

# Friendship Events across North Rushcliffe

## January

2025

### 9TH

#### Cotgrave Long-Term Conditions Group

When: Thursday 9th January 1-2.30pm

Where: Cotgrave Methodist Church, 10 Bingham Road, Cotgrave, Nottingham, NG12 3JR

Do you live in Cotgrave and have a Long-Term Physical Health Condition or care for someone who has? Join Social Prescriber Pippa at this free support group to meet people, share experiences, education and advice to help manage your health and wellbeing in order to live a happier life plus FREE refreshments and chair-based exercises!

*This January, take the time to focus on yourself and prioritise your wellbeing!*

No need to book, just turn up at the Methodist Church but do let us know if you would like us to look out for you!

Contact  
the Social  
Prescriber

### 23RD

#### Radcliffe on Trent Wellbeing Walk

When: Thursday 23rd January 10:30–11:30 AM

Where: Meet at Grange Hall, Vicarage Lane, Radcliffe on Trent, NG12 2FB

January is here, and what better time to kick off your movement goals? Join Social Prescriber Tamika at this weekly wellbeing walk. A friendly, village-based circular walk through the beautiful cliff path to Rockley Memorial Park.

They have options to suit all fitness levels, including a shorter, slower-paced walk. Stay for a chat and refreshments afterward at the Welcome Café (St Mary's Church).

Come along, make new friends, and enjoy some time in nature! 😊

Contact  
the Social  
Prescriber

### 30TH

#### Coffee Morning and Secondhand Book Stall

When: Thursday 30th January 10.30am-11.30am

Where: Bingham Methodist Centre, Needham St, Bingham, Nottingham NG13 8AE

Join Social Prescriber Laura at this weekly Bingham coffee morning and cheap books stall.

Bring change if you'd like a nice coffee, tea or cake.

*If your goal this year is to get out more and make new friends in your local community, now's the perfect time to start!*

Contact  
the Social  
Prescriber



For updates, please let us know if you would like to be added to our Friendship WhatsApp group

#### Your North Rushcliffe team:

Laura Steed  
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Every effort will be made for a social prescriber to attend however please be mindful that a social prescriber may not always be in attendance

If you are not on our WhatsApp group: please call the social prescriber ahead to check the session you want to attend is running.