



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 Emergency Food Bank 10am - 12pm Victoria Street Mansfield NG18 5SB REFERRAL ONLY	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	Church Food	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 AFFORDABLE FOOD CLUBS

Monday	Tue	sday	Wednesday	Thursday	Fri	day	Saturday Sunday
The Social Supermarket at Social Action Hub Kirklington Rd, Rainworth, Mansfield NG21 OJR 10am-2pm £1 membership Baskets are either £4.50 or £6	Salvation Army Food Pantry 10am - 12pm Victoria Street Mansfield NG18 5SB £2 per parcel	Arena Food Club 10.30am - 12pm Arena Church 66 Leeming Street Mansfield NG18 1NG £1 yearly membership £4.50 per parcel	Clipstone Food Hub Ipm - 3pm The Community Centre, The Circle, NG21 9EF £1 yearly membership £4 per bag	The Social Supermarket at Social Action Hub Kirklington Rd, Rainworth, Mansfield NG21 OJR 10am-2pm £1 membership Baskets are either £4.50 or £6	FOOD Club 10am - 12pm The Meadows Community	Crescent Primary School Food Club Ipm - 3pm Booth Crescent Mansfield NG19 7LF £1 yearly membership £4 per bag TERM TIME ONLY	NON
	St Johns Food Hub 3pm - 4.30pm St Johns Centre St John Street Mansfield NG18 1QH 01623 642338 £1 yearly membership £4 per bag		The Social Supermarket at Social Action Hub Kirklington Rd, Rainworth, Mansfield NG21 OJR 12pm-3pm & 4pm-7pm £1 membership Baskets are either £4.50 or £6		Bellamy Road FOOD Club 12pm - 2pm 15 Trowell Court Mansfield NG18 4NT £1 yearly membership £4 per bag	Oak Tree FOOD Club 11am - 1pm Oak Tree Leisure Centre Jubilee Way S Mansfield NG18 3RT £1 yearly membership £4 per bag	OPERATING TODAY



MANSFIELD FOOD SUPPORT TIMETABLE WARM MEAL PROVISIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Hall St Peters Church 8.30am - 10.15am Church Street Mansfield NG18 1AP Breakfast and a packed lunch. Additional facilities including a shower and washing machine.	The Beacon Project 12pm - 1.30pm St Johns Centre Mansfield NG18 1QH Referral ONLY Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.	Food Cycle 1 - 2pm Salvation Army Victoria Street Mansfield NG18 5SB Three course hot meal served, everyone welcome. Starts on 6/11/24	Roundtable Café 12pm - 2pm 7th Day Adventist Church 1 Albert Street Mansfield Woodhouse NG19 8QB Fresh home cooked three course meal plus tea/coffee. Free to all. Contact Sue 01629 534134	The Beacon Project 12pm - 1.30pm St Johns Centre Mansfield NG18 1QH Referral ONLY Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.	NON OPERATING TODAY	Bee Humble Soup Kitchen 2pm - 3.30pm Bethal Church Gedling Street Nottingham Road Takeaway Service ONLY Sandwich, crisps and biscuits. Contact Number 07519 345669
				Stanhope Centre 6.30 - 8.30pm Bridge Street Methodist Church NG18 1AL Takeaway Service ONLY Meal and small food parcel. Contact Number 01623 640845		

MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL SUPPORT

Monday	Tuesday	Wednesday	Thu	rsday	Friday
NON OPERATING TODAY	Citizens Advice Drop In 12- 4pm 15 Trowell Court, Mansfield, NG18 4NT Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.	NON OPERATING TODAY	Citizens Advice Drop In 12- 4pm Thursdays- 12- 3 @ Oak Tree Leisure Centre. From the 31st October this will extend to 9.30- 2.00pm Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.	Debt and Money - Drop-In Advice Sessions 10am - 2pm Kingsway Hall Clipstone Road West Forest Town Mansfield NG19 0DU 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	Citizens Advice at Oak Tree Children's Centre Warm Welcome Group 8.30am - 11.30am Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.
Financial Support Signposting				benefits forms.	
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Macmillan Money and Work Service 01274 987 600

