

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## MENTAL HEALTH SUPPORT



Monday		Tuesday	Wednesday	Thursday
<p><b><u>Mind Community Cafe</u></b> 1pm - 3pm St Peters Community Centre Mansfield</p> <p>Refreshments, games and activities included. £1.50 entrance fee.</p>		<p><b><u>Lets Be There Mansfield</u></b> 7pm Burnaby House Church Street Mansfield Woodhouse NG19 8AH</p> <p>A group to help and support people to talk about their mental health.</p> <p>A supportive group of people coming together and being there for each other.</p>	<p><b><u>Wednesday Group</u></b> 3pm - 5pm Turner Hall 13 Welbeck Street Mansfield Woodhouse NG19 9JY</p> <p>1<sup>st</sup> and 15<sup>th</sup> October 5<sup>th</sup> and 19<sup>th</sup> November 3<sup>rd</sup> and 17<sup>th</sup> December</p> <p>Support around mental and isolation. Information sessions from professionals. Signposting to local services. Fun social activities. Great place to meet up. Refreshments provided.</p> <p><b><u>Contact Us</u></b> <b><u>Alison</u></b> 07442 948390 alison.foad1@nhs.net <b><u>Kirsty</u></b> 07825 359396 kirsty.warboys@nhs.net</p>	<p><b><u>Craft and Chat</u></b> 1.30pm - 3.30pm Mansfield Library Four Seasons Centre West Gate Mansfield Nottinghamshire NG18 1NH</p> <p>Bring your own craft project such as sewing, knitting and drawing, etc. 50p donation for a drink.</p>
<p><b><u>Remembering to Be Kind to Your Mind</u></b> 10am - 11.30am Ladybrook Enterprises Ladybrook Lane Mansfield NG18 5JJ</p> <p>For those with memory or concentration issues brought on by:</p> <ul style="list-style-type: none"> <li>• Dementia</li> <li>• Long-term health condition</li> <li>• Chronic Pain</li> <li>• Neurological conditions</li> <li>• Mental health.</li> </ul> <p>£3.50 entrance fee.</p>		<p><b><u>Allotment Group</u></b> 1pm - 4pm Forest Road Allotments Forest Road, Mansfield NG18 4BY</p> <p>Local people can go along to this group and do some digging, planting or just enjoying being outdoors and socialising.</p> <p><b><u>Contact</u></b> <b><u>Angelo</u></b> 07882 367291 angelo.meneghello@salvationarmy.org.uk</p>	<p><b><u>Thursday Welcome Group</u></b> 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>	

