

**MANSFIELD  
SUPPORT TIMETABLE  
SPRING & SUMMER  
2026**



# MANSFIELD FOOD SUPPORT TIMETABLE FOOD BANKS AND FOOD SHARES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b><u>Sherwood Forest Food Bank</u></b> 2pm - 4pm Stable Centre 12 Church Street Mansfield Woodhouse NG19 8AH 07563233652 REFERRAL ONLY</p>	<p><b><u>Salvation Army Emergency Food Bank</u></b> 10am - 12pm Victoria Street Mansfield NG18 5SB REFERRAL ONLY</p>	<p><b><u>St Peter's Food Bank</u></b> 10.30am - 12.30pm Church Side Mansfield Notts NG18 1AP 07563233652 REFERRAL ONLY</p>	<p><b><u>Sherwood Forest Food Bank</u></b> 2pm - 4pm Stable Centre 12 Church Street Mansfield Woodhouse NG19 8AH 07563233652 REFERRAL ONLY</p>	<p><b><u>Methodist Church Food Share</u></b> 1pm - 2pm 196 Chesterfield Road South NG19 7EE DROP IN £2 DONATION</p>	<p><b><u>Ladybrook Food Share</u></b> 10.30am - 11.15am Brookside Hall Ladybrook Lane Mansfield NG18 5JJ 1st and 3rd Saturdays of the Month DROP IN £2 DONATION</p>	<p><b>NON OPERATING TODAY</b></p>
		<p><b><u>Crescent Food Bank</u></b> 12pm - 1pm Crescent Primary Booth Crescent Mansfield NG19 7LF TERM TIME ONLY DROP INS</p>	<p><b><u>Pleasley Food Pantry</u></b> 10am - 11am New Houghton Community Hub 7A Rotherham Road New Houghton NG19 8TA £3 donation</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 PROVISIONS

Monday	Tuesday		Wednesday	Thursday	Friday		
<p><b><u>The Social Supermarket at Social Action Hub</u></b>            10am-2pm            2 Sherwood Parade,            Kirklington Rd,            Rainworth, NG21 OJP            £1 membership            Baskets are either £4.50 or £6</p>	<p><b><u>Salvation Army Food Pantry</u></b>            10am - 12pm            Victoria Street            Mansfield NG18 5SB            £2 per parcel</p>	<p><b><u>Arena Food Club</u></b>            10.30am - 12pm            Arena Church            66 Leeming Street            Mansfield NG18 1NG            £1 yearly membership            £4.50 per parcel</p>	<p><b><u>Clipstone Food Hub</u></b>            1pm - 3pm            The Community Centre, The Circle, NG21 9EF            £1 yearly membership            £4 per bag</p>	<p><b><u>The Social Supermarket at Social Action Hub</u></b>            2 Sherwood Parade,            Kirklington Rd,            Rainworth, NG21 OJP            10am-2pm            £1 membership            Baskets are either £4.50 or £6</p>	<p><b><u>Mansfield Woodhouse FOOD Club</u></b>            10am - 12pm            The Meadows Community Centre, Slant Lane            NG19 8ES            £1 yearly membership            £4 per bag</p>	<p><b><u>Crescent Primary School Food Club</u></b>            1pm - 3pm            Booth Crescent Mansfield NG19 7LF            £1 yearly membership            £4 per bag            TERM TIME ONLY</p>	<p><b><u>Vibrant Warsop Food Club</u></b>            1pm - 3pm            Warsop Town Hall            Church St, Warsop, Mansfield NG20 0AL            Here you can purchase reduced price food.</p>
	<p><b><u>St Johns Food Hub</u></b>            2.30pm - 4pm            St Johns Centre            St John Street            Mansfield NG18 1QH            01623 642338            £1 yearly membership            £4 per bag</p>		<p><b><u>The Social Supermarket at Social Action Hub</u></b>            12pm-3pm &amp; 4pm-7pm            2 Sherwood Parade,            Kirklington Rd,            Rainworth, NG21 OJP            £1 membership            baskets are either £4.50 or £6</p>		<p><b><u>Bellamy Road FOOD Club</u></b>            12pm - 2pm            15 Trowell Court            Mansfield NG18 4NT            £1 yearly membership            £4 per bag</p>		<p>Whilst there you can also have a coffee, chat and access financial advice.</p>


