browse the latest edition online here or pick up a printed copy at local libraries and GP surgeries across Rushcliffe.

Get outside, embrace the season, and live well the green way!

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Let's Live Well in Rushcliffe

Rushcliffe Social Prescribing Health Directories



Our social prescribing directories make it easy to find trusted local services and support, without needing a referral.

Browse by topic to explore a wide range of resources, including mental health, unpaid carers, bereavement, energy and food support, and much more. Many services allow you to contact them directly or self-refer.

Whether you're looking for support for yourself, a friend or a neighbour, these directories can help you find the right information and take the next step towards better health and wellbeing.

Explore the directories here.

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Let's Live Well in Rushcliffe

Rushcliffe Population Health Management



November Focus

As part of Rushcliffe's Population Health Management (PHM) Scheme, we highlight key health topics throughout the year to help our community live well.

November's focus is **frailty awareness and prevention**. Recognising the early signs of frailty and taking steps to maintain strength, mobility and independence can make a real difference. Staying active, eating well and keeping socially connected can all help reduce the risk of frailty.

Explore our practical advice, local services and resources to learn more about frailty prevention and how to stay well for longer.

Find out more here

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Let's Live Well in Rushcliffe

Want to Get Involved?

We'd love to hear from you!

Whether you have a good news story to share, promotional materials to highlight, or would like to be featured in our spotlight, we're always keen to hear from organisations and partners across Rushcliffe.

Want to work with social prescribing or share your skills?
We're always interested in hearing from people and organisations who could support activities at the Social Prescribing Hub or contribute to wider initiatives that improve local health and wellbeing.

Want to subscribe to the newsletter or contribute to a future edition?
Email us at nnicb-nn.rushcliffesocialprescribing@nhs.net.

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Let's Live Well in Rushcliffe

Upcoming Events & Activities

West Bridgford



Cook & Connect
Come together for a fun, hands-on cooking session. You'll take part in preparing a delicious meal, pick up new skills and tips along the way and then sit down to enjoy what you've made together. No experience needed - just bring your appetite and a love of trying new things! **Book your place here.**

Steps Support Group
Join our welcoming, judgement-free peer support group, led by a Health Coach, and connect with others in a safe, supportive space. Whether you're looking to cut back, take a break or simply talk things through, you'll be met with understanding and support. **Book your place here.**

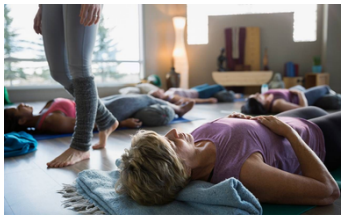




Mindfulness with Insight Timer
Curious about meditation? Discover Insight Timer, a free digital meditation app, and try a short practice together. Learn how to use the app confidently to begin your own mindfulness journey anytime, anywhere. **Book your place here.**

Rushcliffe Community Book Club - Replay by Ken Grimwood
Join us for the Rushcliffe Community Book Club. Discover great stories and enjoy relaxed, friendly conversation. This welcoming, accessible group is a chance to connect with others, share ideas and build a sense of community through a shared love of reading. **Book your place here.**





Therapeutic Yoga for the Nervous System
Delivered by How We Heal CIC, this gentle, trauma-informed yoga session supports your nervous system, promotes deep relaxation and helps you reconnect with your body. **Book your place here.**

For enquiries, contact
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