MANSFIELD SUPPORT TIMETABLE AUTUMN & WINTER 2026



MANSFIELD FOOD SUPPORT TIMETABLE
FOOD BANKS AND FOOD SHARES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sherwood Forest Food Bank **2pm - 4pm** **Stable Centre** **12 Church Street** **Mansfield** **Woodhouse** **NG19 8AH** 07563233652 REFERRAL ONLY	**NON OPERATING TODAY**	**Sherwood Forest Food Bank** **10am - 12pm** **St Peters Hall** **Church Side** **NG18 1AP** 07563233652 REFERRAL ONLY	**Sherwood Forest Food Bank** **2pm - 4pm** **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** **10am - 11am** **New Houghton Community Hub** **7A Rotherham Road New Houghton** **NG19 8TA** £3 donation			

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	
The Social Supermarket at Social Action Hub **10am-2pm** **2 Sherwood Parade, Kirklington Rd, Rainworth, NG21 0JP** £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	**The Social Supermarket at Social Action Hub** **12pm-3pm & 4pm-7pm** **2 Sherwood Parade, Kirklington Rd, Rainworth, NG21 0JP** £1 membership £4.50 or £6	**The Social Supermarket at Social Action Hub** **2 Sherwood Parade, Kirklington Rd, Rainworth, NG21 0JP** 10am-2pm £1 membership Baskets are either £4.50 or £6	**Crescent Primary School Food Club** **1pm - 3pm** **Booth Crescent Mansfield NG19 7LF** £1 yearly membership £4 per bag TERM TIME ONLY	**Bellamy Road FOOD Club** **12pm - 2pm** **15 Trowell Court Mansfield NG18 4NT** £1 yearly membership £4 per bag
	St Johns Food Hub **2.30pm - 4pm** **St Johns Centre St John Street Mansfield NG18 1QH** 01623 642338 £1 yearly membership £4 per bag				**Mansfield Woodhouse FOOD Club** **10am - 12pm** **The Meadows Community Centre, Slant Lane NG19 8ES** £1 yearly membership £4 per bag	

MANSFIELD FOOD SUPPORT TIMETABLE
WARM MEAL PROVISIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The Hall **St Peter's Church** **8.30am - 10am** **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.	**Mansfield Soup Kitchen** **6.30pm -7.30pm** **32 Church Street** **Mansfield NG18 1AE** **Referral from MDC, Framework or CGL or on site income assessment, proof of incomings outgoing will be needed for this.** Hot meal, drinks, support with furniture, accessing sleeping bags, toiletries. Contact mansfieldsoupkitchen@yahoo.com	**Roundtable Café** **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	**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** **1pm - 3pm** **St Marks Church** **Nottingham Road** **Takeaway Service ONLY** Bread, pastries, sandwiches, fresh fruit, warm meal and dessert. Contact Number 07519345669
				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 FOOD SUPPORT TIMETABLE
SAVING MONEY ON FOOD

There are lots of ways to reduce your food shopping bill and access low-cost or free food. The following apps and schemes can help you save money, reduce food waste, and make your budget go further.

Too Good To Go

Too Good To Go is a free app that helps people save money on food by purchasing surplus food from local cafés, restaurants, bakeries and supermarkets at reduced prices.
Users buy a surprise bag through the app and collect it from a local business at a set time.
A simple way to save money, reduce food waste and make your food budget go further.

Benefits of Too Good To Go

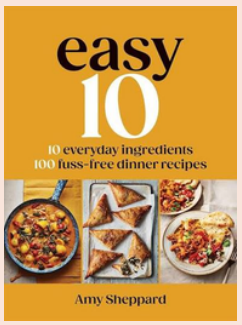
- Save money on food and drinks
- Access surplus food from local businesses
- Help reduce food waste
- Support local cafés, bakeries and shops
- Easy to download and use

Download: www.toogoodtogo.com
An easy way to save money, discover local businesses and help prevent good food from going to waste. 🌍🍞💷

Supermarket Reward Schemes

Tesco Clubcard
Lidl Plus
Asda Rewards
Nectar Card (Sainsbury's)

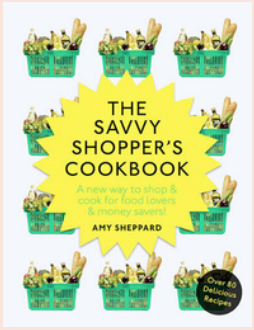
These schemes provide access to lower prices, coupons, and rewards.