# MANSFIELD FOOD SUPPORT TIMETABLE WARM MEAL PROVISIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b><u>The Hall</u></b> <b><u>St Peter's Church</u></b> 8.30am - 10am Church Street Mansfield NG18 1AP Breakfast and a packed lunch. Additional facilities including a shower and washing machine.</p>	<p><b><u>The Beacon Project</u></b> 12pm - 1.30pm St Johns Centre Mansfield NG18 1QH <b>Referral ONLY</b> Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.</p>	<p><b><u>Mansfield Soup Kitchen</u></b> 6.30pm - 7.30pm 32 Church Street Mansfield NG18 1AE <b>Referral from MDC, Framework or CGL or on site income assessment, proof of incomings outgoing will be needed for this.</b> Hot meal, drinks, support with furniture, accessing sleeping bags, toiletries. <u>Contact</u> mansfieldsoupkitc hen@yahoo.com</p>	<p><b><u>Roundtable Café</u></b> 12pm - 2pm 7th Day Adventist Church 1 Albert Street Mansfield Woodhouse NG19 8QB Fresh home-cooked three course meal plus tea/coffee. £1 per course. Contact Sue 01629 534134</p>	<p><b><u>The Beacon Project</u></b> 12pm - 1.30pm St Johns Centre Mansfield NG18 1QH <b>Referral ONLY</b> Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.</p>	<p><b>NON OPERATING TODAY</b></p>	<p><b><u>Bee Humble Soup Kitchen</u></b> 1pm - 3pm St Marks Church Nottingham Road <b>Takeaway Service ONLY</b> Sandwich, crisps and biscuits. Contact Number 07519345669</p>
				<p><b><u>Stanhope Centre</u></b> 6.30 - 8.30pm Bridge Street Methodist Church NG18 1AL <b>Takeaway Service ONLY</b> Meal and small food parcel. Contact Number 01623 640845</p>		


# MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL & EMPLOYMENT SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Ashfield Citizens Advice Drop-In</u></b>  <b>9.30-1.30</b>  <b>Sunnydale Pub</b>  <b>Mansfield</b>  <b>Woodhouse</b>  <b>NG19 8HH</b></p> <p>Support in the key areas of health, debt, employment, benefits and housing.            To make an appointment please call or just drop in:  <b>01623 980011</b></p>	<p><b><u>Ashfield Citizens Advice Drop-In</u></b>  <b>12pm - 3pm</b>  <b>15 Trowell Court</b>  <b>Mansfield</b>  <b>NG18 4NT</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>	<p><b><u>Direct Help and Advice Drop-In</u></b>  <b>9am - 3pm</b>  <b>Futures, 1 Queen Place,</b>  <b>Mansfield</b></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><b><u>Direct Help and Advice Drop-In</u></b>  <b>9.30am - 3pm</b>  <b>Futures, 1 Queen Place,</b>  <b>Mansfield</b></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><b><u>Ashfield Citizens Advice Drop-In at Bellamy FOOD Club</u></b>  <b>12pm - 2pm</b>  <b>15 Trowell Court</b>  <b>Mansfield</b>  <b>NG18 4NT</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>
<p><b><u>North Nottinghamshire Citizens Advice Drop-In</u></b>  <b>9am - 2pm</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.</p>	<p><b><u>Ashfield Citizens Advice Drop-In</u></b>  <b>9.30am - 2pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>	<p><b><u>North Nottinghamshire Citizens Advice Drop In</u></b>  <b>9am - 2pm</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road</b>  <b>South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>	<p><b><u>Direct Help and Advice Drop-In</u></b>  <b>10am - 2pm</b>  <b>Kingsway Hall</b>  <b>Clipstone Road West</b>  <b>Forest Town</b>  <b>Mansfield</b>  <b>NG19 0DU</b></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><b><u>North Nottinghamshire Citizens Advice Drop-In</u></b>  <b>9am - 2pm</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages. Support from Stand Guide available.</p>

