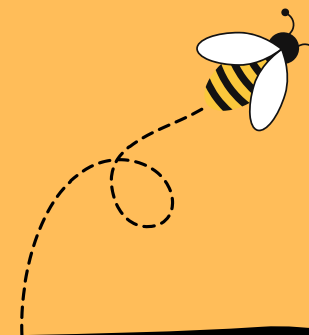
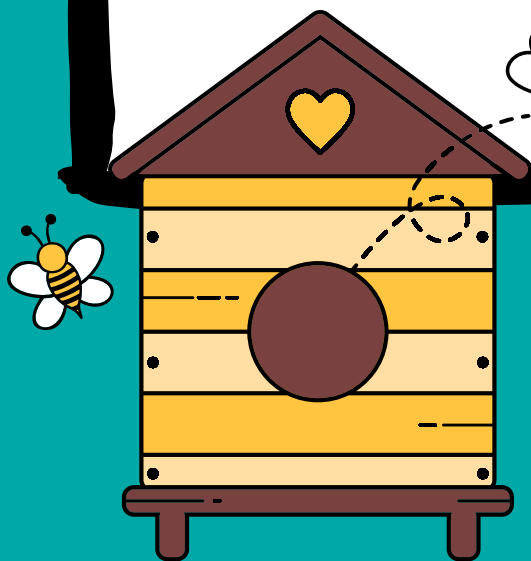


**MANSFIELD
FOOD AND WRAP AROUND
SUPPORT TIMETABLE
SUMMER 2024**




MANSFIELD FOOD SUPPORT TIMETABLE

FOOD BANKS AND FOOD SHARES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sherwood Forest Food Bank 1.30pm - 3.45pm Stable Centre 12 Church Street Mansfield Woodhouse NG19 8AH 07563233652 REFERRAL ONLY	Salvation Army Food Bank 10am - 12pm Victoria Street Mansfield NG18 5SB REFERRAL AND DROPS INS	St Peters Food Bank 10.30am - 12.30pm Church Side Mansfield Notts NG18 1AP 07563233652 REFERRAL ONLY	Sherwood Forest Food Bank 1.30pm - 3.45pm Stable Centre 12 Church Street Mansfield Woodhouse NG19 8AH 07563233652 REFERRAL ONLY	Methodist Church Food Share 1pm - 2pm 196 Chesterfield Road South NG19 7EE DROP IN £2 DONATION	Ladybrook Food Share 10.30am - 11.15am Brookside Hall Ladybrook Lane Mansfield NG18 5JJ 1st and 3rd Saturdays of the Month DROP IN £2 DONATION	NON OPERATING TODAY
		Crescent Food Bank 12pm - 1pm Crescent Primary Booth Crescent Mansfield NG19 7LF TERM TIME ONLY DROP INS		Pleasley Food Pantry 10.30am - 11.30am Food delivery ONLY Pleasley and Bull Farm ONLY. Call Sharon on 07988756095 REFERRAL ONLY		
CAR Warsop (Food Hampers) Monday – Friday 10am – 2pm 07394914909 Support in Warsop Parish (Warsop, Meden Vale, Warsop Vale, Church Warsop & Spion Kop)						

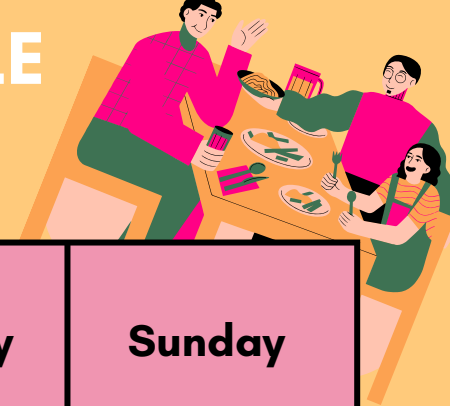
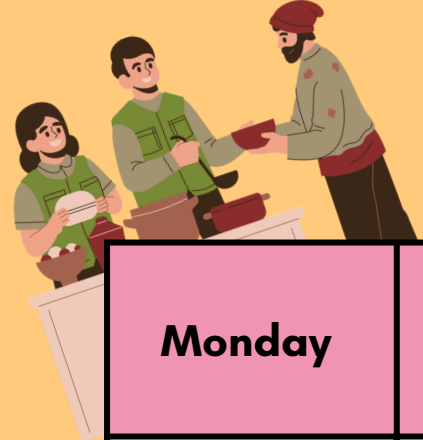
MANSFIELD FOOD SUPPORT TIMETABLE

