

# Friendship Events across North Rushcliffe

## March

2025

### 13TH

Contact  
the Social  
Prescriber

#### **Cotgrave Long-Term Conditions Support Group (for Cotgrave residents only)**

When: Thursday 13th March 2025, 2pm-3.30pm

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 month we are doing Chair Yoga for balance and support! Super gentle, helps with flexibility, balance and posture. This will include breathing exercises to reduce pain and fatigue.*

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

### 27TH

Contact  
the Social  
Prescriber

#### **Walk followed by Coffee Morning**

When: Thursday 27th March, 10.30am-11.30am

Where: for the walk, please meet us at 10.30am at the entrance of Bingham Methodist Centre, Needham St, Bingham, Nottingham NG13 8AE

Join Social Prescriber Laura for a gentle, short and easy walk followed by a cuppa at this weekly Bingham community coffee morning.

If you wish to join us at the coffee morning instead, we will aim to be there from 11am and will be finishing this friendship event at 11.30am.

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

Please let Laura know if you are wishing to join us



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

#### **Your North Rushcliffe team:**

Laura Steed  
07846142620

Pippa Bremner  
07832611196

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.