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL & EMPLOYMENT SUPPORT

Monday	Tuesday	Wednesday	Thursday	
	<p><b><u>Direct Help and Advice Drop-In</u></b>  <b>9am - 3pm</b>  <b>Futures, 1 Queen Place, Mansfield</b></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><b><u>North Nottinghamshire Citizens Advice</u></b>  <b>9.30am - 2pm</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Help with eviction, homelessness, notices served, damp or mould issues, landlord difficulties, repairs or pressures to leave a property.</p> <p><b><u>Contact</u></b>  <b>0300 561 2800</b></p>	<p><b><u>Beacon Welfare Rights and Money Advice Service</u></b>  <b>10am - 1pm</b>  <b>Beacon Centre</b>  <b>Wood Street</b>  <b>Mansfield</b>  <b>NG18 1QH</b></p> <p>A debt service which covers debt, housing, benefits, form filling, phone and internet access, plus more.</p>	<p><b><u>North Nottinghamshire Citizens Advice Debt and Benefits Team</u></b>  <b>(pre-booked appointments only)</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Debt and benefit support. Support from Stand Guide available.</p> <p><b><u>Contact</u></b>  <b>0300 561 2800</b></p>
	<p><b><u>North Nottinghamshire Citizens Advice Debt and Benefits Team</u></b>  <b>(pre-booked appointments only)</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Debt and benefit support. Support from Stand Guide available.</p> <p><b><u>Contact</u></b>  <b>0300 561 2800</b></p>	<p><b><u>North Notts Citizens Advice Drop In</u></b>  <b>9am - 1pm</b>  <b>Warsop Town Hall,</b>  <b>Church Street,</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AL</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>	<p><b><u>Financial Support Signposting</u></b></p> <p><b><u>Help through Hardship helpline</u></b>  <b>0808 208 2138</b></p> <p><b><u>Mansfield Citizens Advice Bureau</u></b>  <b>0300 561 2800</b></p> <p><b><u>Mansfield District Council</u></b>  <b>01623 463 463</b></p> <p><b><u>Nottinghamshire County Council Golden Number</u></b>  <b>0300 500 8080</b></p> <p><b><u>Direct Help and Advice</u></b>  <b>07458 104321/0115 9300199</b></p> 	

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL & EMPLOYMENT SUPPORT

Monday	Tuesday	Wednesday	Thursday
		<p><b><u>Ashfield Citizen Advice Drop In</u></b>  <b>9am - 12pm</b>  <b>The Treasury</b>  <b>Bolsover Street</b>  <b>Mansfield</b>  <b>NG18 2PS</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>	<p><b><u>Ashfield Citizen Advice Drop In</u></b>  <b>9.30am-1.30pm</b>  <b>Cuckoo Birch</b>  <b>Jubilee Way South, Mansfield, Nottinghamshire, NG18 3RT</b>            Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>
		<p><b><u>Employment Support Session Drop-in</u></b>  <b>1pm - 3pm</b>  <b>Futures</b>  <b>1 Queens Place</b>  <b>Mansfield</b>  <b>NG18 1JN</b></p> <p>Support with:            Job Search            Application forms            CV support            Training            Upskilling</p> <p><b><u>Contact</u></b>  <b>0800 085 8520</b></p>	<p><b><u>Employment Support</u></b></p> <p><b><u>West Nottinghamshire College</u></b>            Mansfield Old Town Hall, Market Place, Mansfield, NG18 1HX            01623 413602            AdultEducation@wnc.ac.uk</p> <p><b><u>Futures</u></b>            1 Queens Place, Mansfield, NG18 1JN            0800 085 8520</p> <p><b><u>DWP Jobcentre Plus</u></b>            Civic Centre, Chesterfield Rd S, Mansfield NG19 7BH            0800 169 0310</p> <p><b><u>Stand Guide</u></b>            0161 881 4826            www.standguide.co.uk</p> 

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE EMPLOYMENT SUPPORT

## WEST NOTTS COLLEGE

### YOUTH GUARANTEE

Funded by UK Government



**AGED 18-21 AND NOT IN EDUCATION,  
TRAINING OR EMPLOYMENT?**

**THEN WE ARE HERE TO HELP**

A range of support to get you moving towards your goals:

- Extensive careers guidance
- A personalised training programme
- Wrap around support including CV help, writing application forms, mock interviews and more
- A dedicated mentor
- Support to secure your next step.



**REGISTER TODAY!**

CLAIRE WARD  
MAYOR OF THE  
EAST MIDLANDS



SCAN THE QR CODE FOR WEBSITE.



## FUTURES



**Take your first step with us!**

**All our support is tailored and FREE.**

**Together we'll explore application forms, create or improve your CV and find job vacancies that are right for you. Wherever you are on your career journey, whether that's starting out or making a career change, we've got you covered.**

**No matter your age, we can help you take the next step. Apply for jobs or make a move in education with support from an expert careers adviser.**

**The support we provide is personalised to your needs and can be delivered online, over the phone, or in person. And best of all - it's free! You can come along to our drop in to Futures Mansfield, every Wednesday from 10:00am.**

**Through the National Careers Service our advisers offer impartial advice to help you prepare for work or secure a promotion.**

**Get in touch**

**1 Queens Place, Mansfield, NG18 1JN  
0800 085 8520**



## CONNECT TO WORK

# CONNECT TO WORK

**Free, personalised support to help you take the next step**

Connect to Work offers friendly, tailored support to help you move closer to employment, training, or your personal goals — at a pace that works for you.

