

To book any of our sessions, use this link:

www.eventbrite.co.uk/o/rushcliffe-social-prescribing-service-108969547441

3 rd Nov	Drop-In with a Social Prescriber: no appointment needed	West Bridgford Young Peoples Center	10:00-12:00
3 rd Nov	Cook & Connect	West Bridgford Young Peoples Center	10:30-12:30
3 rd Nov	Soundbath & Yoga with Fiona Harris	West Bridgford Young Peoples Center	10:30-12:00
3 rd Nov	Health Education Talk with Dr Meg Pryor - Relaxation & Sleep	West Bridgford Young Peoples Center	12:30-13:45
3 rd Nov	Next Steps Alcohol Support Group	West Bridgford Young Peoples Center	12:30-13:45
3 rd Nov	iMoveFreely	West Bridgford Young Peoples Center	12:30-13:30
3 rd Nov	Friendship, Games & Chill: Quiz Special	West Bridgford Young Peoples Center	14:00-15:00
3 rd Nov	Mindfulness with Insight Timer	West Bridgford Young Peoples Center	14:00-15:00
10 th Nov	Drop-In with a Social Prescriber: no appointment needed	West Bridgford Young Peoples Center	10:00-12:00
10 th Nov	Cook & Connect	West Bridgford Young Peoples Center	10:30-12:30
10 th Nov	Yin Yoga with Cathy	West Bridgford Young Peoples Center	10:30-11:30
10 th Nov	Pain Café – Accepting Pain & Managing Pacing	West Bridgford Young Peoples Center	12:30-13:30
10 th Nov	Menopause Cafe	West Bridgford Young Peoples Center	12:30-13:30
10 th Nov	Soundbath – West Bridgford with Emma	West Bridgford Young Peoples Center	14:00-15:00
10 th Nov	Friendship, Games & Chill: Quiz Special	West Bridgford Young Peoples Center	14:00-15:00
17 th Nov	Drop-In with a Social Prescriber: no appointment needed	West Bridgford Young Peoples Center	10:00-12:00
17 th Nov	NHS Appt 1 to 1 Support Sessions	West Bridgford Young Peoples Center	10:00-12:30
17 th Nov	Cook & Connect	West Bridgford Young Peoples Center	10:30-12:30

17 th Nov	Mindfulness with Insight Timer	West Bridgford Young Peoples Center	10:30-11:30
17 th Nov	The Mind Body Connection- Understanding Chronic Pain	West Bridgford Young Peoples Center	10:45-12:15
17 th Nov	Next Steps Alcohol Support Group	West Bridgford Young Peoples Center	12:30-13:45
17 th Nov	Let's Create Lounge: Wellbeing through Art	West Bridgford Young Peoples Center	13:00-15:00
24 th Nov	Drop-In with a Social Prescriber: no appointment needed	West Bridgford Young Peoples Center	10:00-12:00
24 th Nov	Cook & Connect	West Bridgford Young Peoples Center	10:30-12:30
24 th Nov	Yoga & Soundbath	West Bridgford Young Peoples Center	10:30-12:00
24 th Nov	Sewing Machine Session	West Bridgford Young Peoples Center	11:00-14:00
24 th Nov	Health Education Talk with Dr Meg Pryor: Menopause	West Bridgford Young Peoples Center	12:30-13:45
24 th Nov	Let's Create Lounge: Card Marking Workshop	West Bridgford Young Peoples Center	14:00-15:00
1 st Dec	Drop-In with a Social Prescriber: no appointment needed	West Bridgford Young Peoples Center	10:00-12:00
1 st Dec	Cook & Connect	West Bridgford Young Peoples Center	10:30-12:30
1 st Dec	Yin Yoga	West Bridgford Young Peoples Center	10:30—11:30
1 st Dec	Next Steps Alcohol Support Group	West Bridgford Young Peoples Center	12:30-13:45
1 st Dec	iMoveFreely	West Bridgford Young Peoples Center	12:30-13:30
1 st Dec	Let's Create Lounge: Wellbeing through Art	West Bridgford Young Peoples Center	13:00-15:00
1 st Dec	Mindfulness with Insight Timer	West Bridgford Young Peoples Center	14:00-15:00
8 th Dec	Drop-In with a Social Prescriber: no appointment needed	West Bridgford Young Peoples Center	10:00-12:00
8 th Dec	Cook & Connect	West Bridgford Young Peoples Center	10:30-12:30
8 th Dec	Becoming Your Own Health Advocate	West Bridgford Young Peoples Center	10:45-12:15
8 th Dec	Christmas Carols by West Bridgford Social Singers	West Bridgford Young Peoples Center	12:00-13:00
8 th Dec	Pain Café - Setting Goals & Getting Active	West Bridgford Young Peoples Center	12:30-13:30

8 th Dec	Let's Create Lounge: Willow Weaving	West Bridgford Young Peoples Center	13:00-15:00
15 th Dec	Drop-In with a Social Prescriber: no appointment needed	West Bridgford Young Peoples Center	10:00-12:00
15 th Dec	NHS Appt 1 to 1 Support Sessions	West Bridgford Young Peoples Center	10:00-12:30
15 th Dec	Yoga & Soundbath	West Bridgford Young Peoples Center	10:30-12:00
15 th Dec	Next Steps Alcohol Support Group	West Bridgford Young Peoples Center	12:30-13:45
15 th Dec	iMoveFreely	West Bridgford Young Peoples Center	12:30-13:30
15 th Dec	Let's Create Lounge: Willow Weaving	West Bridgford Young Peoples Center	13:00-15:00
We will be closed 22 nd December to 5 th January and are back on 15 th January 2026			