Budget Meal Ideas







Follow for inspiration!

These social media accounts share simple, affordable recipes, meal planning ideas and batch cooking tips.

Follow on Instagram

Cardiff Mum @cardiff.mum
The Batch Lady @thebatchlady
Jack Monroe @jack_monroe
Amy Sheppard @amyshepphard
Mitch Lane @mealsbymitchofficial

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
FINANCIAL & EMPLOYMENT SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
Ashfield Citizens Advice Drop-In **9.30-1.30** **Sunnydale Pub** **Mansfield** **Woodhouse** **NG19 8HH** Support in the key areas of health, debt, employment, benefits and housing. To make an appointment please call or just drop in: **01623 980011**	**Ashfield Citizens Advice Drop-In** **12pm - 3pm** **15 Trowell Court** **Mansfield** **NG18 4NT** Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.	**North Nottinghamshire Citizens Advice Drop In** **9am - 2pm** **Mansfield Civic Centre** **Chesterfield Road South** **Mansfield** **NG19 7BH** Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.	**North Nottinghamshire Citizens Advice Debt and Benefits Team** **(pre-booked appointments only)** **Mansfield Civic Centre** **Chesterfield Road South** **Mansfield** **NG19 7BH** Debt and benefit support. Support from Stand Guide available. **Contact** **0300 561 2800**	**Ashfield Citizens Advice Drop-In 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.
North Nottinghamshire Citizens Advice Drop-In **9am - 2pm** **Mansfield Civic Centre** **Chesterfield Road South** **Mansfield** **NG19 7BH** Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.	**Ashfield Citizens Advice Drop-In** **9.30am - 2pm** **Oak Tree Leisure Centre** **Jubilee Way South** **Mansfield** **NG18 3RT** Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.			**North Nottinghamshire Citizens Advice Drop-In** **9am - 2pm** **Mansfield Civic Centre** **Chesterfield Road South** **Mansfield** **NG19 7BH** Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages. Support from Stand Guide available.

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
FINANCIAL & EMPLOYMENT SUPPORT

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

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
FINANCIAL & EMPLOYMENT SUPPORT

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

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
EMPLOYMENT SUPPORT

WEST NOTTS COLLEGE

YOUTH GUARANTEE
Funded by UK Government

VISION
West Nottinghamshire College
Adult Learning and Skills

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

East Midlands Combined County Authority

SCAN THE QR CODE FOR WEBSITE.

FUTURES

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

National Careers Service
Helping you take the next step

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 aplications
- ✓ 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
eastmidiands-cca.gov.uk
connect-to-work

Angela Taylor
Integration and
Partnerships Lead
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

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.

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

Online - www.heat-thewisegroup.co.uk

MORE HELP AND SUPPORT

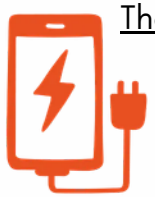
Money Advice Service
0800 138 7777

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

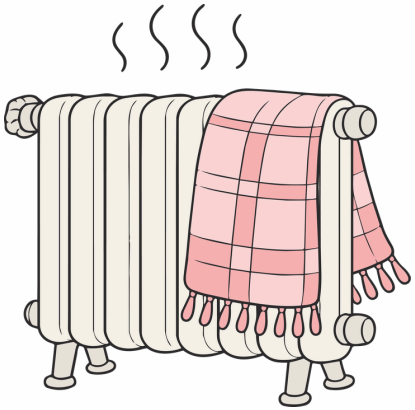
The British Gas Energy Trust

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
ENERGY SUPPORT

MANSFIELD DISTRICT COUNCIL AUTUMN/WINTER SUPPORT CAMPAIGN

The Mansfield District Council Health and Wellbeing Team, in partnership with the Fuel Bank Foundation, can provide support to eligible households who are struggling with energy costs.

- ✅ Free and confidential support
- ✅ Help with fuel and energy costs for eligible households
- ✅ Advice on staying warm and reducing energy bills
- ✅ Quick and easy referral process



Mansfield District Council tenants should contact their Housing Officer.