### WE PROVIDE:

- ✓ One-to-one guidance and mentoring
- ✓ Support with CVs, job searches, and applications
- ✓ Access to training and skills development
- ✓ Help overcoming barriers and building confidence
- ✓ A supportive service tailored to your individual needs

**Your journey. Your pace. Your goals.**  
We're here to help you move forward.

### GET IN TOUCH

Register your interest at  
[eastmidlands-cca.gov.uk  
connect-to-work](http://eastmidlands-cca.gov.uk/connect-to-work)

**Angela Taylor**  
Integration and  
Partnerships Lead  
[angela.taylor@standguide.co.uk](mailto:angela.taylor@standguide.co.uk)

**CONNECT TO WORK**  
Funded by UK Government

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## ENERGY SUPPORT

### BETTER HOUSING BETTER HEALTH

Better Housing Better Health (BHBH) is a longstanding service working to reduce the number of people in fuel poverty and improve domestic warmth & wellbeing.

Our experienced team provides free, confidential, and tailored solutions to meet a home's specific circumstances including switching energy suppliers, maximising income, signing up to the Priority Services Register, and accessing funding to help support them.

Better Housing Better Health is here to help keep residents warm and well at home and improve the energy efficiency of their homes.



You can self-refer into this service for support.

How to request help

Phone - 0800 107 0044

Online - [www.bhbh.org.uk](http://www.bhbh.org.uk)

This service provides residents with a single point of contact to get impartial expert advice to help improve the energy efficiency of their home, save money and improve comfort.

### FUEL BANK

The Health and Wellbeing team at Mansfield District Council work in partnership with the Fuel bank, residents who are in a fuel crisis can seek support from the Fuel Bank. For more information contact the Health and Wellbeing Team at Mansfield District Council via

Customer Services on 01623 463463.

### HEAT - THE HOME ENERGY ADVICE TEAM

At HEAT, the Home Energy Advice Team provided by the Wise Group, we're committed to supporting households across the UK. Our expert mentors offer personalised, free advice and practical solutions to help you take control of your home energy costs and reduce financial stress.

How mentors can help?



Manage and control energy usage

Read meters accurately

Switch energy suppliers and tariffs

Apply for financial support

Access hardship funding

Get assistance with any energy-related issue

How to request help

Call - 0800 092 9002

Email - [HEAT@THEWISEGROUP.CO.UK](mailto:HEAT@THEWISEGROUP.CO.UK)

Online - [www.heat-thewisegroup.co.uk](http://www.heat-thewisegroup.co.uk)



### MORE HELP AND SUPPORT

Money Advice Service

0800 138 7777

National Debtline

0808 808 4000

Citizens Advice

0808 223 1133

StepChange Debt Charity

0800 138 1111

LEAP

0800 060 7567

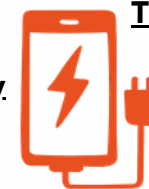
Home Start Mansfield

01623 653391

National Energy Action

0800 304 7159

The British Gas Energy Trust



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE ENERGY SUPPORT

## CITIZENS ADVICE NORTH NOTTS TEAM - ENERGY AND DEBT SUPPORT

With 7.5 million people in the UK currently facing negative budgets and fuel prices set to rise, the impact on health and wellbeing is reaching a critical point.

If you are working with clients who are struggling with the cost of living, reliant on food banks, or facing unprecedented debt, the Citizens Advice North Nottinghamshire team can help.

### **Energy Support**

Trained advisors can offer telephone, face to face or home visits appointments to support clients or can act on their behalf to:

- Reduce energy costs and improve efficiency.
- Access financial support, grants, and emergency funds.
- Resolve disputes and billing issues with energy suppliers.

### **Debt Advice & Solutions**

The FCA-accredited debt team supports clients with both priority and non-priority debts.

Available solutions include:

**Breathing Space:** A 60-day legal hold on most enforcement action.

**Formal Options:** Debt Relief Orders (DROs) and Bankruptcy.

**Management:** Token payments, write-off requests, and full income/expenditure reviews.

**Note:** They cannot assist self-employed individuals or those disputing the validity of their debts, but we can provide signposting for these cases.

### **How to Refer**

#### **Energy Referral**

[www.canns.org.uk/energy](http://www.canns.org.uk/energy)

#### **Debt Referral**

[www.canns.org.uk/debt](http://www.canns.org.uk/debt)



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL SUPPORT

## HEALTHY START REFERRAL SCHEME



### NHS Healthy Start

Helping young families on low incomes to access healthy food, milk and vitamins.



### What is NHS Healthy Start?

If you're pregnant or have children under the age of four you could get payments every four weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You could also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to one year old
- £4.25 each week for children between one and four years old

Your money will stop after your child's fourth birthday, or if you no longer receive benefits.