FOOD CLUBS

Monday	Tuesday		Wednesday	Thursday	Friday		Saturday Sunday
NON OPERATING TODAY	<u>APTCOO Social Supermarket</u> 10am - 12pm Learn, Work and Earn Centre 79 Sandy Lane NG18 2LT £1 yearly membership £4 per bag	<u>Arena Food Club</u> 10.30am - 12pm Arena Church 66 Leeming Street Mansfield NG18 1NG £1 yearly membership £4.50 per parcel	<u>Clipstone Food Hub</u> 1pm - 3pm The Community Centre, The Circle, NG21 9EF £1 yearly membership £4 per bag	NON OPERATING TODAY	<u>Mansfield Woodhouse FOOD Club</u> 10am - 12pm The Meadows Community Centre, Slant Lane NG19 8ES £1 yearly membership £4 per bag	<u>Crescent Primary School FOOD Club</u> 1pm - 3pm Booth Crescent Mansfield NG19 7LF £1 yearly membership £4 per bag TERM TIME ONLY	NON OPERATING TODAY
	<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				<u>Bellamy Road FOOD Club</u> 12pm - 2pm 15 Trowell Court Mansfield NG18 4NT £1 yearly membership £4 per bag	<u>Oak Tree FOOD Club</u> 12pm - 2pm Oak Tree Leisure Centre Jubilee Way S Mansfield NG18 3RT £1 yearly membership £4 per bag	

MANSFIELD FOOD SUPPORT TIMETABLE

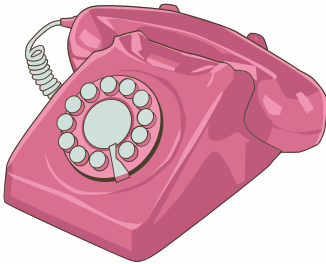
WARM MEAL PROVISIONS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>The Hall</u> <u>St Peters 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>Food Cycle</u> 4pm - 5pm Salvation Army Victoria Street Mansfield NG18 5SB</p> <p>Three course hot meal served, everyone welcome.</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

Monday	Tuesday	Wednesday	Thursday	Friday
NON OPERATING TODAY	<p><u>Citizens Advice Drop In</u> 15 Trowell Court, Mansfield, NG18 4NT Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.</p> <p><u>Summer Dates and Times</u></p> <p>2nd July 1pm - 4pm 9th July 9am - 4pm 16th July 1pm - 4pm 23rd July 9am - 4pm 30th July 1pm - 4pm 6th Aug 1pm - 4pm 13th Aug 1pm - 4pm</p> <p>20th Aug 1pm - 4pm 27th Aug 1pm - 4pm 3rd Sept 1pm - 4pm 10th Sept 1pm - 4pm 17th Sept 1pm - 4pm 24th Sept 1pm - 4pm</p>	<p><u>Benefit Team</u> 9.30am - 11.30am 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>Summer sessions are: 17th July 14th August 11th September</p>	<p><u>Debt and Money - Drop-In Advice Sessions</u> 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><u>Citizens Advice at Oak Tree Children's Centre</u> Warm Welcome Group 9am - 11am</p> <p>Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.</p>
	<p>Financial Support Signposting</p> <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><u>The Freedom Programme</u> The Beacon 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>	<p><u>Citizens Advice Advice at Bellamy Food Club</u> 12pm - 2pm 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>

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

MENTAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><u>'Come For a Kick About'</u> 6pm - 7.30pm Oak Tree Leisure Centre Jubilee Way S, Mansfield NG18 3RT</p> <p>Men only 18+ Will be on alternate Mondays. Partnership between Mansfield Town Football Club.</p>	<p><u>Tuesday Group</u> 1pm - 3pm Focus Point Community Centre, Vale Road, NG19 8DU</p> <p>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</p> <p>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>Mind Community Cafe</u> 1pm - 3pm St Peters Community Centre Mansfield</p> <p>Refreshments, games and activities included. £1.50 entrance fee.</p>	<p><u>Lets Be There Mansfield</u> 7pm Burnaby House Church Street Mansfield Woodhouse NG19 8AH</p> <p>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
NON OPERATING TODAY	<p><u>Salvation Army</u> <u>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</u> <u>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</u> <u>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>Stacey Road</u> <u>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> <u>10am - 12pm</u> 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</u> <u>Group</u> Runs every other Thursday from 2pm - 4pm. 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</u> <u>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>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 @</u> <u>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

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> Sandy Lane Surgery 77 Sandy Lane Mansfield NG18 2LT 2pm - 6pm</p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><u>Smoking Cessation</u> 9.30am - 3pm 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>Smoking Cessation</u> 9.30am - 12pm Rainworth Medical Centre Warsop Lane Rainworth Mansfield NG21 0AD</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>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>Weight Management Group</u> 1:15pm - 2:45pm 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>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.</p> <p>Tel: 0345 000 0232</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>Smoking Cessation</u> 2pm - 6pm St Peters Medical Centre Mansfield NG18 1EE</p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>			

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Move it or Lose it</u> 11am start Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT</p> <p>Exercises can be done seated or standing and help improve flexibility, aerobic health, balance and strength.</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> Time: 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>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>	<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>	

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Good Boost</u> 12pm start Rebecca Adlington Leisure Centre Westdale Rd 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>Fall Prevention Class</u> 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.</p> <p>It's 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 afterwards.</p> <p>To book a place on this 12-week programme call 0115 772 2515. Free to attend.</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 SUMMER 2024

IN PARTNERSHIP WITH

