



**MANSFIELD
FOOD AND WRAP AROUND
SUPPORT TIMETABLE
WINTER 2025**



MANSFIELD FOOD SUPPORT TIMETABLE

FOOD BANKS AND FOOD SHARES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Sherwood Forest Food Bank</u> 1.30pm - 3.45pm Stable Centre 12 Church Street Mansfield Woodhouse NG19 8AH 07563233652 REFERRAL ONLY</p>	<p><u>Salvation Army Emergency Food Bank</u> 10am - 12pm Victoria Street Mansfield NG18 5SB REFERRAL ONLY</p>	<p><u>St Peter's Food Bank</u> 10.30am - 12.30pm Church Side Mansfield Notts NG18 1AP 07563233652 REFERRAL ONLY</p>	<p><u>Sherwood Forest Food Bank</u> 1.30pm - 3.45pm Stable Centre 12 Church Street Mansfield Woodhouse NG19 8AH 07563233652 REFERRAL ONLY</p>	<p><u>Methodist Church Food Share</u> 1pm - 2pm 196 Chesterfield Road South NG19 7EE DROP IN £2 DONATION</p>	<p><u>Ladybrook Food Share</u> 10.30am - 11.15am Brookside Hall Ladybrook Lane Mansfield NG18 5JJ 1st and 3rd Saturdays of the Month DROP IN £2 DONATION</p>	<p>NON OPERATING TODAY</p>
		<p><u>Crescent Food Bank</u> 12pm - 1pm Crescent Primary Booth Crescent Mansfield NG19 7LF TERM TIME ONLY DROP INS</p>		<p><u>Pleasley Food Pantry</u> 10.30am - 11.30am Food delivery ONLY Pleasley and Bull Farm ONLY. Call Sharon on 07988756095 REFERRAL ONLY</p>		

CAR Warsop (Food Hampers)

Monday – Friday | 10am – 2pm | 07394914909

Support in Warsop Parish

(Warsop, Meden Vale, Warsop Vale, Church Warsop & Spion Kop)

MANSFIELD FOOD SUPPORT TIMETABLE

AFFORDABLE FOOD CLUBS

Monday	Tuesday		Wednesday	Thursday	Friday		
<p><u>The Social Supermarket at Social Action Hub</u> 10am-2pm Kirklington Rd, Rainworth, Mansfield NG21 OJR £1 membership Baskets are either £4.50 or £6</p>	<p><u>Salvation Army Food Pantry</u> 10am - 12pm Victoria Street Mansfield NG18 5SB £2 per parcel</p>	<p><u>Arena Food Club</u> 10.30am - 12pm Arena Church 66 Leeming Street Mansfield NG18 1NG £1 yearly membership £4.50 per parcel</p>	<p><u>Clipstone Food Hub</u> 1pm - 3pm The Community Centre, The Circle, NG21 9EF £1 yearly membership £4 per bag</p>	<p><u>The Social Supermarket at Social Action Hub</u> Kirklington Rd, Rainworth, Mansfield NG21 OJR 10am-2pm £1 membership Baskets are either £4.50 or £6</p>	<p><u>Mansfield Woodhouse FOOD Club</u> 10am - 12pm The Meadows Community Centre, Slant Lane NG19 8ES £1 yearly membership £4 per bag</p>	<p><u>Crescent Primary School Food Club</u> 1pm - 3pm Booth Crescent Mansfield NG19 7LF £1 yearly membership £4 per bag TERM TIME ONLY</p>	<p><u>Vibrant Warsop Food Club</u> 1pm - 3pm Warsop Town Hall Church St, Warsop, Mansfield NG20 0AL Here you can purchase reduced price food. Whilst there you can also have a coffee, chat and access financial advice.</p>
	<p><u>St Johns Food Hub</u> 3pm - 4.30pm St Johns Centre St John Street Mansfield NG18 1QH 01623 642338 £1 yearly membership £4 per bag</p>		<p><u>The Social Supermarket at Social Action Hub</u> 12pm-3pm & 4pm-7pm Kirklington Rd, Rainworth, Mansfield NG21 OJR £1 membership baskets are either £4.50 or £6</p>		<p><u>Bellamy Road FOOD Club</u> 12pm - 2pm 15 Trowell Court Mansfield NG18 4NT £1 yearly membership £4 per bag</p>	<p><u>Oak Tree FOOD Club</u> 11am - 1pm Oak Tree Leisure Centre Jubilee Way S Mansfield NG18 3RT £1 yearly membership £4 per bag</p>	