### Who can apply?

You could qualify for the NHS Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child aged under four.

In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for NHS Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the four weeks immediately after you have stopped working for 16 hours or more per week)

### How to apply

Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Fill in the online application form

Receive your prepaid card in the post

You'll need to activate your card to get your PIN before using it

Shop for healthy food and milk in most retail stores that sell the eligible food and milk items and accept Mastercard® payments

You'll need to insert your card into the card reader and enter your PIN the first time you use your card

Your card will be topped up with your benefit every four weeks.

You can also use your card to collect free Healthy Start vitamins.

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL SUPPORT

## HEALTHY START REFERRAL SCHEME

### What can I buy?

#### Fruit and vegetables

✓ They can be:

- fresh, frozen or tinned
- whole or chopped
- packaged or loose
- fruit in fruit juice
- fruit or vegetables in water
- fresh, dried or tinned pulses

✗ They cannot:

- have added ingredients like fat (oil), salt, sugar or flavourings
- be juiced or pre-cooked
- be fruits in syrup
- be smoothies

#### Plain cow's milk

✓ This needs to be plain cow's milk, which is pasteurised, sterilised, long-life or ultra-heat treated (UHT).

✗ It cannot be:

- flavoured
- coloured
- evaporated
- condensed
- plant-based milk
- powdered (unless it's stage one infant formula)

#### Infant formula

- ✓ It should be:
- suitable from birth
  - made from cow's milk

#### Healthy Start vitamins

You can use your NHS Healthy Start prepaid card to collect free Healthy Start vitamins.

If you live in England, find your nearest vitamin provider on the NHS Healthy Start website:  
**[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**

If you live in Wales, ask your midwife or health visitor where to collect your vitamins.

If you live in Northern Ireland, we'll send you a letter explaining how to request your vitamins.

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit:  
**[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**

Or call us on **0300 330 7010**  
Our contact centre is open Monday – Friday,  
8am – 6pm (except public holidays)

  Follow us on Facebook and Twitter  
**@NHSHealthyStart**

The allpay prepaid card is issued by allpay Ltd pursuant to license by Mastercard International Incorporated. allpay Ltd is a company regulated by the Financial Conduct Authority (FRN 900539) for the issuance of electronic money. Head office and registered address: Fortis et Fides, Whitestone Business Park, Hereford, HR1 3SE (Company No 02933191). Mastercard is a registered trademark of Mastercard International Incorporated.



**NHS**

Use your  
NHS Healthy  
Start prepaid  
card here.

Find out more about the scheme  
and apply now:  
**[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## DISABILITY SUPPORT SERVICES

Tuesday		Wednesday		Thursday	
<p><b>Thrive Tribe</b>  <b>9am - 11.30am</b>  <b>15 Trowell Court</b>  <b>Mansfield</b>  <b>NG18 4NT</b></p> <p>Empowering neurodivergent individuals and support for parents and carers.</p> <ul style="list-style-type: none"> <li>• Build knowledge and individual strategies.</li> <li>• Build friendships</li> <li>• Improve Health and Wellbeing.</li> <li>• Learn how to navigate a neurotypical world.</li> </ul> <p>Run by a registered Nurse and Neurodivergent Specialist. <b>For more info call Holly on 07708635614</b></p>	<p><b>Disability Notts Advice Sessions</b>  <b>8.30am - 2pm</b>  <b>From 26th November</b>  <b>4th Tuesday of the month</b>  <b>Mansfield Community Hospital</b>  <b>Stockwell Gate, Mansfield NG18 5QJ</b></p> <ul style="list-style-type: none"> <li>• Benefit checks and applications</li> <li>• Access and transport</li> <li>• All aspects of disability</li> <li>• Advice on equipment and appliances</li> </ul> <p><b>Contact Disability Notts on 01623 625891</b></p>	<p><b>Disability Notts Advice Sessions</b>  <b>10am - 3pm</b>  <b>1st &amp; 3rd Tuesday of every month</b>  <b>Kingsway Hall, Clipstone Road West, Forest Town, NG19 0DU</b></p> <ul style="list-style-type: none"> <li>• Benefit checks and applications</li> <li>• Access and transport</li> <li>• All aspects of disability</li> <li>• Advice on equipment and appliances</li> </ul> <p><b>Booked appointments only.</b>  <b>Contact Disability Notts on 01623 625891</b></p>	<p><b>Disability Notts Wellness Hub</b>  <b>1- 2pm</b>  <b>1st &amp; 3rd Wednesday of every month</b>  <b>Oak Tree Leisure Centre, Jubilee Way S Mansfield NG18 3RT</b></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><b>Contact Disability Notts on 01623 625891</b></p>	<p><b>Disability Notts Drop In</b>  <b>8.30am -2pm</b>  <b>1st Wednesday of the month, drop in advice</b>  <b>Kings Mill Hospital</b></p> <ul style="list-style-type: none"> <li>• Benefit checks and applications</li> <li>• Access and transport</li> <li>• All aspects of disability</li> <li>• Advice on equipment and appliances</li> </ul> <p><b>Contact Disability Notts on 01623 625891</b></p>	<p><b>Disability Notts Our Voice</b>  <b>community singing.</b>  <b>10.30 to 12.15pm</b>  <b>Every Thursday</b>  <b>Methodist Centre</b>  <b>Big Barn Lane</b></p> <p>Cost £1.00 includes refreshments.</p> <p><b>Contact Disability Notts on 01623 625891</b></p>