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## MENTAL AND PHYSICAL HEALTH SUPPORT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>Come for a Kick About</u></b>  <b>6.30pm - 8pm</b>                      (Excluding the last                      monday of the month)  <b>Debdale Sports Club</b>  <b>Debdale Lane</b>  <b>Mansfield</b>  <b>NG19 7NS</b></p> <p>Free football and talk                      session for adult men.                      A perfect place to have                      a kick about with new                      and old friends. The                      relaxed football session                      is good chance to blow                      off steam and chance to                      offload afterwards with                      the Men's Mental Health                      Group, Enlighten The                      Shadows.</p> <p><b><u>Contact Details</u></b>                      07719203130  <a href="http://www.mansfieldtownnct.net">www.mansfieldtownnct.net</a>  <a href="http://www.enlightentheshadows.org">www.enlightentheshadows.org</a>  <a href="mailto:michal.kasinowicz@mansfieldtownnct.net">michal.kasinowicz@mansfieldtownnct.net</a></p>	<p><b><u>Walking Football</u></b>  <b><u>Inclusive</u></b>  <b>9.30am - 10.30am</b>  <b>One Call Stadium</b>  <b>Quarry Lane</b>  <b>Mansfield</b>  <b>NG18 5DA</b>  <b>£4 per session</b>  <b>For Adults Aged 45+</b>  <b>Open for both men and women.</b></p> <p>A fun, friendly walking                      football session for older                      adults. Perfect for those                      who want to stay active,                      meet others and enjoy                      the game.</p> <p><b><u>Website</u></b>  <a href="http://www.mansfieldtownnct.net">www.mansfieldtownnct.net</a></p>	<p><b><u>Walking Football</u></b>  <b><u>Competative</u></b>  <b>9.30am - 10.30am</b>  <b>One Call Stadium</b>  <b>Quarry Lane</b>  <b>Mansfield</b>  <b>NG18 5DA</b>  <b>£4 per session</b>  <b>For Adults Aged 45+</b>  <b>Open for both men and women.</b></p> <p>A fun, friendly walking                      football session for older                      adults. Perfect for those                      who want to stay active,                      meet others and enjoy                      the game.</p> <p><b><u>Website</u></b>  <a href="http://www.mansfieldtownnct.net">www.mansfieldtownnct.net</a></p>		<p><b><u>Active Minds: Chat</u></b>  <b>10am - 11.30am</b>  <b>The Radford</b>  <b>Foundation Marquee</b>  <b>Tent</b>  <b>One Call Stadium</b>  <b>Quarry Lane</b>  <b>Mansfield</b>  <b>NG18 5DA</b></p> <p>A safe space for mental                      health, dementia care,                      and social well-being.                      Whether you prefer a                      relaxing chat over tea,                      coffee and biscuits or an                      active sports session, our                      programme helps you                      connect with other and                      improve your well-being.</p> <p><b><u>Contact Details</u></b>                      07719203130  <a href="http://www.mansfieldtownnct.net">www.mansfieldtownnct.net</a>  <a href="mailto:michal.kasinowicz@mansfieldtownnct.net">michal.kasinowicz@mansfieldtownnct.net</a></p>	<p><b><u>Walking Football</u></b>  <b><u>Social</u></b>  <b>9.30am - 10.30am</b>  <b>One Call Stadium</b>  <b>Quarry Lane</b>  <b>Mansfield</b>  <b>NG18 5DA</b>  <b>£4 per session</b>  <b>For Adults Aged 45+</b>  <b>Open for both men and women.</b></p> <p>A fun, friendly walking                      football session for older                      adults. Perfect for those                      who want to stay active,                      meet others and enjoy                      the game.</p> <p><b><u>Website</u></b>  <a href="http://www.mansfieldtownnct.net">www.mansfieldtownnct.net</a></p>





# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## MENTAL HEALTH SUPPORT

### Social Prescribers in Mansfield

#### What ways can a social prescribing worker support you?

A social prescribing link worker might introduce you to a community group, a new activity or a local club. Support to access services such as benefits, legal advice or counselling. They can support you to create something new such as a gardening club, a fishing group, a 'men's shed' or knit and natter group.

#### How to access this support

Contact your GP and arrange to have a conversation with your doctor or other professional from your GP practice about why you feel you would benefit from this support, at this point they will discuss support that would be the best fit and what are some of the mental health challenges you are facing at present.

Many individuals who access this service have come to it due to feeling isolated or lonely, anxiety and low mood, money and housing problems or those suffering from the impact of managing different long-term conditions.

**Studies show that people who work with a social prescribing link worker get better and feel better faster than those treated with medicine alone. In Mansfield we have a number of social prescribing teams who are there to support, they have set up a number of projects such as support groups, food provisions and a community allotment.**

### Mental Health Support Signposting

#### Talking Therapies

Free and confidential NHS service designed to help with common mental health problems such as stress, anxiety and depression.

**0333 188 1060 | Text: 'NOTTSTALK' | Website: [notts-talk.co.uk](http://notts-talk.co.uk)**

#### Mind

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](http://www.mind.org.uk)**

#### Mind Mental Health Sanctuary

**Monday - Friday from 4pm - 9pm**

Face-to-face support at The MIND building, 14 St John Street, Mansfield, NG18 1QJ.

