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| **Cotgrave Integrated Neighbourhood Working Project****Integrated Neighbourhood Working (INW)** happens when local councils, health and social care, community groups and voluntary sector organisations work together with communities to find ways to improve the health and wellbeing of local people.We are currently looking at how services can work better together to meet the needs of local people, helping them to access the right support when they need it. We would welcome and encourage as many local people to get involved, so if you would like to be part of this project, please email us at: mailto:nnicb-nn.cotgrave-inw@nhs.net  |
| **The National NHS Health Check** is available to people aged between 40 and 74 years, who are not already on treatment for high blood pressure or high cholesterol. The aim of the Health Check is to identify risk factors for conditions such as heart disease, stroke, and kidney disease.  Many of the warning signs for these conditions, such as high blood pressure and high cholesterol, do not have symptoms. If you are invited for a Health Check, it’s important you attend. |
| **A New Long Term Conditions Support Group in Cotgrave.** *Do you live in Cotgrave and have a long-term physical health condition or care for someone who has?* A new support group is being established to offer education, advice, and support to help you to manage your health and wellbeing better, to live a happier healthier life, as well as an opportunity to meet people and share experiences with. There will be FREE refreshments followed by chair-based exercises at the end of each session. No need to book, just turn up at Cotgrave Leisure Centre on Tuesday 13th August 1pm-2.30pm & Tuesday 17th September 1pm-2.30pm (further dates to follow). |
| **Asthma and Menopause Group Consultations to Manage Your Conditions / Symptoms Better**Group Consultations are a new offer allowing groups of patients to meet with a Clinician to discuss the best ways of managing their condition. The benefits include:*More time with the clinician, better patient experience, increased confidence in managing your condition, opportunities to support each other and share your experiences and reduced risk of hospital admission.*Belvoir Health Group are currently offering group consultations for asthma and menopause management. Please contact the surgery if you would like more information or are interested in joining either of the group consultations. [Group Consultation Clinics - Belvoir Health Group](https://www.belvoirhealthgroup.co.uk/practice-information/group-consultation-clinics/) |
| **Rushcliffe Primary Care Network** | A picture containing logo  Description automatically generatedLearn about how our health and social services work together to support our health and wellbeing across Rushcliffe. This includes information about our GP Practice Teams.<https://www.rushcliffehealth.org/> |
| **Local Health and Wellbeing resources- from our Social Prescribing****Service** | Find a wealth of health and wellbeing information and resources available in your community**.** Here you can also access local directories, as well as Friendship Calendars:<http://www.rushcliffehealth.org/directories> |
| **Rushcliffe Borough Council** | Rushcliffe Customer Service CentreRushcliffe Borough Council (@Rushcliffe) / XWest Bridgford, Tel: 0115 981 9911Rushcliffe Borough Council:<https://www.rushcliffe.gov.uk/> |
| **Rushcliffe Big Green Book** | Sprouting PNG Picture, Cartoon Green Sprout, Green, Green Shoots, Green  Leaves PNG Image For Free DownloadA directory of nature-based activities, groups, and green spaces within Rushcliffe.[Greener Rushcliffe | RushcliffeHealth](https://www.rushcliffehealth.org/green) |
|  | **Your Health Notts, provides free lifestyle advice and services on:**Smoking CessationAdult Weight Management / Family Weight ManagementFalls PreventionAlcohol Reduction**For more information visit** [Home - Your Health Nottinghamshire (yourhealthnotts.co.uk)](https://yourhealthnotts.co.uk/) |

Please note this is only a small selection of services and resources available locally. We are currently working with the Cotgrave Town Council to develop a new digital platform which will include further information about all service providers, partners, community groups and events.

If you would like to contact us for further information, please email us on mailto:nnicb-nn.cotgrave-inw@nhs.net