

RUSHCLIFFE SOCIAL PRESCRIBING

# COMMUNITY HUB

**Weekly drop-in sessions Mondays  
10am-12pm**



Please check where the event is being held

For: Adults aged 18+ registered with a GP Surgery in Rushcliffe  
When: Mondays 10-4 pm  
Where: West Bridgford Young People's Centre, Bridgford Rd, West  
Bridgford, NG2 6AT



**Drop-in Mondays 10am-12pm for support and signposting**

To see our wellbeing workshops and book on use the blue QR code above or visit:  
[www.trybooking.com/uk/eventlist/westbridgordsocialprescribingcommunityhub](http://www.trybooking.com/uk/eventlist/westbridgordsocialprescribingcommunityhub)



[www.facebook.com/RushcliffeSP](http://www.facebook.com/RushcliffeSP)



[@rushcliffesocialprescribing](https://www.instagram.com/rushcliffesocialprescribing)



Or visit [www.rushcliffehealth.org/rushcliffe-social-prescribing](http://www.rushcliffehealth.org/rushcliffe-social-prescribing)

by using the green QR code to the right

POWERED BY  
**LEVELLING UP**  
Rushcliffe Borough Council



Funded by  
UK Government

# COMMUNITY HUB

What is on?

Weekly drop-in Mondays 10am-12pm: meet with a Social Prescriber for signposting information and support

Wellbeing workshops e.g. Breathwork, Qi Gong, Yoga, Health Education Talks, Inclusive Dance, Cooking, Crafts, Willow Weaving, Young Adults Info & much more!



SCAN ME

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For more information:

 [www.facebook.com/RushcliffeSP](http://www.facebook.com/RushcliffeSP)  [@rushcliffesocialprescribing](https://www.instagram.com/rushcliffesocialprescribing)

 Or visit [www.rushcliffehealth.org/rushcliffe-social-prescribing](http://www.rushcliffehealth.org/rushcliffe-social-prescribing)

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