MANSFIELD FOOD SUPPORT TIMETABLE

WARM MEAL PROVISIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>The Hall</u> <u>St Peter's Church</u> 8.30am - 10.15am Church Street Mansfield NG18 1AP</p> <p>Breakfast and a packed lunch. Additional facilities including a shower and washing machine.</p>	<p><u>The Beacon Project</u> 12pm - 1.30pm St Johns Centre Mansfield NG18 1QH</p> <p>Referral ONLY Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.</p>	<p>NON OPERATING TODAY</p>	<p><u>Roundtable Café</u> 12pm - 2pm 7th Day Adventist Church 1 Albert Street Mansfield Woodhouse NG19 8QB</p> <p>Fresh home-cooked three course meal plus tea/coffee. Free to all. Contact Sue 01629 534134</p>	<p><u>The Beacon Project</u> 12pm - 1.30pm St Johns Centre Mansfield NG18 1QH</p> <p>Referral ONLY Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.</p>	<p>NON OPERATING TODAY</p>	<p><u>Bee Humble Soup Kitchen</u> 2pm - 3.30pm Bethal Church Gedling Street Nottingham Road</p> <p>Takeaway Service ONLY Sandwich, crisps and biscuits. Contact Number 07519 345669</p>
			<p><u>Stanhope Centre</u> 6.30 - 8.30pm Bridge Street Methodist Church NG18 1AL</p> <p>Takeaway Service ONLY Meal and small food parcel. Contact Number 01623 640845</p>			

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

FINANCIAL SUPPORT

Tuesday		Wednesday	Thursday	Friday	
<p>Barclays Van 10am until 2.30pm Every other Tuesday Warsop Health Hub, Carr Lane, Warsop, Mansfield, Nottinghamshire, NG20 0AT</p> <p>You can ask questions about everyday banking and we'll show you what you can do from your Barclays app.</p> <p>Other services include:</p> <ul style="list-style-type: none"> • Making a plan for your money • Home buying or moving • Reducing your outgoings • Digital banking and staying safe online <p>Winter dates 28/01/25 11/02/25 25/02/25 11/03/25 25/03/25</p>	<p>Citizens Advice Drop In 12pm - 3pm 15 Trowell Court Mansfield NG18 4NT</p> <p>Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.</p>	<p>Citizens Advice Drop In 9.30am - 2pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT</p> <p>Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.</p>	<p>Benefit Team 9.30am - 11.30am 1st Wednesday of the month 15 Trowell Court Mansfield NG18 4NT</p> <p>Advice to help ensure that people are receiving the correct benefits and help to maximise their income and enable them to live as independently as possible.</p> <p>Winter sessions are: 05/02/25 05/03/25</p>	<p>Debt and Money Drop-In Advice Sessions 10am - 2pm Kingsway Hall Clipstone Road West Forest Town Mansfield NG19 0DU</p> <p>Here you can find support with benefit checks, better off in work checks, debt and housing advice, budgeting, money management, managing bills and help completing benefits forms.</p>	<p>Citizens Advice Advice at Bellamy FOOD Club 12pm - 2pm 15 Trowell Court Mansfield NG18 4NT</p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>
Financial Support Signposting					
	<p>Macmillan Money and Work Service 01274 987 600</p> <p>Mansfield Citizens Advice Bureau 07832 932 331</p> <p>Mansfield District Council 01623 463 463</p> <p>Nottinghamshire County Council Golden Number 0300 500 8080</p> <p>Direct Help and Advice 01332 287850</p>		<p>Beacon Welfare Rights and Money Advice Service 10am - 1pm St Johns Centre Mansfield NG18 1QH</p> <p>A debt service which covers debt, housing, benefits, form filling, phone and internet access, plus more.</p>		

