



# Mid Notts Health and Wellbeing Community Champions

Welcome back to the October Mid Notts Newsletter, we are now up to 58 champions across Mid Notts which is amazing and now at the 1 year mark for our newsletters. Thank you to each and everyone of you for signing up and helping us share those important Health and Wellbeing messages across the County.

Below are some activities, groups and news happening across Mid Notts that might be helpful to share with your community.

You are always welcome to contact me either by email [Danielle.clayton@nottsc.gov.uk](mailto:Danielle.clayton@nottsc.gov.uk) or phone on 07890 438744

## Eligible for Pension Credit?

Find out at our drop in event.

Wednesday 16th October 09:30-13:30 at our Ashfield Office (Ashfield Health & Wellbeing Centre).

Drop by for your free benefits check. No Appointment Needed.

For more information call us on 01623 784 384.



**HUCKNALL LEISURE CENTRE**

**GreenSpace**  
For better headspace

**Integrated Care System**  
Nottingham & Nottinghamshire

## 12 Week Couch to 5K Course

A program for young people aged 14 – 19! Join our friendly and inclusive group. Perfect for beginners. All welcome! No one left behind.

**Mondays & Wednesdays @ 6pm**  
**Starts Monday 7th October**

[www.runspire-notts.com](http://www.runspire-notts.com) | Funded by Greenspaces

# NEW CHANGES @

Our New Changes project provides casework support for women in Nottingham city and across Nottinghamshire.

Nottingham Women's Centre

## WE WORK WITH WOMEN WHO NEED HELP WITH:

- housing issues
- finances, benefits and debt
- work and training
- substance use and dependency
- family and relationships
- health and wellbeing
- lifestyle and purpose
- social isolation

We welcome all self-identifying women, regardless of race, disability, religion or belief. We are LGBTQIA+ Inclusive.

Nottingham Women's Centre  
30 Chaucer Street, Nottingham NG1 5LP  
0115 941 1475  
reception@nottinghamwomenscentre.com  
www.nottinghamwomenscentre.com

@nottwomenscent



Do you look after someone with dementia?  
Specialist information is now available for  
**YOU**



are pleased to announce their next **FREE** Programme for carers of those with dementia at:

**Watnall Road Community Centre**  
142 Watnall Road  
Hucknall  
Nottingham NG15 7NH

**16<sup>th</sup> October to 27<sup>th</sup> November 2024**  
**Every Wednesday 11am – 1.00pm**

## Making Sense of Dementia

What carers need to know

This programme of special support sessions for carers of people with dementia will give an improved understanding of all aspects of dementia.

The free seven-week programme has experts guiding the group and also offers mutual support from other carers, refreshments and a chance to get your questions answered in a relaxed and informal setting. Help with respite care may be available (subject to suitability).

**Booking is required**

For more information or to reserve a place please contact us on 0115 9786133 or 07513 856647 or email [sue.cain@radfordcaregroup.org.uk](mailto:sue.cain@radfordcaregroup.org.uk)



Friendly & Free

# Laugh A Latte

Community Coffee (or tea!) and Chat Group

**Fortnightly on a Monday!**

**1pm till 3pm**

**Come and join us!**

**The Salvation Army**  
Victoria Street  
Mansfield  
NG18 5SB

**ALL**  
are  
**WELCOME**  
here



**Next dates;**  
**30th September**  
**14th October**  
**28th October**  
**11th November**  
**25th November**  
**9th December**

For more information please contact:  
Andrew Simpkins 07501 046338 or Robert Mosley 07385 952667



## Spooky Party

Wednesday 30<sup>th</sup> October

1pm – 3pm

At Hucknall Family Hub

(previously Ashfield South Children's Centre, Broomhill Road, NG15 6AJ)

Come along and join in the free spooky fun. There will be a range of activities including a disco, craft activities and pumpkin carving.

For more information call the Family Hub on  
0115 9773748



Helping families get the right support at the right time



Nottinghamshire  
County Council

## ARE YOU STRUGGLING WITH STRESS, DEPRESSION OR ANXIETY?

Would you like help accessing support?

Rhubarb Farm can help refer you to NHS Nottinghamshire Talking Therapies.

Nottingham and Nottinghamshire Talking Therapies is a free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression. Anyone aged 18 years or over and registered with a GP can access this support and Rhubarb Farm can help you with your referral.