All other residents can contact:

📞 01623 463463

✉️ mdc@mansfield.gov.uk

Get in touch to find out what support may be available to help keep your home warm.

fuelbank FOUNDATION

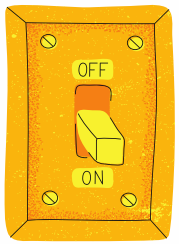
Mansfield District Council

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
KEEPING WARM AND CUTTING ENERGY BILLS

With the cost of living still affecting many households, small changes can make a big difference. This page offers helpful tips on staying warm, saving energy and managing household costs, as well as information about where to go for support if you need it.

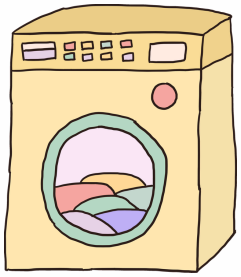
- Only boil the amount of water you need in the kettle.

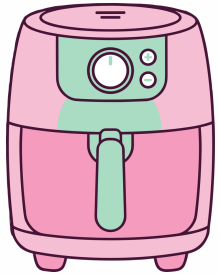




- Turn off lights when leaving a room.

- Wash clothes at lower temperatures and a short cycle.





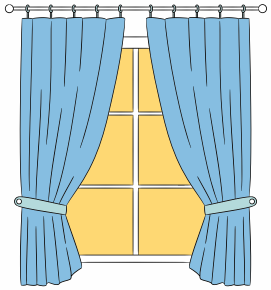
- Use appliances such as slow cookers or air fryers if you have them.

- Use LED light bulbs where possible.



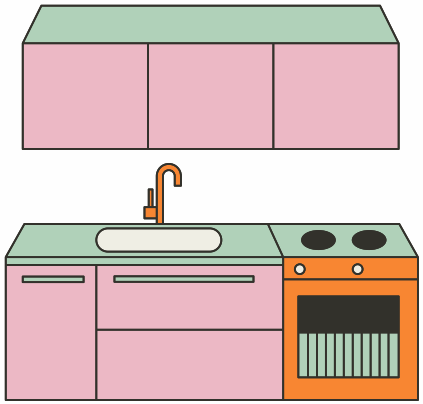
- Wear extra layers, warm socks and slippers and use blankets when relaxing or watching TV.





- Close curtains as it gets dark to keep heat in and keep doors closed between rooms.

- Batch cook and freeze extra portions.
- Cook more than one meal when using the oven.
- Keep lids on pans to reduce cooking times.
- Plan meals to reduce food waste.



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
Debt Referral - www.canns.org.uk/debt

citizens advice North Nottinghamshire

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***
- 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***

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

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.





MANSFIELD WRAP AROUND SUPPORT TIMETABLE
DISABILITY SUPPORT SERVICES

Tuesday			Wednesday		Thursday
Thrive Tribe **9am - 11.30am** **15 Trowell Court** **Mansfield** **NG18 4NT** Empowering neurodivergent individuals and support for parents and carers. • Build knowledge and individual strategies. • Build friendships • Improve Health and Wellbeing. • Learn how to navigate a neurotypical world. Run by a registered Nurse and Neurodivergent Specialist. **For more info call Holly on 07708635614**	**Disability Notts Advice Sessions** **8.30am - 2pm** **From 26th November** **4th Tuesday of the month** **Mansfield Community Hospital** **Stockwell Gate, Mansfield NG18 5QJ** • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances **Contact Disability Notts on 01623 625891**	**Disability Notts Advice Sessions** **10am - 3pm** **1st & 3rd Tuesday of every month** **Kingsway Hall, Clipstone Road West, Forest Town, NG19 0DU** • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances **Booked appointments only.** **Contact Disability Notts on 01623 625891**	**Disability Notts Wellness Hub** **1- 2pm** **1st & 3rd Wednesday of every month** **Oak Tree Leisure Centre,** **Jubilee Way S** **Mansfield NG18 3RT** Come along to one of our wellness hubs and join in the activity or simply join us for a coffee and a chat. **Contact Disability Notts on 01623 625891**	**Disability Notts Drop In** **8.30am -2pm** **1st Wednesday of the month, drop in advice** **Kings Mill Hospital** • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances **Contact Disability Notts on 01623 625891**	**Disability Notts Our Voice community singing** **10.30 to 12.15pm** **Every Thursday** **Methodist Centre** **Big Barn Lane** Cost £1.00 includes refreshments. **Contact Disability Notts on 01623 625891**