# 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>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>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>4<sup>th</sup> and 18<sup>th</sup> February 4<sup>th</sup> and 18<sup>th</sup> March</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>Alison</b> 07442 948390 alison.foad1@nhs.net <b>Kirsty</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 Brighter Mansfield 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>Angelo</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.mansfieldtownct.net">www.mansfieldtownct.net</a>  <a href="http://www.enlightentheshadows.org">www.enlightentheshadows.org</a>  <a href="mailto:michal.kasinowicz@mansfieldtownct.net">michal.kasinowicz@mansfieldtownct.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</b>  <b>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.mansfieldtownct.net">www.mansfieldtownct.net</a></p>	<p><b><u>Walking Football</u></b>  <b><u>Competitive</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</b>  <b>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.mansfieldtownct.net">www.mansfieldtownct.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.mansfieldtownct.net">www.mansfieldtownct.net</a>  <a href="mailto:michal.kasinowicz@mansfieldtownct.net">michal.kasinowicz@mansfieldtownct.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</b>  <b>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.mansfieldtownct.net">www.mansfieldtownct.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.**

### 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: [pathwayseportland.ac.uk](mailto:pathwayseportland.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 Brighter Mansfield 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</u></b> <b><u>Coffee Morning</u></b> 10.30am - 12.30pm Victoria Street Mansfield NG18 5SB</p> <p>Tea, coffee, toast and biscuits.</p>	<p><b><u>St Peters Church</u></b> <b><u>Coffee Morning</u></b> 10am - 12:30pm Church Side Mansfield NG18 1AP</p> <p>Drinks, snacks and a warm welcome.</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</u></b> <b><u>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>Care For A Coffee</u></b> 10am - 12pm Runs on a Monday and Tuesday Arena Church 66 Leeming Street Mansfield NG18 1NG</p> <p>Coffee, chat, snack and play a game of pool!</p>	<p><b><u>Stacey Road</u></b> <b><u>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>Craft and Natter @</u></b> <b><u>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>	<p><b><u>Thursday Welcome</u></b> <b><u>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</u></b> <b><u>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 Brighter Mansfield 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>				