Text TALK + YOUR NAME to  
07908 661 442  
or visit [www.rhubarbfarm.co.uk/contact](http://www.rhubarbfarm.co.uk/contact)

NHS  
Nottingham and Nottinghamshire Talking Therapies

Rhubarb Farm

**Rhubarb Farm Launches New TEXT TALK Service to Support Mental Health Referrals in Nottinghamshire**

# COMMUNITY OPEN DAY

At Ladybrook Community Centre, NG18 5JJ  
Wednesday 23rd October 2024 from 10am - 2pm

Come along and find out more about our charity and the services offered by ourselves and partners at Ladybrook Community Centre at our family friendly open day.

- Free Entry
- Information, Signposting & Support
- Free Craft Activities
- Carbon Monoxide Advice & Monitors
- Food Tasters
- Fundraising Stalls
- Refreshments



Ladybrook Community Centre is a Project of Ladybrook Enterprises Ltd.  
A registered charity improving lives in Mansfield and District  
Registered Charity Number: 1142473 Registered Company Number: 7419706  
Ladybrook Community Centre, Ladybrook Lane, Mansfield, Nottinghamshire, NG18 5JJ



# COMMUNITY CAFE

Every Monday starting  
Monday 7th October, 11:00 - 12:30pm

Join us at the Jamie Brough Pavilion for hot drinks, biscuits, games, crafts and a friendly chat.

Bring your family, friends or come on your own, there's always a friendly face to greet you and keep you company.

You can even bring your dogs!

everyone ACTIVE

everyoneactive.com



*"A Brew And A Chat. We've Got Your Back"*

**IN SAM'S NAME**  
**MENTAL HEALTH PEER SUPPORT GROUP**

**OCTOBER MEETINGS**

MONDAY 14TH OCTOBER

MONDAY 27TH OCTOBER

**TIME**

19:00

**MANSFIELD**

BURNABY HOUSE - CHURCH STREET -  
MANSFIELD WOODHOUSE - NG19 8AH



*"A Brew And A Chat. We've Got Your Back"*

**IN SAM'S NAME**  
**MENTAL HEALTH PEER SUPPORT GROUP**

**OCTOBER MEETINGS**

MONDAY 7TH OCTOBER

MONDAY 21ST OCTOBER

**TIME**

19:00

**KIRKBY IN ASHFIELD**

THE ASHWOOD CENTRE - PORTLAND STREET -  
KIRKBY IN ASHFIELD - NG17 7AB



*"A Brew And A Chat. We've Got Your Back"*

**IN SAM'S NAME**  
**MENTAL HEALTH PEER SUPPORT GROUP**

**OCTOBER MEETINGS**

WEDNESDAY 9TH OCTOBER

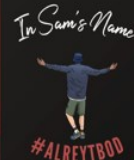
WEDNESDAY 23RD OCTOBER

**TIME**

19:00

**OLLERTON**

AMBLESIDE COMMUNITY CENTRE - YEW TREE ROAD  
- OLLERTON - NG22 9UW



**TALK & TRAIN**  
CONGRESS HOUSE, UNIT 1, KINGSLEY STREET, KIRKBY IN ASHFIELD, NG17 7BA

**FREE**  
SESSIONS

FIGHT THE STIGMA

SESSIONS EVERY 2 WEEKS

18:30 - 19:30

BOXING SESSIONS AND A CHAT.  
LEARN BOXING FOOTWORK, DRILLS AND TECHNIQUE

DRILLS AND PADWORK WITH NO SPARRING



Registered Charity No. 1037959

Ashfield Play Forum  
Morven Avenue  
Sutton in Ashfield  
Notts  
NG17 1AN

Tel: 01623 441168  
e.mail [info@ashfieldplayforum.co.uk](mailto:info@ashfieldplayforum.co.uk)

## FREE TRAINING

### October 2024

Sat 5<sup>th</sup> Oct Behavioural Psychology 9 am – 3.30 pm

### November 2024

Sat 2<sup>nd</sup> Nov Safe Guarding children awareness 9 am – 12.00 pm

Sat 2<sup>nd</sup> Nov Autism Awareness 12.30pm – 3.30 pm

Sat 9<sup>th</sup> Nov Mental Health and wellbeing 9 am – 3.30 pm

Sat 16<sup>th</sup> Nov Food Hygiene 9 am – 4 pm

Sat 23<sup>rd</sup> Nov Family First aid awareness 9 am – 12 noon

Sat 23<sup>rd</sup> Nov Defibrillator training 12.30 – 3.30 pm

### January 2025

Sat 25<sup>th</sup> Jan Cosbh 9 am – 12 noon

Sat 25<sup>th</sup> Jan Fire Marshall 12.30 – 3.30 pm

### February 2025

Sat 8<sup>th</sup> Feb Emergency first aid 9 am – 4 pm

### March 2025

Sat 15<sup>th</sup> and 22<sup>nd</sup> Mar paediatric first aid 9 am – 4 pm both days

All training is held at Ashfield Play Forum and is free to attend including materials, certificates and exam fees if applicable.

