

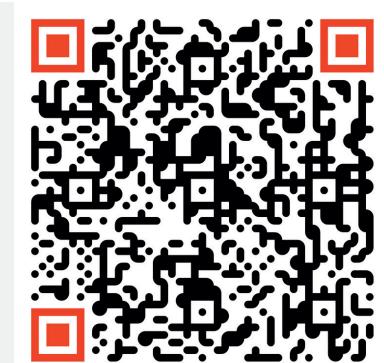
FEB 2026

RUSHCLIFFE SOCIAL PRESCRIBING COMMUNITY HUB & FRIENDSHIP SESSIONS

Monday 2 nd Feb NHS App One to One Support Sessions 10:00-13:00 WB Young People Centre Free	Monday 2 nd Feb Cook & Connect 10:30-12:30 WB Young People Centre £3 plus booking fees	Monday 2 nd Feb Meditation for Beginners with Insight Timer 10:30 - 11:30 WB Young People Centre Free	Monday 2 nd Feb Pain Café – Communication & Talking with Others 12:30-13:30 WB Young People Centre Free	Monday 2 nd Feb Pilates 12:30-1:30 WB Young People Centre £4 plus booking fees	Monday 2 nd Feb Willow Weaving 13:00-15:00 WB Young People Centre £5 plus booking fees	Monday 2 nd Feb The Beekeeper of Aleppo 19:30-22:00 Nottingham Playhouse £10 plus booking fees
Monday 9 th Feb Yoga & Sound Workshop 10:00-11:15 WB Young People Centre £5 plus booking fees	Monday 9 th Feb Cook & Connect 10:30-12:30 WB Young People Centre £3 plus booking fees	Monday 9 th Feb Community Book Club – The Midnight Library 11:15-12:15 WB Young People Centre Free	Monday 9 th Feb Next Steps Support Group 12:30-13:45 WB Young People Centre Free	Monday 9 th Feb Dr Meg Pryor – Movement for Health 12:30-13:45 WB Young People Centre £3 plus booking fee	Monday 9 th Feb Sound Bath 14:00-15:00 WB Young People Centre £4 plus booking fees	Monday 9 th Feb Card Making Workshop 14:00-15:30 WB Young People Centre Free
Thursday 12 th Feb Cotgrave LTC Support Group (Cotgrave residents only) 14:00 - 15:30 Cotgrave Methodist Church Free	Friday 13 th Feb DRUMBA® Adult Fitness Class 9:30 - 10:15 Unit 1, Hackers Close, East Bridgford Free	Friday 13 th Feb East Leake Community Advice Hub 10:30 - 12:30 East Leake Village Hall Free	Saturday 14 th Feb Nordic Style Open Water Dip & Sauna 11:15-12:30 WholeHealth Swim Village, Colwick Country Park £10 inc. booking fees	Tuesday 17 th Feb Wellbeing Walk with Rushcliffe Ramblers 11:15-12:30 Gresham Park Road, West Bridgford Free	Wednesday 18 th Feb Allotment Group Indoor Meet-Up 13:30-14:30 WB Young People Centre Free	Saturday 21 st Feb Nordic Style Open Water Dip & Sauna 11:15-12:30 WholeHealth Swim Village, Colwick Country Park £10 inc. booking fees
Wednesday 25 th Feb Positive Support Group for ME/Chronic Fatigue/Fibro/Long Covid 11:30-12:30 Lord Ted Pub, Newark Free	Thursday 26 th Feb Joyful Dance with IMPACD 11:30-13:00 St Peter's Church, Ruddington Free	Thursday 26 th Feb Joyful Dance with IMPACD 13:00-14:30 St Paul's Church, West Bridgford Free	Saturday 28 th Feb Menopause Café – Kegworth 10:00-12:00 Kegworth Village Hall Free			

eventbrite

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



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<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.

SCAN HERE ↗



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