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## WELCOME PLACES

Monday	Tuesday	Wednesday	Thursday		
<p><b><u>Make a Start Help Build</u></b> 11am to 12.30 pm Bar Area <b>Mansfield Palace Theatre</b> Leeming Street Mansfield NG18 1NG</p> <p>Make connections, creative activities, gentle exercise, engaging games, music and laughter. Tea, coffee and friendly chat. Transport is available via community bus if required. <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 Pentecostal Church, 1 Empire Street NG18 2QJ</p> <p>All ages Home Education group. Free with teas, coffees and biscuits.</p>	<p><b><u>Make a Start Help Build</u></b> 1pm - 2.30pm Flint Avenue Community Centre Flint Avenue Forest Town NG19 0DS</p> <p>Make connections, creative activities, gentle exercise, engaging games, music and laughter. 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 Mansfield Pentecostal Church, 1 Empire Street NG18 2QJ</p> <p>Free drinks and homemade cakes. Food parcels available.</p>	<p><b><u>Make a Start Help Build</u></b> 11am - 12.30pm Stacey Road Community Centre Stacey Rd Mansfield NG19 7JJ</p> <p>Make connections, creative activities, gentle exercise, engaging games, music and laughter. 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>Drop In</u></b> 10am - 12pm St Albans Church Clipstone Road West Forest Town</p> <p>Crafting, games, chat! Tea/coffee, cakes or biscuits</p>
	<p><b><u>Places of Welcome</u></b> 10.30am - 11.30am Forest Town Library Clipstone Road West NG19 0AA</p> <p>Conversation and a cuppa!</p>		<p><b><u>Little Glimmers Parent and Toddler Group</u></b> (term time only) 9.15am-10.30am Mansfield Pentecostal Church, 1 Empire Street NG18 2QJ</p> <p>Free drinks and cake/biscuits.</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>            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><b><u>Disability &amp; Dementia Swim</u></b>            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><b><u>Weight Management Group</u></b></p> <p><b>Session 1 - 12.30pm - 2pm</b></p> <p><b>Session 2 - 3.30pm - 5pm</b></p> <p><b>Session 3 - 6pm - 7.30pm</b></p> <p><b>St Peters Church Centre            Church Side            Mansfield            NG18 1AP</b></p>	<p><b><u>Good Boost Aqua Session</u></b>            1pm            Warsop Health Hub            Carr Lane Park,            Carr Lane            Warsop            Mansfield            NG20 0AT</p> <p>For those with lower back, knee and hip pain.</p>	<p><b><u>Chair Curcuits</u></b>            10.45am            Oak Tree Leisure Centre            Jubilee Way South            Mansfield            NG18 3RT</p> <p>Low-impact, 20-30 minute workout routines performed seated or standing with a chair for support, designed to improve mobility, strength, and cardiovascular health.</p>
<p><b><u>Good Boost Aqua Session</u></b>            1.30pm            Warsop Health Hub            Carr Lane Park,            Carr Lane            Warsop            Mansfield            NG20 0AT</p> <p>For those with lower back, knee and hip pain.</p>	<p><b><u>Yoga</u></b>            11:30 am &amp; 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>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><u>Chair Exercise</u></b>            12:15pm            Warsop Health Hub            Carr Lane Park,            Carr Lane            Warsop            Mansfield            NG20 0AT</p> <p>A gentle form of exercise 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>            1.30pm - 3pm            Brighter Mansfield            Ladybrook Lane            Mansfield            NG18 5JJ            £3.50 entrance fee</p>		<p><b>To book a place on this 12-week programme call 0115 772 2515. Free to attend.</b></p>		<p><b><u>Yoga</u></b>            11:30 am &amp; 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	
<p><b><u>Chair Curcuits</u></b>  <b>10.45am</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Low-impact, 20-30 minute workout routines performed seated or standing with a chair for support, designed to improve mobility, strength, and cardiovascular health.</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>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>Good Boost Aqua Session</u></b>  <b>9am</b>  <b>Water Meadows</b>  <b>Titchfield Park</b>  <b>Bath Street</b>  <b>Mansfield</b>  <b>NG18 1BA</b></p> <p>For those with lower back, knee and hip pain.</p>
<p><b><u>Boccia</u></b>  <b>11am-12:30pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</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.</p>	<p><b><u>Low Impact Curcuits Tuesday and Friday</u></b>  <b>2pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Low-impact, 20-30 minute workout routines performed seated or standing with a chair for support, designed to improve mobility, strength, and cardiovascular health.</p>	<p><b><u>Good Boost Aqua Session</u></b>  <b>1pm</b>  <b>Water Meadows</b>  <b>Titchfield Park</b>  <b>Bath Street</b>  <b>Mansfield</b>  <b>NG18 1BA</b></p> <p>For those with lower back, knee and hip pain.</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>Scan QR code for more information.</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>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>11.15am</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 PHYSICAL SUPPORT

## YOUR HEALTH NOTTS



### QUIT SMOKING

Age 12 + smoking tobacco



You are 4 times more likely to quit for good with our support!

### LOSE WEIGHT

Adults with a BMI between 30 - 50



Lifestyle changes to help you lose weight and keep it off!

# FREE

integrated wellbeing service for Nottinghamshire\* residents

### IMPROVE STRENGTH AND BALANCE

For those at risk of falls



### HEALTHY FAMILIES

Children 4 years+ above 91st BMI centile



### QUIT SMOKING

Our Stop Smoking Service helps individuals quit smoking for good. Our dedicated and friendly stop smoking advisors deliver a range of 1-1 and drop-in sessions as well as phone and digital support. We provide a full range of free nicotine replacement therapy alongside weekly support from our stop smoking advisors. We will support you to understand why you smoke, manage your cravings, and deal with relapses.

### LOSE WEIGHT

Losing weight and keeping it off can be hard. We take a realistic approach to weight management, no strict diets or exhausting exercise routines but a positive and realistic changes to achieve a healthy weight. All with the support of our friendly and positive advisors, providing you with encouragement, advice and maintaining a positive approach to managing your weight and health behaviours.