**Tel: 0115 844 1846**

### Portland Pathways

Portland Pathways is a community focussed initiative which aims to improve employment opportunities for people with disabilities. We deliver courses to help our customers develop their skills and prepare for employment. Our Rebuilding Mental Health courses support people to improve their mental health and our 1:1 counselling service enables people to overcome barriers to employment.

#### Locations

**Kirkby in Ashfield, Mansfield, Newark, Sutton in Ashfield and Worksop**

**Tel: 01623 499193**

**Email: [pathways@portland.ac.uk](mailto:pathways@portland.ac.uk)**

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## WELCOME PLACES



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
<p><b><u>Coffee and Chat</u></b> 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><b><u>Salvation Army Coffee Morning</u></b> 10.30am - 12.30pm Victoria Street Mansfield NG18 5SB</p> <p>Tea, coffee, toast and biscuits.</p>	<p><b><u>Care For A Coffee</u></b> 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><b><u>Coffee and Cake</u></b> 1pm - 3pm Chesterfield Road Methodist Church 196 Chesterfield Road South NG19 7EE</p> <p>Tea, coffee, cake and chat.</p>	<p><b><u>Rooted</u></b> 2pm - 4.30pm Oak Tree Leisure Centre Jubilee Way S, Mansfield NG18 3RT</p> <p>Group involves crafts and cups of tea!</p>	<p><b><u>The Beacon Saturday</u></b> 9.30am - 11.30am Wood Street NG18 1QB</p> <p>Warm space with light refreshments and craft activities. <b>Referral only</b></p>
<p><b><u>Laugh a Latte</u></b> 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><b><u>Stacey Road Community Centre</u></b> 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><b><u>St Peters Church Coffee Morning</u></b> 10am - 12:30pm Church Side Mansfield NG18 1AP</p> <p>Drinks, snacks and a warm welcome.</p>	<p><b><u>Thursday Welcome Group</u></b> 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><b><u>Welcome Space</u></b> 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><b><u>Saturday Coffee Morning</u></b> 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><b><u>Carers Support</u></b> 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><b><u>Coffee and Cake</u></b> 10.30am - 12.30pm Chesterfield Road Methodist Church 196 Chesterfield Road South NG19 7EE</p> <p>Tea, coffee, cake and chat.</p>	<p><b><u>Craft and Natter @ Trinity Methodist Church</u></b> 2pm - 4pm High Street Mansfield Woodhouse Mansfield NG19 8BD</p> <p>Craft and Natter, Warm Room, Tea &amp; biscuits.</p>			