For further information or to book a place call 01623 441168

# Talking Tuesday

## 1.30pm - 3.30pm

Lonely? Have lots on your mind?  
Join others for a warm welcome  
and a cuppa.

Every Tuesday at Ashfield Health  
and Wellbeing Centre.

To find out more call:  
01623 555 551



## COMING SOON! INFANT FEEDING SUPPORT



Starting Thursday 12<sup>th</sup> September 2024, our trained Breast-Feeding Peer Supporters will be providing Infant Feeding Support alongside Home Starts Elders & Toddler Playgroup.

Time: 9.30 – 11.30  
Venue: Oak Tree Family Hub, Jubilee Way South



Helping families get the right support at the right time



## BOUGHTON HALLOWEEN COMMUNITY LITTER PICK

Come along and have a spooktacular time helping tidy up the estate in a friendly social setting!

Fancy dress welcome and enjoy some Halloween themed food afterwards!

Equipment will be provided.

Wednesday 30 October

Meet at the Boughton Community Hub

11am - 12pm

For further information get in touch with the Boughton Community Hub at [BCH@Newark-sherwooddc.gov.uk](mailto:BCH@Newark-sherwooddc.gov.uk)



# PARKS TENNIS

Barclays LTA  
Free Park Tennis  
Sutton Lawn, NG17 5FU

Saturdays, 10am-11am

Free Park Tennis is a new programme that gives more people the chance to play tennis - offering free, fun, social tennis activity at a local park court near you!

**ALL AGES AND ABILITIES WELCOME, EQUIPMENT PROVIDED**

FOR MORE INFO & TO BOOK ON



SCAN HERE

[wdtvenues.co.uk/ashfield-parks](http://wdtvenues.co.uk/ashfield-parks)



**Ashfield**  
DISTRICT COUNCIL

**FOLLOW US**

'Tennis in Ashfield parks'





Official equipment partner  
**DUNLOP**

**CONTACT US**  
01952 984894  
[wedotennis.co.uk](http://wedotennis.co.uk)  
[enquiries@wedotennis.co.uk](mailto:enquiries@wedotennis.co.uk)



**NEWARK & SHERWOOD**  
DISTRICT COUNCIL

# JOIN YOUR COMMUNITY LINK GROUP

Free refreshments

Tenants and residents - have your voice heard!

The Community Link Group gives tenants and residents the opportunity to talk about local issues with their local Newark and Sherwood District Council housing team and Councillors.

**Our next meeting will take place on Wednesday 20 November**  
5pm - 7pm at The Boughton Community Hub, Boughton,  
NG22 9HJ

If you have any questions, please email [Getinvolved@newark-sherwooddc.gov.uk](mailto:Getinvolved@newark-sherwooddc.gov.uk)

BREAST CANCER AWARENESS MONTH

# OCTOBER



[CoppaFeel!](#) | [Check Your Chest](#) | [Breast Cancer Awareness Charity](#)

[Breast Cancer Awareness Month](#) | [Breast Cancer UK](#)

[Breast Cancer Awareness Month](#) | [Macmillan Cancer Support](#)

[Breast Cancer Now's flagship fundraising campaign, Wear It Pink](#) | [Breast Cancer Now](#)

**Wear it Pink day 18th October 2024 in support of Breast Cancer Awareness month. Any photos promoting wear it pink please send them in**

# NottAlone

#nottalone

Have things been feeling a bit heavy?

**It's OK to not be OK.**

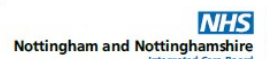
NottAlone is here for everyone. Find mental health advice and connections to free, local support in Notts.




If you need advice or someone to talk to, visit [NottAlone.org.uk](http://NottAlone.org.uk). The place to go if you're feeling low.



A partnership between



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