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
MENTAL HEALTH SUPPORT

Monday		Tuesday	Wednesday	Thursday
Mind Community Cafe **1pm - 3pm** **St Peters Community Centre** **Mansfield** Refreshments, games and activities included. £1.50 entrance fee.	**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.	**Lets Be There Mansfield** **7pm** **Burnaby House** **Church Street** **Mansfield Woodhouse** **NG19 8AH** A group to help and support people to talk about their mental health. A supportive group of people coming together and being there for each other.	**Wednesday Group** **3pm - 5pm** **Turner Hall** **13 Welbeck Street** **Mansfield Woodhouse** **NG19 9JY** Support around mental and isolation. Information sessions from professionals. Signposting to local services. Fun social activities. Great place to meet up. Refreshments provided. **Contact Us** **Alison** 07442 948390 alison.foad1@nhs.net **Kirsty** 07825 359396 kirsty.warboys@nhs.net	**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.
Remembering to Be Kind to Your Mind **10am - 11.30am** **Brighter Mansfield** **Ladybrook Lane** **Mansfield** **NG18 5JJ** For those with memory or concentration issues brought on by: • Dementia • Long-term health condition • Chronic Pain • Neurological conditions • Mental health £4 entrance fee.				

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
MENTAL AND PHYSICAL HEALTH SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Come for a Kick About **6.30pm - 8pm** (Excluding the last monday of the month) **Debdale Sports Club** **Debdale Lane** **Mansfield** **NG19 7NS** 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. **Contact Details** 07719203130 www.mansfieldtownct.net www.enlightentheshadows.org michal.kasinowicz@mansfieldtownct.net	**Walking Football Inclusive** **9.30am - 10.30am** **One Call Stadium** **Quarry Lane** **Mansfield** **NG18 5DA** **£4 per session** **For Adults Aged 45+** **Open for both men and women.** A fun, friendly walking football session for older adults. Perfect for those who want to stay active, meet others and enjoy the game. **Website** www.mansfieldtownnct.net	**Walking Football Competitive** **9.30am - 10.30am** **One Call Stadium** **Quarry Lane** **Mansfield** **NG18 5DA** **£4 per session** **For Adults Aged 45+** **Open for both men and women.** A fun, friendly walking football session for older adults. Perfect for those who want to stay active, meet others and enjoy the game. **Website** www.mansfieldtownnct.net		**Active Minds: Chat** **10am - 11.30am** **The Radford Foundation Marquee Tent** **One Call Stadium** **Quarry Lane** **Mansfield** **NG18 5DA** 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. **Contact Details** 07719203130 www.mansfieldtownct.net michal.kasinowicz@mansfieldtownct.net	**Walking Football Social** **9.30am - 10.30am** **One Call Stadium** **Quarry Lane** **Mansfield** **NG18 5DA** **£4 per session** **For Adults Aged 45+** **Open for both men and women.** A fun, friendly walking football session for older adults. Perfect for those who want to stay active, meet others and enjoy the game. **Website** www.mansfieldtownnct.net

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

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

Portland Pathways

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

Locations

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

Tel: 01623 499193

Email: pathways@portland.ac.uk

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
WELCOME PLACES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
Coffee and Chat **11:30am - 1pm** **Brighter Mansfield** **Ladybrook Lane** **Mansfield** **NG18 5JJ** Meet new friends, play a game, relax and have a cuppa. £4 entrance	**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** Enjoy free hot drinks, toast, crumpets and light snacks in a warm and welcoming environment. Everyone is welcome to attend. Is aimed at people who are homeless, vulnerably housed, isolated or facing difficult circumstances, but support and refreshments are available to anyone who would benefit from a friendly place to visit.	**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**
Care For A Coffee **10am - 12pm** **Runs on a Monday and Tuesday** **Arena Church** **66 Leeming Street** **Mansfield** **NG18 1NG** Coffee, chat, snack and play a game of pool!	**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.		**Thursday Welcome Group** **Runs every other Thursday from 1:30-3:30pm.** **Oak Tree Leisure Centre** **Jubilee Way S** **Mansfield** **NG18 3RT** 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.	**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.
Carers Support **10am - 11.30am** **Brighter Mansfield** **Ladybrook Lane** **Mansfield** **NG18 5JJ** Support group for carers. A listening ear, signposting and help accessing services. £4 entrance	**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.			