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE WELCOME PLACES



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Make a Start</u></b> <b><u>Help Build</u></b> 11am to 12.30 pm Bar Area <b>Mansfield Palace Theatre</b> <b>Leeming Street</b> <b>Mansfield</b> <b>NG18 1NG</b></p> <p>Make connections, creative activities, gentle exercise, engaging games, music and laughter.</p> <p>Tea, coffee and friendly chat.</p> <p>Transport is available via community bus if required.</p> <p><b>£3 for the group</b> <b>£3 for the bus</b></p> <p>To refer contact Marie Wragg Education Officer at Mansfield Palace Theatre on mwragg@mansfield.gov.uk 01623 463 520</p>	<p><b><u>Bee Hive Hub</u></b> 12.30pm-2pm Mansfield <b>Pentecostal Church,</b> <b>1 Empire Street</b> <b>NG18 2QJ</b> All ages Home Education group.</p> <p>Free with teas, coffees and biscuits.</p>	<p><b><u>Make a Start</u></b> <b><u>Help Build</u></b> 1pm - 2.30pm Flint Avenue <b>Community Centre</b> <b>Flint Avenue</b> <b>Forest Town</b> <b>NG19 0DS</b></p> <p>Make connections, creative activities, gentle exercise, engaging games, music and laughter.</p> <p>Tea, coffee and friendly chat.</p> <p>To refer contact Marie Wragg Education Officer at Mansfield Palace Theatre on mwragg@mansfield.gov.uk 01623 463 520</p>	<p><b><u>Hope Haven Cafe</u></b> 12pm-2pm <b>Mansfield Pentecostal Church,</b> <b>1 Empire Street</b> <b>NG18 2QJ</b> Free drinks and homemade cakes. Food parcels available.</p> <p><b><u>Little Glimmers Parent and Toddler Group</u></b> <b>(term time only)</b> <b>9.15am-10.30am</b> <b>Mansfield Pentecostal Church,</b> <b>1 Empire Street</b> <b>NG18 2QJ</b> Free drinks and cake/biscuits.</p>	<p><b><u>Make a Start</u></b> <b><u>Help Build</u></b> 11am - 12.30pm <b>Stacey Road</b> <b>Community Centre</b> <b>Stacey Rd</b> <b>Mansfield</b> <b>NG19 7JJ</b></p> <p>Make connections, creative activities, gentle exercise, engaging games, music and laughter.</p> <p>Tea, coffee and friendly chat.</p> <p>To refer contact Marie Wragg Education Officer at Mansfield Palace Theatre on mwragg@mansfield.gov.uk 01623 463 520</p>

## Warm Welcome Spaces



The Feeding Mansfield Network has recently linked with the Warm Welcome Spaces Campaign. This campaign brings together a network of Warm Welcome Spaces and a growing coalition of local, regional, and national partners representing the worlds of charity, faith, business, government, and philanthropy. Warm Welcome Spaces wants to bring together experience and knowledge of those who have created welcome spaces in their communities to find out more about Warm Welcome Spaces go to [www.warmwelcome.uk](http://www.warmwelcome.uk).



### Warm

Warm Welcome spaces are heated and able to provide basic refreshments such as tea/coffee.



### Welcoming

Warm Welcome spaces are inclusive, non-judgmental spaces where everyone can expect a warm welcome from staff and volunteers.



### Free

Warm Welcome spaces will be free to enter. There's lots of free activities that you can join in, like keeping fit or crafting. And many spaces have free wifi and computers you can use.



### Safe

Every organisation setting up a Warm Welcome space will have a safeguarding policy. Organisations make basic signposting information available to people who need further support.