Mansfield Citizens Advice Bureau 07832 932 331

Mansfield District Council 01623 463 463

Nottinghamshire County Council Golden Number 0300 500 8080

Direct Help and Advice 01332 287850



The Freedom
Programme
The Beacon
10am - 1pm
St Johns Centre
Mansfield
NG18 10H

A debt service which covers debt, housing, benefits, form filling, phone and internet access, plus more. Citizens Advice
Advice at Bellamy
Food Club
12pm - 2pm
15 Trowell Court
Mansfield
NG18 4NT

Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.



MANSFIELD WRAP AROUND SUPPORT TIMETABLE DISABILITY SUPPORT SERVICES

Tuesday			Wedı	nesday	Thursday
<u>Disability Notts</u>	<u>Disability Notts</u>	<u>Disability Notts</u>	<u>Disability Notts</u>	<u>Disability Notts</u>	<u>Disability Notts</u>
Advice Sessions	Advice Sessions	Advice Sessions	<u>Wellness Hub</u>	<u>Drop In</u>	Our Voice
10.30am - 12.30pm	8.30am - 2pm	10am - 3pm	1- 2pm	8.30am -2pm	community singing
2nd Tuesday of the	From 26th	1st & 3rd Tuesday	1st & 3rd	1st Wednesday of	10.30 to 12.15pm
month	November	of every month	Wednesday of	the month drop	Every Thursday
The Hive	4th Tuesday of the	Kingsway Hall,	every month	in advice	Methodist Centre
Four Seasons	month	Clipstone Road	Oak Tree Leisure	Kings Mill	Big Barn Lane
Shopping Centre	Mansfield	West, Forest	Centre,	Hospital	
(outside the old	Community	Town, NG19 0DU	Jubilee Way S		Cost £1.00 includes
Debenhams)	Hospital	 Benefit checks 	Mansfield NG18	 Benefit checks 	refreshments.
	Stockwell Gate,	and	3RT	and	
 Benefit checks 	Mansfield NG18	applications		applications	Contact Disability
and applications	5QJ	 Access and 	Come along to	 Access and 	Notts on 01623
 Access and 	 Benefit checks 	transport	one of our	transport	625891
transport	and applications	 All aspects of 	wellness hubs and	 All aspects of 	
 All aspects of 	 Access and 	disability	join in the activity	disability	
disability	transport	 Advice on 	or simply join us	 Advice on 	
 Advice on 	All aspects of	egipment and	for acoffee and a	egipment and	
egipment and	disability	appliances	chat.	appliances	
appliances	 Advice on 	Booked		1 1	
' '	egipment and	appointments	Contact	Contact	
Contact Disability	1 1	only.	Disability Notts	Disability Notts	
Notts on 01623	Contact Disability	Contact	on 01623 625891	on 01623 625891	
625891	Notts on 01623 [*] 625891	Disability Notts on 01623 625891			

MANSFIELD WRAP AROUND SUPPORT TIMETABLE MENTAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
'Come For a Kick About' 6pm - 7.30pm Oak Tree Leisure Centre Jubilee Way S, Mansfield NG18 3RT Men only 18+ Will be on alternate Mondays. Partnership between Mansfield Town Football Club.	Tuesday Group 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.foadl@nhs.net	NON OPERATING TODAY	Craft and Chat 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.	NON OPERATING TODAY	NON OPERATING TODAY	NON OPERATING TODAY	
Mind Community	<u>Lets Be There</u> <u>Mansfield</u>	Mental Health Support Signposting					
Cafe 1pm - 3pm	7pm Burnaby House Church Street	_	Talking Therapies Free and confidential NHS service designed to help with common mental health problem				

St Peters **Community Centre** Mansfield

Refreshments, games and activities included. £1.50 entrance fee.

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.

such as stress, anxiety and depression.

