

Friendship Events across North Rushcliffe

October

2024



17TH

Notts in Mind Ladies Group

When: Thursday 17th October 10.30am-12pm

Where: Cotgrave Welfare, Woodview, Cotgrave, Nottingham NG12 3PJ

Join Social Prescriber Pippa at this new & improved wellbeing programme for any ladies feeling down or stressed out with life. Join us for free friendly mental health and wellbeing support organised by qualified coaches and take place in a safe environment. Increase self-esteem, build confidence, improve fitness levels, meet new people, develop support networks. Some hot drinks and biscuits provided in each session too!

24TH

Coffee Morning and Secondhand Book Stall

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information session about our new Social Prescribing community Hub in West Bridgford!



When: Thursday 24th October 10.30am-12pm

Where: Bingham Methodist Centre, Needham St, Bingham, Nottingham NG13 8AE

Join Social Prescribers Laura & Tamika at this weekly Bingham coffee morning and cheap books stall. Bring change if you'd like a nice coffee, tea or cake. At this session you can hear more about our Social Prescribing Community Hub that we launched recently which features a weekly drop-in followed by wellbeing workshops.

30TH

Pumpkin Carving and Soup at our Social Prescribing Allotment

When: Wednesday 30th October 1.30-3.30pm

Where: Social Prescribing Allotment, Paradise Allotments, Wilford Road, Ruddington, NG11 6BN.

Join Social Prescriber Laura who co-runs the allotment weekly every Wednesday during Spring/Summer/Autumn.

In the spirit of harvest and spooky season, join us for free soup and pumpkin carving. Do book on by contacting SP Laura in advance to avoid missing out on this event as you will get a free pumpkin to carve!



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.

Your North Rushcliffe team:

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Rushcliffe
Social
Prescribing
Service

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