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

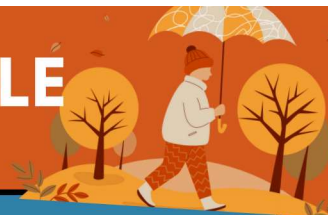
## PHYSICAL HEALTH SUPPORT

Monday	Tuesday		Wednesday	Thursday
<p><b><u>Disability &amp; Dementia Swim</u></b>  <b>12pm start</b>  <b>Rebecca Adlington</b>  <b>Leisure Centre</b>  <b>Westdale Rd</b>  <b>Mansfield</b>  <b>NG19 7BZ</b></p> <p>Weekly swim session aimed at those with a disability including dementia.</p>	<p><b><u>Smoking Cessation</u></b>  <b>1pm - 5pm</b>  <b>Sandy Lane Surgery</b>  <b>NG18 2LT</b>  <b>&amp;</b>  <b>St Peters Medical Centre</b>  <b>NG18 1EE</b></p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><b><u>Weight Management Group</u></b>  <b>1:30pm - 3pm</b>  <b>Your Space Leisure Centre</b>  <b>Mansfield</b>  <b>Portland Street</b>  <b>Mansfield</b>  <b>NG18 1HB</b></p> <p><b>6pm - 7.30pm</b>  <b>St Peters Church Centre</b>  <b>Church Side</b>  <b>Mansfield</b>  <b>NG18 1AP</b></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><b>To book a place on this 12-week programme call 0115 772 2515. Free to attend.</b></p>	<p><b><u>Smoking Cessation</u></b>  <b>10.30am - 2.30pm</b>  <b>Ladybrook Community Centre</b>  <b>Ladybrook Lane</b>  <b>Mansfield</b>  <b>NG18 5JJ</b></p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><b><u>Disability &amp; Dementia Swim</u></b>  <b>12pm start</b>  <b>Water Meadows</b>  <b>Titchfield Park</b>  <b>Bath Street</b>  <b>Mansfield</b>  <b>NG18 1BA</b></p> <p>Weekly swim session aimed at those with a disability including dementia.</p>
<p><b><u>Disability &amp; Dementia Swim</u></b>  <b>12pm start</b>  <b>Water Meadows</b>  <b>Titchfield Park</b>  <b>Bath Street</b>  <b>Mansfield</b>  <b>NG18 1BA</b></p> <p>Weekly swim session aimed at those with a disability including dementia.</p>	<p><b><u>Disability &amp; Dementia Swim</u></b>  <b>9.30am start</b>  <b>Warsop Health Hub</b>  <b>Carr Lane Park,</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>Weekly swim session aimed at those with a disability including dementia.</p>		<p><b><u>Weight Management Group</u></b>  <b>11am - 12:30pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Mansfield, NG18 3RT</b></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><b>Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.</b></p>	<p><b><u>Chair Based Yoga</u></b>  <b>12:15pm</b>  <b>Warsop Health Hub</b>  <b>Carr Lane Park,</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>A gentle form of yoga that is practiced while sitting on a chair, for people with limited mobility, balance issues, or anyone looking for a low-impact way to stay active.</p>
<p><b><u>IMPACT Cancer Support Group</u></b>  <b>1.30pm - 3pm</b>  <b>Ladybrook Community Centre</b>  <b>Ladybrook Lane</b>  <b>Mansfield</b>  <b>NG18 5JJ</b>  <b>£3.50 entrance fee</b></p>				



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## PHYSICAL HEALTH SUPPORT



Monday	Tuesday	Wednesday	Thursday	
<p><b><u>Smoking Cessation</u></b>  <b>9am - 12pm</b>  <b>Oakwood Surgery</b>  <b>Church Street</b>  <b>Mansfield Woodhouse,</b>  <b>Mansfield</b>  <b>NG19 8BL</b></p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><b><u>Weight Management Group</u></b>  <b>6pm - 7:30pm</b>  <b>St Peters Centre</b>  <b>Mansfield</b></p> <p>Sessions are for anyone with a BMI of between 30 - 50.  <b>Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515.</b>  <b>Free to attend.</b></p>	<p><b><u>Low Impact Body Conditioning</u></b>  <b>10:15am</b>  <b>Warsop Health Hub</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>strengthens muscles and enhances flexibility without placing too much stress on the joints. Suitable for all ages and fitness levels.</p>	<p><b><u>Beginners Yoga</u></b>  <b>6pm</b>  <b>Warsop Health Hub</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	<p><b><u>Beginners Yoga</u></b>  <b>6pm</b>  <b>Warsop Health Hub</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>
<p><b><u>Boccia</u></b>  <b>11:30am-12:30pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Boccia is a disability sport that tests muscle control and accuracy. It is a target sport played indoors with soft leather balls. It is a sport of intriguing tactics, incredible skill and nail biting tension. Once you see it or play it you will be hooked!</p>	<p><b><u>Yoga</u></b>  <b>11:30 am &amp; 6:15pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	<p><b><u>Yoga</u></b>  <b>11:30 am &amp; 6:15pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	<p><b><u>Woodhouse Wanderers</u></b>  <b>11am start</b>  <b>Meet at Seventh Day</b>  <b>Adventist Church, 1 Albert</b>  <b>Street, Mansfield</b>  <b>Woodhouse, Mansfield</b>  <b>NG19 8BQ</b></p> <p>Local half hour walks, light and gentle exercise.  <b>Tel: 07392 841230</b></p>	<p><b><u>Weight Management Group</u></b>  <b>1pm - 3.30pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Mansfield, NG18 3RT</b></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.  <b>Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515.</b>  <b>Free to attend.</b></p>
	<p><b><u>Beginners Yoga</u></b>  <b>9.30 - 10.30am</b>  <b>Warsop Health Hub</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	<p><b><u>Chair Based Yoga</u></b>  <b>9.30am</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>A gentle form of yoga that is practiced while sitting on a chair, for people with limited mobility, balance issues, or anyone looking for a low-impact way to stay active.</p>	<p><b><u>Boccia</u></b>  <b>11:30am-12:30pm</b>  <b>Warsop Health Hub</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>It is a target sport played indoors with soft leather balls. It is a sport of intriguing tactics, incredible skill and nail biting tension. Once you see it or play it you will be hooked!</p>	



