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| <p>Tuesday 5th May</p> <p>Ruddington Allotment Group</p> <p>13:30-15:30</p> <p>69 Wilford Rd, Ruddington</p> <p>Free</p> | <p>Wednesday 6th May</p> <p>Flintham Museum & History Walk</p> <p>14:00 - 16:00</p> <p>Flintham Museum</p> <p>Free</p> | <p>Thursday 7th May</p> <p>Rushcliffe Dementia Hub</p> <p>11:00-13:00</p> <p>Edwalton Manor Care Home</p> <p>Free</p> | <p>Friday 8th May</p> <p>East Leake Community Advice Hub</p> <p>10:30 - 13:30</p> <p>East Leake Village Hall</p> <p>Free</p> | <p>Monday 11th May</p> <p>Cook & Connect</p> <p>10:30-12:30</p> <p>WB Young People Centre</p> <p>Donation based</p> | <p>Monday 11th May</p> <p>Foundations of Wellbeing Mindset Made Simple</p> <p>10:30-11:45</p> <p>WB Young People Centre</p> <p>Free</p> | <p>Monday 11th May</p> <p>Pain Café – Managing Setbacks</p> <p>12:30-13:30</p> <p>WB Young People Centre</p> <p>Free</p> |
| <p>Monday 11th May</p> <p>Gelli Pad Printing</p> <p>13:00 - 15:00</p> <p>WB Young People Centre</p> <p>Free</p> | <p>Monday 11th May</p> <p>Meditation for Beginners with Insight Timer</p> <p>14:00 - 15:00</p> <p>WB Young People Centre</p> <p>Free</p> | <p>Tuesday 12th May</p> <p>Wellbeing Walk with Rushcliffe Ramblers</p> <p>10:15-11:00</p> <p>Gresham Park Road, West Bridgford</p> <p>Free</p> | <p>Tuesday 12th May</p> <p>Drop-in Wellbeing Support</p> <p>12:00-15:00</p> <p>Orchard Surgery, Kegworth</p> <p>Free</p> | <p>Tuesday 12th May</p> <p>Ruddington Allotment Group</p> <p>13:30-15:30</p> <p>69 Wilford Rd, Ruddington</p> <p>Free</p> | <p>Saturday 16th May</p> <p>Small Island</p> <p>19:30-20:00</p> <p>Nottingham Playhouse</p> <p>£10 plus bookings</p> | <p>Monday 18th May</p> <p>Cook & Connect</p> <p>10:30-12:30</p> <p>WB Young People Centre</p> <p>Donation based</p> |
| <p>Monday 18th May</p> <p>Community Book Club - Circe</p> <p>11:00-12:00</p> <p>WB Young People Centre</p> <p>Free</p> | <p>Monday 18th May</p> <p>Next Steps Support Group</p> <p>12:30-13:45</p> <p>WB Young People Centre</p> <p>Free</p> | <p>Monday 18th May</p> <p>Art Journaling for Wellbeing</p> <p>13:00-14:30</p> <p>WB Young People Centre</p> <p>Donation based</p> | <p>Monday 18th May</p> <p>Mindful Movement & Breath</p> <p>14:00-15:00</p> <p>WB Young People Centre</p> <p>Donation based</p> | <p>Tuesday 19th May</p> <p>Ruddington Allotment Group</p> <p>13:30-15:30</p> <p>69 Wilford Rd, Ruddington</p> <p>Free</p> | <p>Thursday 21st May</p> <p>Friends Together</p> <p>10:00 - 14:00</p> <p>West Bridgford Methodist Church</p> <p>Free</p> | <p>Tuesday 26th May</p> <p>Ruddington Allotment Group</p> <p>13:30-15:30</p> <p>69 Wilford Rd, Ruddington</p> <p>Free</p> |

Please note the Hub will be closed from Monday 25th May and reopen on Monday 8th June

Join us for our drop-in at the Social Prescribing Community Hub on Mondays 10am-12pm



To book, visit our page on Eventbrite
<https://www.eventbrite.co.uk/o/rushcliffe-social-prescribing-service-108969547441>
 or scan the QR code



www.facebook.com/RushcliffeSP



@rushcliffesocialprescribing



<https://www.rushcliffehealth.org/sp-hub>

The timetable is regularly updated, so please check our social media, website or scan the QR code for the latest information.

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