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
WELCOME PLACES

Monday	Tuesday	Wednesday	Thursday
Crafting with Friends **10:00am - 11:30am** **Ladybrook Community Centre, Mansfield, NG18 5JJ** **Cost: £4 per session** (includes unlimited tea, coffee and squash) A friendly, social crafting group where you can bring your own projects, enjoy a chat and meet other crafters. No booking required - just come along and join in. A relaxed opportunity to get creative, connect with others and support your wellbeing.	**Space to Connect** **3:00pm - 4:30pm** **Ladybrook Community Centre, Mansfield, NG18 5JJ** **Cost: Free** A warm and welcoming community drop-in where you can meet new people, enjoy refreshments, find out about local services and support, and access the community share. Everyone is welcome. A friendly space to connect with others, access information and enjoy a chat over a cuppa.	**Free to Be (Over 50s Group)** **10:00am - 12:00pm** **(during term time)** **Ladybrook Community Centre, Mansfield, NG18 5JJ** A friendly weekly social group for people aged 50+ to meet new people, enjoy a chat and make friends over tea or coffee. Cost: £2 per session (includes a drink) Drop-in welcome. For more information, call Chris on 01623 627802. **Craft, Create and Chat** 1:30pm - 3:00pm Ladybrook Community Centre, NG18 5JJ £4 per session (includes all materials plus unlimited tea, coffee and squash) A friendly weekly arts and crafts group where you can try different creative activities, meet new people and enjoy a chat. No experience is needed and support is available for anyone who would like to take part. A welcoming opportunity to get creative, learn new skills and connect with others in the community.	**Women Together** **6:00pm - 7:30pm** **Ladybrook Community Centre, Mansfield, NG18 5JJ** Cost: £5 per session (includes refreshments and resources) A weekly women's group focused on learning, personal development and mutual support. A friendly space to meet others, share ideas, hear from guest speakers and help shape future sessions. An opportunity for women to connect, learn and grow together in a welcoming environment.

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
WELCOME PLACES

Monday	Tuesday	Wednesday	Thursday		
Make a Start Help Build **11am to 12.30 pm** **Bar Area** **Mansfield Palace Theatre** **Leeming Street** **Mansfield** **NG18 1NG** Make connections, creative activities, gentle exercise, engaging games, music and laughter. Tea, coffee and friendly chat. Transport is available via community bus if required. **£3 for the group** **£3 for the bus** To refer contact Marie Wragg Education Officer at Mansfield Palace Theatre on mwragg@mansfield.gov.uk 01623 463 520	**Bee Hive Hub** **12.30pm-2pm** **Mansfield Pentecostal Church,** **1 Empire Street** **NG18 2QJ** All ages Home Education group. Free with teas, coffees and biscuits. **Places of Welcome** **10.30am - 11.30am** **Forest Town Library** **Clipstone Road West** **NG19 0AA** Conversation and a cuppa!	**Make a Start Help Build** **1pm - 2.30pm** **Flint Avenue Community Centre** **Flint Avenue** **Forest Town** **NG19 0DS** Make connections, creative activities, gentle exercise, engaging games, music and laughter. Tea, coffee and friendly chat. To refer contact Marie Wragg Education Officer at Mansfield Palace Theatre on mwragg@mansfield.gov.uk 01623 463 520	**Hope Haven Cafe** **12pm-2pm** **Mansfield Pentecostal Church,** **1 Empire Street** **NG18 2QJ** Free drinks and homemade cakes. Food parcels available. **Little Glimmers Parent and Toddler Group** **(term time only)** **9.15am-10.30am** **Mansfield Pentecostal Church,** **1 Empire Street** **NG18 2QJ** Free drinks and cake/biscuits.	**Make a Start Help Build** **11am - 12.30pm** **Stacey Road Community Centre** **Stacey Rd** **Mansfield** **NG19 7JJ** Make connections, creative activities, gentle exercise, engaging games, music and laughter. Tea, coffee and friendly chat. To refer contact Marie Wragg Education Officer at Mansfield Palace Theatre on mwragg@mansfield.gov.uk 01623 463 520	**Drop In** **10am - 12pm** **St Albans Church** **Clipstone Road West** **Forest Town** Crafting, games, chat! Tea/coffee, cakes or biscuits

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.