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE PHYSICAL HEALTH SUPPORT

## 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](http://www.mansfieldleisure.com)

### Your Health Notts Tel: 0115 772 2515

Website: [www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk)

### Ravensdale Family Hub Tel: 0115 977 3740

### Ladybrook Family Hub Tel: 0115 977 3763

### Mansfield Woodhouse Family Hub Tel: 0115 977 3765

### Ladybrook Community Centre Tel: 01623 624208

## HEALTHY LIFE REFERRAL SCHEME

### What is it?

Healthy Life is More Leisure Community Trust's award winning exercise referral programme. It lasts for up to six months and includes personalised support from qualified staff to help you increase your activity levels.

We also run Healthy Life Circuit classes every Tuesday and Friday at 10:30am and 2:00pm.

### Who is it for?

People over 18, have a health condition, or disability, and need support to help increase your fitness levels.

### How do I qualify and join?

The scheme is by referral only. Speak to your GP, or Health Professional, to see if you are suitable. If you do qualify they will send the referral form to us and we will contact you for an appointment.

### Any questions?

If you have any questions about the scheme please contact Carolyn Hallam.

Email: [carolyn.hallam@serco.com](mailto:carolyn.hallam@serco.com)

Tel: 07718 194 711



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE NOTTINGHAMSHIRE FAMILY HUBS

## Nottinghamshire Family Hub Network



### What support can you find at Family Hubs

Family Hub Networks aim to offer a range of help and support from pregnancy and throughout childhood into early adulthood, including with preparing for a baby, child development, parenting support, health and wellbeing, relationships and communication, finances and employment.

Family hubs offer support from pregnancy, through the child's early years, later childhood and into young adulthood, up to the age of 19 (or up to 25 for young people with special educational needs and disabilities).

Offering support with:

- Breast feeding/Infant feeding
- Weaning Support
- Nutrition Support
- Emotional Health and Wellbeing
- Budgeting support
- Antenatal and postnatal support
- SEND support
- Children's health sessions
- Early help advice
- Parenting support for mums and dads
- Play sessions
- Young people services
- Libraries

### How to get in touch



**FHmansfield@nottscc.gov.uk**



**[www.nottinghamshire.gov.uk/care/family-hub-networks](http://www.nottinghamshire.gov.uk/care/family-hub-networks)**

### Where can you find Family Hubs

Mansfield has three Family Hubs and three satellite centres.