### IMPROVE STRENGTH AND BALANCE

We offer sessions designed to improve strength, balance and co-ordination. This programme is designed for those who are at risk of falls or who have had a fall. Sessions consist of 45 minutes of exercises followed by refreshments and a chat.

### HEALTHY FAMILIES

The FAB Families programme is designed to help your child develop healthy habits. We focus on balanced eating, staying active, and making positive lifestyle changes together. Our friendly team offers support and encouragement to ensure your child's well-being and long-term health. We offer virtual sessions, 1-1 telephone support and physical activity support.

Scan QR code for more information.



#### HOW TO REFER

Online: [www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk)  
Or call us on 0115 772 2515  
Telephone and Online Support Available

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@yhnotts



@yhnotts

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE NOTTINGHAMSHIRE FAMILY HUBS

## Nottinghamshire Family Hub Network



Helping families get the right support at the right time

### 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@nottsc.gov.uk](mailto:FHmansfield@nottsc.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
<p><b><u>BABES Group</u></b>  <b>1.30pm - 2.30pm</b>                      Ravensdale Family Hub                      10 Sanders Ave                      Mansfield                      NG18 2DN</p>	<p><b><u>BABES Group</u></b>  <b>1.00pm - 2.30pm</b>                      Mansfield Woodhouse                      Family Hub                      Swan Lane                      Mansfield Woodhouse                      NG19 8BT</p>	<p><b><u>BABES Group</u></b>  <b>10am - 11am</b>                      Warsop Family Hub                      6 Church Street                      Warsop                      Mansfield                      NG20 0AH</p>	<p><b><u>BABES Group</u></b>  <b>10am - 11am</b>                      Ladybrook Family Hub                      116 Somersall Street                      Mansfield                      NG19 6EW</p>	<p><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  <b>Term Time Only</b></p>
<p><b><u>Under Ones</u></b>  <b>1.30pm - 3.00pm</b>                      Ladybrook Family Hub                      116 Somersall Street                      Mansfield                      NG19 6EW</p>	<p><b><u>Stay and Play</u></b>  <b>9.30 am - 11am</b>                      Ravensdale Family Hub                      10 Sanders Ave                      Mansfield                      NG18 2DN</p>		<p><b><u>Stay &amp; Play</u></b>  <b>13:00 - 14:30</b>                      Mansfield Woodhouse                      Family Hub                      Swan Lane                      Mansfield Woodhouse                      NG19 8BT</p>	<p><b><u>Parents Warm Welcome Group</u></b>  <b>8.45am - 11.30am</b>                      Oak Tree Family Hub                      Jubilee Way North                      Mansfield                      Notts                      NG18 3PJ</p>
<p><b><u>Stay &amp; Play</u></b>  <b>09.30am - 11.00am</b>                      Warsop Family Hub                      6 Church Street                      Warsop                      Mansfield                      NG20 0AH</p>	<p><b><u>Under Ones</u></b>  <b>1.00pm - 2.30pm</b>                      Ravensdale Family Hub                      10 Sanders Ave                      Mansfield                      NG18 2DN</p>		<p><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</p>	
	<p><b><u>0-5 Stay and Play</u></b>  <b>9.30am - 11.00am</b>                      Crescent Sports Hall                      NG19 7LP  <b>Term Time Only</b></p>		<p><b><u>Homestart Stay &amp; Play</u></b>  <b>12.30pm - 2.30pm</b>                      South Mansfield Community                      Centre, Bellamy Road,                      Mansfield, NG18 4NG</p>	
<p><b><u>Self-Weigh</u></b>  <b>Mansfield Woodhouse Family Hub:</b> Monday-Friday, 9:00am - 4:00pm                      Scales are also available for use during the Stay &amp; Play / Under Ones group at both hubs  <b>Ravensdale Family Hub:</b> Monday- Thursday, 9:00am - 4:30 pm and Friday 9:00 am - 4.00 pm  <b>Oak Tree Family Hub:</b> 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 &amp; Play / Under Ones group at Ravensdale Family Hub.  <b>Ladybrook Family Hub:</b> Monday-Friday, 9:00am - 4:00pm  <b>Titchfield &amp; Oakham Family Hub:</b> Tuesday &amp; Thursdays, 9am - 4pm                      Scales are also available for use during the Stay &amp; Play/Under Ones group at Crescent Sports Hall</p>			<p><b><u>Stay &amp; Play</u></b>  <b>12.30pm - 2.30pm</b>                      Titchfield Family Hub                      73-75 Princes Street                      Mansfield                      NG18 5SL  <b>Term Time Only</b></p>	

# MANSFIELD FOOD AND WRAP AROUND SUPPORT TIMETABLE WINTER 2026

## IN PARTNERSHIP WITH