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

DISABILITY SUPPORT SERVICES

Tuesday		Wednesday		Thursday	
<p><u>Disability Notts Advice Sessions</u> 10.30am - 12.30pm 2nd Tuesday of the month The Hive Four Seasons Shopping Centre (outside the old Debenhams)</p> <ul style="list-style-type: none"> • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances <p>Contact Disability Notts on 01623 625891</p>	<p><u>Disability Notts Advice Sessions</u> 8.30am - 2pm From 26th November 4th Tuesday of the month Mansfield Community Hospital Stockwell Gate, Mansfield NG18 5QJ</p> <ul style="list-style-type: none"> • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances <p>Contact Disability Notts on 01623 625891</p>	<p><u>Disability Notts Advice Sessions</u> 10am - 3pm 1st & 3rd Tuesday of every month Kingsway Hall, Clipstone Road West, Forest Town, NG19 0DU</p> <ul style="list-style-type: none"> • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances <p>Booked appointments only. Contact Disability Notts on 01623 625891</p>	<p><u>Disability Notts Wellness Hub</u> 1- 2pm 1st & 3rd Wednesday of every month Oak Tree Leisure Centre, Jubilee Way S Mansfield NG18 3RT</p> <p>Come along to one of our wellness hubs and join in the activity or simply join us for a coffee and a chat.</p> <p>Contact Disability Notts on 01623 625891</p>	<p><u>Disability Notts Drop In</u> 8.30am -2pm 1st Wednesday of the month drop in advice Kings Mill Hospital</p> <ul style="list-style-type: none"> • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances <p>Contact Disability Notts on 01623 625891</p>	<p><u>Disability Notts Our Voice</u> community singing 10.30 to 12.15pm Every Thursday Methodist Centre Big Barn Lane</p> <p>Cost £1.00 includes refreshments.</p> <p>Contact Disability Notts on 01623 625891</p>

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

MENTAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>Mind Community Cafe</u> 1pm - 3pm St Peters Community Centre Mansfield Refreshments, games and activities included. £1.50 entrance fee.</p>	<p><u>Tuesday Group</u> 1pm - 3pm Focus Point Community Centre, Vale Road, NG19 8DU A safe place to chat, find local support information and try some (optional) activities to improve wellbeing. For information contact Alison on alison.foad1@nhs.net</p>	<p>NON OPERATING TODAY</p>	<p><u>Craft and Chat</u> 1.30pm - 3.30pm Mansfield Library Four Seasons Centre West Gate Mansfield Nottinghamshire NG18 1NH Bring your own craft project such as sewing, knitting and drawing etc. 50p donation for a drink.</p>	<p>NON OPERATING TODAY</p>	<p>NON OPERATING TODAY</p>	<p>NON OPERATING TODAY</p>
<p><u>Remembering to Be Kind to Your Mind</u> 10am - 11.30am Ladybrook Enterprises Ladybrook Lane Mansfield NG18 5JJ For those with memory or concentration issues brought on by:</p> <ul style="list-style-type: none"> • Dementia • Long term health condition • Chronic Pain • Neurological conditions • Mental health. <p>£3.50 entrance fee.</p>	<p><u>Lets Be There Mansfield</u> 7pm Burnaby House Church Street Mansfield Woodhouse NG19 8AH A group to help and support people to talk about their mental health. A supportive group of people coming together and being there for each other.</p>	<p>Mental Health Support Signposting</p> <p><u>Talking Therapies</u> Free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression. Call: 0333 188 1060 Text: 'NOTTSTALK' Website: notts-talk.co.uk</p> <p><u>Mind</u> Promotes the views and needs of people with mental health problems. Tel: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk</p> <p><u>Mind Mental Health Sanctuary</u> Monday - Friday from 4pm - 9pm Face to face support at The MIND building, 14 St John Street, Mansfield, NG18 1QJ. Tel: 0115 844 1846</p>				