#### North Mansfield Family Hub

**Tel: 0115 9773 765**

#### Mansfield Woodhouse Family Hub

Swan Lane, Mansfield Woodhouse, Mansfield  
NG19 8BT

**Covering Mansfield Woodhouse, Warsop, Meden Vale, Church  
Warsop & Warsop Vale**

#### West Mansfield Family Hub

**Tel: 0115 9977 3763**

Ladybrook Family Hub

116 Somersall Street, Mansfield, NG19 6EW

**Covering areas of Ladybrook, Pleasley, Bull Farm Titchfield &  
Oakham areas**

#### South East Mansfield Family Hub

**Tel: 0115 9773 740**

#### Ravensdale Family Hub

10 Sanders Avenue, Mansfield, NG18 2DN

**Covering areas of Ravensdale, Forest Town, Oak Tree Lane Estate  
& Bellamy.**



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE FAMILY HUBS - WHATS ON



Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>BABES Group</u></b> <b>1.30pm - 2.30pm</b> Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN	<b><u>BABES Group</u></b> <b>1.00pm - 2.30pm</b> Mansfield Woodhouse Family Hub Swan Lane Mansfield Woodhouse NG19 8BT	<b><u>BABES Group</u></b> <b>10am - 11am</b> Warsop Family Hub 6 Church Street Warsop Mansfield NG20 0AH	<b><u>BABES Group</u></b> <b>10am - 11am</b> Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW	<b><u>0-5 Stay and Play Session</u></b> <b>10.00am - 11.30am</b> Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW <i><b>Term Time Only</b></i>
<b><u>Under Ones</u></b> <b>1.30pm - 3.00pm</b> Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW	<b><u>Stay and Play</u></b> <b>9.30 am - 11am</b> Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN		<b><u>Stay &amp; Play</u></b> <b>13:00 - 14:30</b> Mansfield Woodhouse Family Hub Swan Lane Mansfield Woodhouse NG19 8BT	<b><u>Parents Warm Welcome Group</u></b> <b>8.45am - 11.30am</b> Oak Tree Family Hub Jubilee Way North Notts NG18 3PJ
<b><u>Stay &amp; Play</u></b> <b>09.30am - 11.00am</b> Warsop Family Hub 6 Church Street Warsop Mansfield NG20 0AH	<b><u>Under Ones</u></b> <b>1.00pm - 2.30pm</b> Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN		<b><u>Home Start Stay and Play</u></b> <b>9.30am - 11.30am</b> Oak Tree Family Hub Jubilee Way North Mansfield Notts NG18 3PJ	
	<b><u>0-5 Stay and Play</u></b> <b>9.30am - 11.00am</b> Crescent Sports Hall NG19 7LP <i><b>Term Time Only</b></i>		<b><u>Homestart Stay &amp; Play</u></b> <b>12.30pm - 2.30pm</b> South Mansfield Community Centre, Bellamy Road, Mansfield, NG18 4NG	

## Groups

### Under Ones Group

For parents and carers of babies under one year old. These groups have a number of activities including sensory play, storytelling, and song time.

### BABES Group

Group for families to access breastfeeding support and share experiences.

### Stay and Play

Welcoming and informal environment for children aged 0-5. Groups provide opportunities for children to socialise, explore different activities.

## Self-Weigh

**Mansfield Woodhouse Family Hub:** Monday-Friday, 9:00am - 4:00pm

*Scales are also available for use during the Stay & Play / Under Ones group at both hubs*

**Ravensdale Family Hub:** Monday- Thursday, 9:00am - 4:30 pm and Friday 9:00 am - 4.00 pm

**Oak Tree Family Hub:** Tuesday and Wednesday 9:00 am - 4.30 pm, Thursday 9:00 am - 12:30 pm  
*Scales are also available for use during the Stay & Play / Under Ones group at Ravensdale Family Hub.*

**Ladybrook Family Hub:** Monday-Friday, 9:00am - 4:00pm

**Titchfield & Oakham Family Hub:** Thursdays, 12:00pm - 3:00pm

*Scales are also available for use during the Stay & Play/Under Ones group at Crescent Sports Hall*



# MANSFIELD FOOD AND WRAP AROUND SUPPORT TIMETABLE AUTUMN 2025

## IN PARTNERSHIP WITH



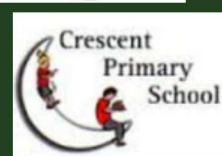
**Better Housing  
Better Health**



Department  
for Work &  
Pensions



ARENACHURCH



# HEAT