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	
Chair Curcuits **10.45am** **Oak Tree Leisure Centre** **Jubilee Way South** **Mansfield** **NG18 3RT** Low-impact, 20-30 minute workout routines performed seated or standing with a chair for support, designed to improve mobility, strength, and cardiovascular health.	**Beginners Yoga** **9.30 - 10.30am** **Warsop Health Hub** **Carr Lane** **Warsop** **Mansfield** **NG20 0AT** Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.	**Low Impact Body Conditioning** **10:15am** **Warsop Health Hub** **Carr Lane** **Warsop** **Mansfield** **NG20 0AT** Strengthens muscles and enhances flexibility without placing too much stress on the joints. Suitable for all ages and fitness levels.	**Beginners Yoga** **6pm** **Warsop Health Hub** **Carr Lane** **Warsop** **Mansfield** **NG20 0AT** Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.	**Scan QR code for more information.**
Boccia **11am-12:30pm** **Oak Tree Leisure Centre** **Jubilee Way South** **Mansfield** **NG18 3RT** It is a target sport played indoors with soft leather balls. It is a sport of intriguing tactics, incredible skill and nail biting tension.	**Low Impact & Balance Classes** **12:30pm - 1:30pm** Ladybrook Community Centre, Ladybrook Lane, Mansfield, NG18 5JJ A low-impact exercise session designed to improve balance, stability and confidence. Includes seated and standing exercises suitable for a range of abilities.	**Chair Based Yoga** **9.30am** **Oak Tree Leisure Centre** **Jubilee Way South** **Mansfield** **NG18 3RT** 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.	**Woodhouse Wanderers** **11am start** **Meet at Seventh Day Adventist Church, 1 Albert Street, Mansfield Woodhouse, Mansfield** **NG19 8BQ** Local half hour walks, light and gentle exercise. **Tel: 07392 841230**	
Chair Based Yoga **9.30am** **Oak Tree Leisure Centre** **Jubilee Way South** **Mansfield** **NG18 3RT** 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.			**Boccia** **11.15am** **Warsop Health Hub** **Carr Lane** **Warsop** **Mansfield** **NG20 0AT** 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!	

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
PHYSICAL HEALTH SUPPORT

Monday	Tuesday		Wednesday	Thursday
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.	**Disability & Dementia Swim** **9.30am start** **Warsop Health Hub** **Carr Lane Park,** **Carr Lane** **Warsop** **Mansfield** **NG20 0AT** Weekly swim session aimed at those with a disability including dementia.	**Pilates Class** **10:00am - 11:00am** **Brighter Mansfield** **Ladybrook Lane** **Mansfield** **NG18 5JJ** A gentle, low-impact exercise class focusing on core strength, flexibility and posture. Suitable for all abilities.	**Good Boost Aqua Session** **1pm** **Warsop Health Hub** **Carr Lane Park,** **Carr Lane** **Warsop** **Mansfield** **NG20 0AT** For those with lower back, knee and hip pain.	**Chair Curcuits** **10.45am** **Oak Tree Leisure Centre** **Jubilee Way South** **Mansfield** **NG18 3RT** Low-impact, 20-30 minute workout routines performed seated or standing with a chair for support, designed to improve mobility, strength, and cardiovascular health.
Good Boost Aqua Session **1.30pm** **Warsop Health Hub** **Carr Lane Park,** **Carr Lane** **Warsop** **Mansfield** **NG20 0AT** For those with lower back, knee and hip pain.	**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.			**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.
IMPACT Cancer Support Group **1.30pm - 3pm** **Brighter Mansfield** **Ladybrook Lane** **Mansfield** **NG18 5JJ** **£3.50 entrance fee**	**Dance Exercise Class** **11:00am - 12:00pm** **Brighter Mansfield** **Ladybrook Lane** **Mansfield** **NG18 5JJ** A fun and energetic class combining simple dance moves with a full-body workout. A great way to keep active and meet new people.			

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

Your Health Notts Tel: 0115 772 2515
Website: 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
Tel: 07718 194 711

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
PHYSICAL SUPPORT

YOUR HEALTH NOTTS

Nottinghamshire County Council

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



HOW TO REFER

Online: www.yourhealthnotts.co.uk
Or call us on 0115 772 2515
Telephone and Online Support Available

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.

HOW TO REFER

Online: www.yourhealthnotts.co.uk
Or call us on 0115 772 2515
Telephone and Online Support Available

@yhnotts @yhnotts

Scan QR code for more information.