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

WELCOME PLACES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
<p><u>Coffee and Chat</u> 11:30am - 1pm Ladybrook Enterprises Ladybrook Lane Mansfield NG18 5JJ</p> <p>Meet new friends, play a game, relax and have a cuppa. £3.50 entrance</p>	<p><u>Salvation Army Coffee Morning</u> 10.30am - 12.30pm Victoria Street Mansfield NG18 5SB</p> <p>Tea, coffee, toast and biscuits.</p>	<p><u>St Peters Church Coffee Morning</u> 10am - 12:30pm Church Side Mansfield NG18 1AP</p> <p>Drinks, snacks and a warm welcome.</p>	<p><u>Coffee and Cake</u> 1pm - 3pm Chesterfield Road Methodist Church 196 Chesterfield Road South NG19 7EE</p> <p>Tea, coffee, cake and chat.</p>	<p><u>Rooted</u> 2pm - 4.30pm Oak Tree Leisure Centre Jubilee Way S, Mansfield NG18 3RT</p> <p>Group involves crafts and cups of tea!</p>	<p><u>The Beacon Saturday</u> 9.30am - 11.30am Wood Street NG18 1QB</p> <p>Warm space with light refreshments and craft activities. Referral only</p>
<p><u>Laugh a Latte</u> 1 - 3pm Every two weeks The Salvation Army Victoria Street Mansfield NG18 5SB</p> <p>All welcome, hot drinks, friendly faces, listening ear and chance to chat.</p>	<p><u>Stacey Road Community Centre</u> 10am - 12pm Stacey Road Mansfield NG19 7JJ</p> <p>Tea, coffee, crumpets and chat! Here you can also find support with food, finances and mental health.</p>	<p><u>Care For A Coffee</u> 10am - 12pm Runs on a Tuesday and Wednesday Arena Church 66 Leeming Street Mansfield NG18 1NG</p> <p>Coffee, chat, snack and play a game of pool!</p>	<p><u>Thursday Welcome Group</u> Runs every other Thursday from 1:30-3:30pm. Oak Tree Leisure Centre Jubilee Way S Mansfield NG18 3RT</p> <p>Opportunity to meet other local people and join in with different activities each session, such as: board games, quizzes, light exercise, bowls and much more.</p>	<p><u>Welcome Space</u> 10am - 1pm Old Meeting House Mansfield NG18 1QR</p> <p>Warm welcome, tea, coffee, snacks, warm meal. Books, magazine and toys for children.</p>	<p><u>Saturday Coffee Morning</u> 10am - 12pm Brookside Hall Ladybrook Lane Mansfield NG18 5JJ</p> <p>Tea, coffee, snacks. A warm welcome and place to meet new friends.</p>
<p><u>Carers Support</u> 10am - 11.30am Ladybrook Enterprises Ladybrook Lane Mansfield NG18 5JJ</p> <p>Support group for carers. A listening ear, signposting and help accessing services. £3.50 entrance</p>	<p><u>Coffee and Cake</u> 10.30am - 12.30pm Chesterfield Road Methodist Church 196 Chesterfield Road South NG19 7EE</p> <p>Tea, coffee, cake and chat.</p>	<p><u>Craft and Natter @ Trinity Methodist Church</u> 2pm - 4pm High Street Mansfield Woodhouse Mansfield NG19 8BD</p> <p>Craft and Natter, Warm Room, Tea & biscuits.</p>		<p><u>Switch Up</u> 11am - 2pm Barringer Road Mansfield NG18 2DF</p> <p>Tea, Coffee, Cake and Chat.</p>	