Call: 0333 188 1060| Text: 'NOTTSTALK' | Website: 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

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



MANSFIELD WRAP AROUND SUPPORT TIMETABLE **WELCOME PLACES**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Laugh a Latte 1 - 3pm Every two weeks The Salvation Army Victoria Street Mansfield NG18 5SB All welcome, hot drinks, friendly faces, listening ear and chance to chat. Dates 14th October 28th October 11th November 25th November	Salvation Army Coffee Morning 10.30am - 12.30pm Victoria Street Mansfield NG18 5SB Tea, coffee, toast and biscuits.	St Peters Church Coffee Morning 10am - 12:30pm Church Side Mansfield NG18 1AP Drinks, snacks and a warm welcome.	Coffee and Cake 1pm - 3pm Chesterfield Road Methodist Church 196 Chesterfield Road South NG19 7EE Tea, coffee, cake and chat.	Rooted 2pm - 4.30pm Oak Tree Leisure Centre Jubilee Way S, Mansfield NG18 3RT Group involves crafts and cups of tea!	The Beacon Saturday 9.30am - 11.30am Wood Street NG18 1QB Warm space with light refreshments and craft activities. Referral only
	Stacey Road Community Centre 10am - 12pm Stacey Road Mansfield NG19 7JJ Tea, coffee, crumpets and chat! Here you can also find support with food, finances and mental health.	Care For A Coffee 10am - 12pm Runs on a Tuesday and Wednesday Arena Church 66 Leeming Street Mansfield NG18 1NG Coffee, chat, snack and play a game of pool!	Thursday Welcome Group Runs every other Thursday from 2pm - 4pm. Oak Tree Leisure Centre Jubilee Way S Mansfield NG18 3RT Opportunity to meet	Welcome Space 10am - 1pm Old Meeting House Mansfield NG18 1QR Warm welcome, tea, coffee, snacks, warm meal. Books, magazine and toys for children.	Saturday Coffee Morning 10am - 12pm Brookside Hall Ladybrook Lane Mansfield NG18 5JJ Tea, coffee, snacks. A warm welcome and place to meet new friends.
	Coffee and Cake 10.30am - 12.30pm Chesterfield Road Methodist Church 196 Chesterfield Road South NG19 7EE Tea, coffee, cake and chat.	Craft and Natter @ Trinity Methodist Church 2pm - 4pm High Street Mansfield Woodhouse Mansfield NG19 8BD Craft and Natter, Warm Room, Tea & biscuits.	other local people and join in with different activities each session, such as: board games, quizzes, light exercise, bowls and much more.	Switch Up 11am - 2pm Barringer Road Mansfield NG18 2DF Tea, Coffee, Cake and Chat.	

MANSFIELD WRAP AROUND SUPPORT TIMETABLE PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
Disability & Dementia Swim 12pm start Rebecca Adlington Leisure Centre Westdale Rd Mansfield NG19 7BZ Weekly swim session aimed at those with a disability including dementia.	Smoking Cessation 2pm - 6pm Sandy Lane Surgery NG18 2LT & St Peters Medical Centre NG18 1EE Free stop smoking support and free stop smoking products and vapes at all these clinics.	Smoking Cessation 9.30am - 3pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ Free stop smoking support and free stop smoking products and vapes at all these clinics.	Disability & Dementia Swim 12pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA Weekly swim session aimed at those with a disability including dementia.	Smoking Cessation 9.30am – 12pm Rainworth Medical Centre Warsop Lane Rainworth Mansfield NG21 0AD Free stop smoking support and free stop smoking products and vapes at all these clinics.
Disability & Dementia Swim 12pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA Weekly swim session aimed at those with a disability including dementia.	Disability & Dementia Swim 9.30am start Warsop Health Hub Carr Lane Park, Carr Lane Warsop Mansfield NG20 OAT Weekly swim session aimed at those with a disability including dementia.	Weight Management Group 11am - 12:30pm Oak Tree Leisure Centre Mansfield, NG18 3RT 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	Weight Management Group 1:15pm - 2:45pm Oak Tree Leisure Centre Mansfield, NG18 3RT 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	Mansfield NG18 1BA Personalised exercise sessions to help those attending to move
IMPACT Cancer Support Group 1.30pm - 3pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ £3.50 entrance fee	BABES Group 1.00pm - 2.00pm Mansfield Woodhouse Children Centre Swan Lane Mansfield Woodhouse NG19 8BT Group for families to access breastfeeding support and share experience. Tel: 0115 9773 765	various healthy eating topics such as: portion sizes, snacking, food and mood, food labels and cooking on a budget. Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.	various healthy eating topics such as: portion sizes, snacking, food and mood, food labels and cooking on a budget. Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.	more, have fun and feel better. Tel: 0345 000 0232

