|  |  |  |  |
| --- | --- | --- | --- |
| **To book any of our Free sessions, use this link:**  [**www.eventbrite.co.uk/o/rushcliffe-social-prescribing-service-108969547441**](http://www.eventbrite.co.uk/o/rushcliffe-social-prescribing-service-108969547441) | | | |
| 30th June | Social Prescribing Drop In | West Bridgford Young People Centre | 10:00-12:00 |
| 30th June | Yin Yoga | West Bridgford Young People Centre | 10:30-11:30 |
| 30th June | Cook & Connect: with Asha | West Bridgford Young People Centre | 11:45- 13:30 |
| 30th June | Balance Your Mind | West Bridgford Young People Centre | 12:00-14:00 |
| 30th June | Qi Sound: Wild Goose Flow | West Bridgford Young People Centre | 14:00-15:00 |
| 30th June | Watercolours | West Bridgford Young People Centre | 13:30-15:00 |
| 7th July | Social Prescribing Drop In | West Bridgford Young People Centre | 10:00-12:00 |
| 7th July | Joyful Movement: Inclusive Dance | West Bridgford Young People Centre | 10:30-11:30 |
| 7th July | Cook & Connect: with Fiona | West Bridgford Young People Centre | 11:45- 13:30 |
| 7th July | Next Steps: Alcohol Support Group | West Bridgford Young People Centre | 12:30-13:30 |
| 7th July | Jewellery Making workshop with Tangled Creations | West Bridgford Young People Centre | 13:00-14:30 |
| 7th July | Breathwork & Qi Gong: £7 pay as you go.  Book here: <https://www.eventbrite.co.uk/e/breathwork-and-qi-qong-afternoon-workshop-at-the-hub-tickets-1363928098659?aff=erelexpmlt> | West Bridgford Young People Centre | 14:00-15:00 |
| 14th July | Social Prescribing Drop In | West Bridgford Young People Centre | 10:00-12:00 |
| 14th July | Mindfulness, Movement & Breath | West Bridgford Young People Centre | 10:30-11:30 |
| 14th July | Cook & Connect: with Asha | West Bridgford Young People Centre | 11:45- 13:30 |
| 14th July | Balance Your Mind | West Bridgford Young People Centre | 12:00-14:00 |
| 14th July | Legal & Financial Planning for The Future: Informative Talk by Rothera Bray Solicitors | West Bridgford Young People Centre | 14:00-15:00 |
| 14th July | Transformative Sound Bath Experience | West Bridgford Young People Centre | 14:00-15:00 |
| 16th July | Lifestyle as Your Medicine Workshop with Dr Meg Pryor in East Leake | East Leake Village Hall | 10:30-12:30 |
| 16th July | Chair-Based Yoga at Bingham Arena | Bingham Arena | 12:00-12:45 |
| 21st July | Social Prescribing Drop In | West Bridgford Young People Centre | 10:00-12:00 |
| 21st July | Joyful Movement: Inclusive Dance | West Bridgford Young People Centre | 10:30-11:30 |
| 21st July | Cook & Connect: with Sophie | West Bridgford Young People Centre | 10:30-11:45 |
| 21st July | Friendship Community Get Together with Nibbles | West Bridgford Young People Centre | 12:00-13:15 |
| 21st July | Next Steps: Alcohol Support Group | West Bridgford Young People Centre | 12:30-13:30 |
| 21st July | Get Creative: Make Colourful Gelli-Plate Prints | West Bridgford Young People Centre | 13:30-14:30 |
| 21st July | Mindfulness, Movement & Breath | West Bridgford Young People Centre | 14:00-15:00 |
| The Community Hub will not be open during the 6 weeks holidays. We will be back Mon 15th September 2025.  During this time, there will be a wonderful Summer Friendship Calendar full of events in various locations around Nottinghamshire! The events speak for themselves: Open Water Swimming/Dips, Walking Cricket, Standup Paddleboarding Taster, Outdoor Bowls, Narrowboat Canal Experience, Allotment, Forest Bathing all to look forward to!  Friendship Calendar: <https://www.rushcliffehealth.org/_files/ugd/d7b28d_d0c974084c374698b48bf8921107449c.pdf>  Booking via Eventbrite | | | |