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

WELCOME PLACES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
<p><u>Water Meadows</u> 9am-3pm Titchfield Park Bath Street Mansfield NG18 1BA Warm space available in the café area (excluding school holidays). Hot drinks £1 each from reception.</p>	<p><u>Water Meadows</u> 9am-3pm Titchfield Park Bath Street Mansfield NG18 1BA Warm space available in the café area (excluding school holidays). Hot drinks £1 each from reception.</p>	<p><u>Water Meadows</u> 9am-3pm Titchfield Park Bath Street Mansfield NG18 1BA Warm space available in the café area (excluding school holidays). Hot drinks £1 each from reception.</p>	<p><u>Water Meadows</u> 9am-3pm Titchfield Park Bath Street Mansfield NG18 1BA Warm space available in the café area (excluding school holidays). Hot drinks £1 each from reception.</p>	<p><u>Water Meadows</u> 9am-3pm Titchfield Park Bath Street Mansfield NG18 1BA Warm space available in the café area (excluding school holidays). Hot drinks £1 each from reception.</p>	
<p><u>Warsop Health Hub</u> 9am-3pm Carr Lane Warsop Mansfield NG20 0AT Warm space available in the reception area (excluding school holidays). Hot drinks £1 each from reception.</p>	<p><u>Warsop Health Hub</u> 9am-3pm Carr Lane Warsop Mansfield NG20 0AT Warm space available in the reception area (excluding school holidays). Hot drinks £1 each from reception.</p>	<p><u>Warsop Health Hub</u> 9am-3pm Carr Lane Warsop Mansfield NG20 0AT Warm space available in the reception area (excluding school holidays). Hot drinks £1 each from reception.</p>	<p><u>Warsop Health Hub</u> 9am-3pm Carr Lane Warsop Mansfield NG20 0AT Warm space available in the reception area (excluding school holidays). Hot drinks £1 each from reception.</p>	<p><u>Warsop Health Hub</u> 9am-3pm Carr Lane Warsop Mansfield NG20 0AT Warm space available in the reception area (excluding school holidays). Hot drinks £1 each from reception.</p>	
<p><u>Oak Tree Leisure Centre</u> 9am - 3pm Jubilee Way South Mansfield NG18 3RT Warm space available in the café area (excluding school holidays). Hot drinks £1 each from reception.</p>					

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Disability & Dementia Swim</u> 12pm start Rebecca Adlington Leisure Centre Westdale Rd Mansfield NG19 7BZ</p> <p>Weekly swim session aimed at those with a disability including dementia.</p>	<p><u>Smoking Cessation</u> 1pm - 5pm Sandy Lane Surgery NG18 2LT & St Peters Medical Centre NG18 1EE</p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><u>Smoking Cessation</u> 10.30am - 2.30pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ</p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><u>Disability & Dementia Swim</u> 12pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA</p> <p>Weekly swim session aimed at those with a disability including dementia.</p>	<p><u>Good Boost</u> 9am start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA</p> <p>Personalised exercise sessions to help those attending to move more, have fun and feel better. Tel: 0345 000 0232</p>
<p><u>Disability & Dementia Swim</u> 12pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA</p> <p>Weekly swim session aimed at those with a disability including dementia.</p>	<p><u>Disability & Dementia Swim</u> 9.30am start Warsop Health Hub Carr Lane Park, Carr Lane Warsop Mansfield NG20 0AT</p> <p>Weekly swim session aimed at those with a disability including dementia.</p>	<p><u>Weight Management Group</u> 11am - 12:30pm Oak Tree Leisure Centre Mansfield, NG18 3RT</p> <p>Sessions are for anyone with a BMI of between 30 - 50. Sessions are 90 minutes; starting with 45 minutes of physical activity, followed by 45 minutes of nutrition support whereby we cover various healthy eating topics such as: portion sizes, snacking, food and mood, food labels and cooking on a budget.</p> <p>Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.</p>	<p><u>Strength and balance Group</u> Thursdays 1:30pm - 3pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ</p> <p>For anyone at risk of having a fall or who has had a fall in the past. A rolling 12 week programme, and sessions will help to improve strength and balance. Each session lasts 90 minutes, with 45 minutes of exercises followed by 45 minutes of tea and coffee</p> <p>To book a place on this 12-week programme call 0115 772 2515. Free to attend.</p>	
<p><u>IMPACT Cancer Support Group</u> 1.30pm - 3pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ £3.50 entrance fee</p>	<p><u>BABES Group</u> 1.00pm - 2.00pm Mansfield Woodhouse Children Centre Swan Lane Mansfield Woodhouse NG19 8BT</p> <p>Group for families to access breastfeeding support and share experience. Tel: 0115 9773 765</p>			