MANSFIELD WRAP AROUND SUPPORT TIMETABLE PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
Move it or Lose it Ilam start Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT Exercises can be done seated or standing and help improve flexibility, aerobic health, balance and strength.	Weight management group 6pm - 7:30pm St Peters Centre Mansfield 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.	Good Boost Ipm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA Personalised exercise sessions to help those attending to move more, have fun and feel better. Tel: 0345 000 0232	BABES Group 10.00am - 11.00am Ladybrook Children's Centre 116 Somersall Street Mansfield NG19 6EW Group for families to access breastfeeding support and share experience. Tel: 0115 9773 763	
Ladies Beginners Fitness Class Ipm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT A gentle introduction to light exercise to improve general levels of fitness. For women of all ages or	Yoga 11:30am - 12.30pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.	BABES Group Time: 10am- 11am Warsop Children's Centre 6 Church Street Warsop Mansfield NG20 0AH Group for families to access breastfeeding support and share experience. Tel: 0115 9773 765	Chair Based Yoga 11am - 12pm Warsop Health Hub Carr Lane Warsop Mansfield NG20 OAT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.	
BABES Group 1.30pm - 2.30pm Ravensdale Children's Centre 10 Sanders Ave Mansfield NG18 2DN Group for families to access breastfeeding support and share experience. Tel: 0115 9773 740	Beginners Yoga 9.30 - 10.30am Warsop Health Hub Carr Lane Warsop Mansfield NG20 OAT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.		Fall Prevention Class Thursdays 1:30pm - 3pm Ladybrook Community Cent Ladybrook Lane Mansfield NG18 5JJ For anyone at risk of having a the past. A rolling 12 week pro help to improve strength and k minutes, with 45 minutes of ex minutes of tea and coffee To book a place on this 12-w call 0115 772 2515 Free to att	fall or who has had a fall in gramme, and sessions will palance. Each session lasts 90 ercises followed by 45

MANSFIELD WRAP AROUND SUPPORT TIMETABLE PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday			
Good Boost 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	Weight Management Group 1:30pm - 3pm Your Space Leisure Centre Mansfield Portland Street Mansfield NG18 1HB 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	Good Boost 3pm start Rebecca Adlington Leisure Centre Westdale Rd Mansfield NG19 7BZ Personalised exercise sessions to help those attending to move more, have fun and feel better. Tel: 0345 000			
Walking Football Session 11:30am-12:30pm Oak Tree Leisure Centre, Oak Tree Leisure CentreJubilee Way South Mansfield NG18 3RT A gentle introduction to football to improve general levels of fitness. For all ages.	whereby we cover various healthy eating topics such as: portion sizes, snacking, food and mood, food labels and cooking on a budget. To book a place on this 12-week programme call 0115 772 2515. Free to attend.	Yoga 11:30 am & 6:15pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.			

PHYSICAL HEALTH SUPPORT SIGNPOSTING

Warsop Health Hub Tel: 0330 109 9120

Rebecca Adlington Leisure Centre Tel: 0345 000 0230

<u>Water Meadows Leisure Complex</u> 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 AUTUMN 2024

IN PARTNERSHIP WITH





















ARENACHURCH





