Your Health Notts

MANSFIELD WRAP AROUND SUPPORT TIMETABLE
NOTTINGHAMSHIRE FAMILY HUBS



What support can you find at Family Hubs

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

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

Offering support with:

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

How to get in touch

FHmansfield@nottscc.gov.uk

www.nottinghamshire.gov.uk/care/family-hub-networks

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
BABES Group **1.30pm - 2.30pm** Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN	**BABES Group** **1.00pm - 2.30pm** Mansfield Woodhouse Family Hub Swan Lane Mansfield Woodhouse NG19 8BT	**BABES Group** **10am - 11am** Warsop Family Hub 6 Church Street Warsop Mansfield NG20 0AH	**BABES Group** **10am - 11am** Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW	**0-5 Stay and Play Session** **10.00am - 11.30am** Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW ***Term Time Only***
Under Ones **1.30pm - 3.00pm** Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW	**Stay and Play** **9.30 am - 11am** Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN		**Stay & Play** **13:00 - 14:30** Mansfield Woodhouse Family Hub, Swan Lane Mansfield Woodhouse, NG19 8BT	**Parents Warm Welcome Group** **8.45am - 11.30am** Oak Tree Family Hub Jubilee Way North Mansfield Notts NG18 3PJ
Stay & Play **09.30am - 11.00am** Warsop Family Hub 6 Church Street Warsop Mansfield NG20 0AH	**Under Ones** **1.00pm - 2.30pm** Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN		**Home Start Stay and Play** **9.30am - 11.30am** Oak Tree Family Hub Jubilee Way North Mansfield Notts NG18 3PJ	**Self-Weigh** **Mansfield Woodhouse Family Hub:** Monday-Friday, 9:00am - 4:00pm *Scales are also available for use during the Stay & Play / Under Ones group at both hubs* **Ravensdale Family Hub:** Monday-Thursday, 9:00am - 4:30 pm and Friday 9:00 am - 4.00 pm **Oak Tree Family Hub:** Tuesday and Wednesday 9:00 am - 4.30 pm, Thursday 9:00 am - 12:30 pm *Scales are also available for use during the Stay & Play / Under Ones group at Ravensdale Family Hub.* **Ladybrook Family Hub:** Monday-Friday, 9:00am - 4:00pm **Titchfield & Oakham Family Hub:** Tuesday & Thursdays, 9am - 4pm *Scales are also available for use during the Stay & Play/Under Ones group at Crescent Sports Hall*
Little Sparklers **1:00pm - 2:30pm** St Mary's, 157 Ladybrook Lane, Mansfield, NG18 5JH A fun and friendly group for children under 5 and their carers. Activities include stories, music, play and snacks, providing opportunities for children to learn and socialise while carers connect with others. **(term time only)**			**Homestart Stay & Play** **12.30pm - 2.30pm** South Mansfield Community Centre, Bellamy Road, Mansfield, NG18 4NG	
			Stay & Play **1.30pm - 3pm** Titchfield Family Hub 73-75 Princes Street Mansfield NG18 5SL **Term Time Only**	

MANSFIELD SUPPORT TIMETABLE
AUTUMN AND WINTER 2026

IN PARTNERSHIP WITH

Inspire Culture | Learning | Libraries

BARCLAYS

Better Housing Better Health

ARENACHURCH

Department for Work & Pensions

citizens advice

St Peter and St Paul's Church of England, Mansfield

Feeding Britain – A Hunger Free UK

Portland College

The Social Action Hub

Nottinghamshire Family Hub Network

St Johns Food Hub – Mansfield Est 2022

Brighter Mansfield

Mansfield SDA Church

Better Housing Better Health

Sherwood Forest foodbank

Your Health Notts

active notts

mind

maun refuge

Crescent Primary School

MansfieldCVS

MFC

MORE LEISURE

VIBRANT WARSOP

DHA Direct Help & Advice www.dhadvice.org

disability nottinghamshire

HEAT

FUTURES

fuelbank FOUNDATION

the trussell trust Stop UK Hunger

VISION West Nottinghamshire College

The Salvation Army

NHS

Warm Welcome Spaces

Bee Humble Charity Mansfield

THE BEACON Lighting the way to a better future

Mansfield District Council

Church - Food Share - Chesterfield Road Methodist