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Smoking Cessation</u> 9am - 12pm Oakwood Surgery Church Street Mansfield Woodhouse, Mansfield NG19 8BL</p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><u>Weight management group</u> 6pm - 7:30pm St Peters Centre Mansfield</p> <p>Sessions are for anyone with a BMI of between 30 - 50. Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.</p>	<p><u>Good Boost</u> 1pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA</p> <p>Personalised exercise sessions to help those attending to move more, have fun and feel better. Tel: 0345 000 0232</p>	<p><u>BABES Group</u> 10.00am - 11.00am Ladybrook Children's Centre 116 Somersall Street Mansfield NG19 6EW</p> <p>Group for families to access breastfeeding support and share experience. Tel: 0115 9773 763</p>	
<p><u>Ladies Beginners Fitness Class</u> 1pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT</p> <p>A gentle introduction to light exercise to improve general levels of fitness. For women of all ages or 18+</p>	<p><u>Yoga</u> 11:30am - 12.30pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT</p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	<p><u>BABES Group</u> Time: 10am- 11am Warsop Children's Centre 6 Church Street Warsop Mansfield NG20 0AH</p> <p>Group for families to access breastfeeding support and share experience. Tel: 0115 9773 765</p>	<p><u>Chair Based Yoga</u> 11am - 12pm Warsop Health Hub Carr Lane Warsop Mansfield NG20 0AT</p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	
<p><u>BABES Group</u> 1.30pm - 2.30pm Ravensdale Children's Centre 10 Sanders Ave Mansfield NG18 2DN</p> <p>Group for families to access breastfeeding support and share experience. Tel: 0115 9773 740</p>	<p><u>Beginners Yoga</u> 9.30 - 10.30am Warsop Health Hub Carr Lane Warsop Mansfield NG20 0AT</p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	<p><u>Yoga</u> 11:30 am & 6:15pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT</p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	<p><u>Woodhouse Wanderers</u> 11am start Meet at Seventh Day Adventist Church, 1 Albert Street, Mansfield Woodhouse, Mansfield NG19 8BQ</p> <p>Local half hour walks, light and gentle exercise. Tel: 07392 841230</p>	

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday
<p><u>Good Boost</u> 12pm start Rebecca Adlington Leisure Centre Westdale Road Mansfield NG19 7BZ Personalised exercise sessions so you can move more, have fun and feel better. Tel: 0345 000 0230</p>	<p><u>Weight Management Group</u> 1:30pm - 3pm Your Space Leisure Centre Mansfield Portland Street Mansfield NG18 1HB</p> <p>Sessions are for anyone with a BMI of between 30 - 50. Sessions are 90 minutes; starting with 45 minutes of physical activity, followed by 45 minutes of nutrition support whereby we cover various healthy eating topics such as: portion sizes, snacking, food and mood, food labels and cooking on a budget.</p> <p>To book a place on this 12-week programme call 0115 772 2515. Free to attend.</p>	<p><u>Good Boost</u> 3pm start Rebecca Adlington Leisure Centre Westdale Road Mansfield NG19 7BZ Personalised exercise sessions to help those attending to move more, have fun and feel better. Tel: 0345 000</p>
<p><u>Walking Football Session</u> 11:30am-12:30pm Oak Tree Leisure Centre, Oak Tree Leisure Centre, Jubilee Way South Mansfield NG18 3RT</p> <p>A gentle introduction to football to improve general levels of fitness. For all ages.</p>		

PHYSICAL HEALTH SUPPORT SIGNPOSTING

Warsop Health Hub
 Tel: 0330 109 9120

Rebecca Adlington Leisure Centre
 Tel: 0345 000 0230

Water Meadows Leisure Complex
 Tel: 0345 0000 232

Oak Tree Leisure Centre
 Tel: 0345 0000 231

Website: www.mansfieldleisure.com

Your Health Notts Tel: 0115 772 2515
Website: www.yourhealthnotts.co.uk

Ravensdale Children Centre Tel: 0115 977 3740

Ladybrook Childrens Centre Tel: 0115 977 3763

Mansfield Woodhouse Childrens Centre Tel: 0115 977 3765

Warsop Childrens Centre Tel: 0115 977 3765

Ladybrook Community Centre Tel: 01623 624208

MANSFIELD FOOD AND WRAP AROUND SUPPORT TIMETABLE WINTER 2025

IN PARTNERSHIP WITH



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