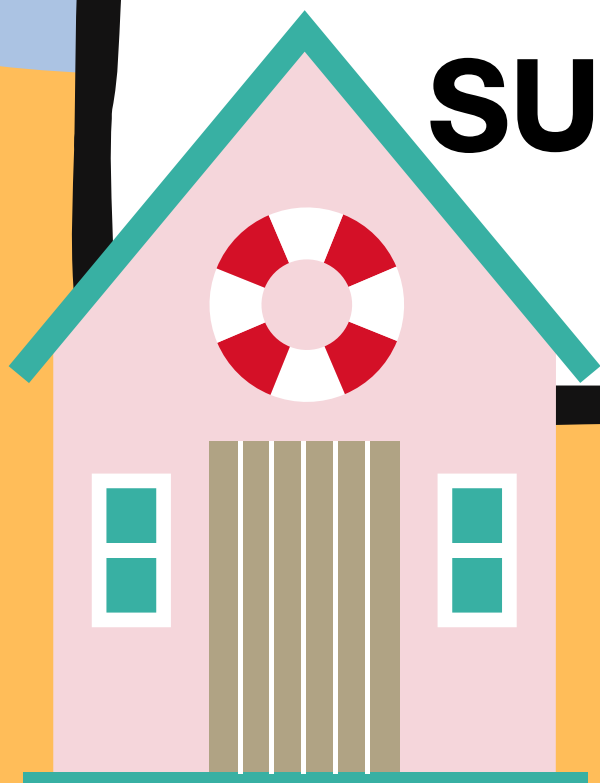


# **MANSFIELD FOOD AND WRAP AROUND SUPPORT TIMETABLE SUMMER 2025**



# MANFIELD FOOD SUPPORT TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b><u>Sherwood Forest Food Bank</u></b> 2pm - 4pm Stable Centre 12 Church Street Mansfield Woodhouse NG19 8AH 07563233652 REFERRAL ONLY	<b><u>Salvation Army. Emergency Food Bank</u></b> 10am - 12pm Victoria Street Mansfield NG18 5SB REFERRAL ONLY	<b><u>St Peter's Food Bank</u></b> 10.00am - 12.30pm Church Side Mansfield Notts NG18 1AP 07563233652 REFERRAL ONLY	<b><u>Sherwood Forest Food Bank</u></b> 2pm - 4pm Stable Centre 12 Church Street Mansfield Woodhouse NG19 8AH 07563233652 REFERRAL ONLY	<b><u>Methodist Church Food Share</u></b> 1pm - 2pm 196 Chesterfield Road South NG19 7EE DROP IN £2 DONATION	<b><u>Ladybrook Food Share</u></b> 10.30am - 11.15am Brookside Hall Ladybrook Lane Mansfield NG18 5JJ 1st and 3rd Saturdays of the Month DROP IN £2 DONATION	<b>NON OPERATING TODAY</b>
		<b><u>Crescent Food Bank</u></b> 12pm - 1pm Crescent Primary Booth Crescent Mansfield NG19 7LF TERM TIME ONLY DROP INS		<b><u>Pleasley Food Pantry</u></b> 10.30am - 11.30am Food delivery ONLY Pleasley ONLY. Call Sharon on 07988756095 <b>REFERRAL ONLY</b>		

**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 CLUBS

Monday	Tuesday		Wednesday	Thursday	Friday		
<p><b><u>The Social Supermarket at Social Action Hub</u></b>  10am-2pm  2 Sherwood Parade,  Kirklington Rd,  Rainworth, NG21 0JP  £1 membership  Baskets are either £4.50 or £6</p>	<p><b><u>Salvation Army Food Pantry</u></b>  10am - 12pm  Victoria Street  Mansfield NG18 5SB  £2 per parcel</p>	<p><b><u>Arena Food Club</u></b>  10.30am - 12pm  Arena Church  66 Leeming Street  Mansfield NG18 1NG  £1 yearly membership  £4.50 per parcel</p>	<p><b><u>Clipstone Food Hub</u></b>  1pm - 3pm  The Community Centre, The Circle, NG21 9EF  £1 yearly membership  £4 per bag</p>	<p><b><u>The Social Supermarket at Social Action Hub</u></b>  2 Sherwood Parade,  Kirklington Rd,  Rainworth, NG21 0JP  10am-2pm  £1 membership  Baskets are either £4.50 or £6</p>	<p><b><u>Mansfield Woodhouse FOOD Club</u></b>  10am - 12pm  The Meadows Community Centre, Slant Lane  NG19 8ES  £1 yearly membership  £4 per bag</p>	<p><b><u>Crescent Primary School Food Club</u></b>  1pm - 3pm  Booth Crescent  Mansfield NG19 7LF  £1 yearly membership  £4 per bag  TERM TIME ONLY</p>	<p><b><u>Vibrant Warsop Food Club</u></b>  1pm - 3pm  Warsop Town Hall  Church St,  Warsop,  Mansfield NG20 0AL  Here you can purchase reduced price food.  Whilst there you can also have a coffee, chat and access financial advice.</p>
	<p><b><u>St Johns Food Hub</u></b>  3pm - 4.30pm  St Johns Centre  St John Street  Mansfield NG18 1QH  01623 642338  £1 yearly membership  £4 per bag</p>		<p><b><u>The Social Supermarket at Social Action Hub</u></b>  12pm-3pm &amp; 4pm-7pm  2 Sherwood Parade,  Kirklington Rd,  Rainworth, NG21 0JP  £1 membership  baskets are either £4.50 or £6</p>		<p><b><u>Bellamy Road FOOD Club</u></b>  12pm - 2pm  15 Trowell Court  Mansfield NG18 4NT  £1 yearly membership  £4 per bag</p>	<p><b><u>Oak Tree FOOD Club</u></b>  11am - 1pm  Oak Tree Leisure Centre  Jubilee Way S  Mansfield NG18 3RT  £1 yearly membership  £4 per bag</p>	

# MANSFIELD FOOD SUPPORT TIMETABLE

## WARM MEAL PROVISIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b><u>The Hall</u></b>  <b><u>St Peter's Church</u></b>  <b>8.30am - 10.15am</b>  <b>Church Street</b>  <b>Mansfield</b>  <b>NG18 1AP</b></p> <p>Breakfast and a packed lunch.  Additional facilities including a shower and washing machine.</p>	<p><b><u>The Beacon Project</u></b>  <b>12pm - 1.30pm</b>  <b>St Johns Centre</b>  <b>Mansfield</b>  <b>NG18 1QH</b></p> <p><b>Referral ONLY</b>  Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.</p>	<p><b>NON OPERATING TODAY</b></p>	<p><b><u>Roundtable Café</u></b>  <b>12pm - 2pm</b>  <b>7th Day</b>  <b>Adventist Church</b>  <b>1 Albert Street</b>  <b>Mansfield</b>  <b>Woodhouse</b>  <b>NG19 8QB</b></p> <p>Fresh home-cooked three course meal plus tea/coffee.  Free to all.  Contact Sue 01629 534134</p>	<p><b><u>The Beacon Project</u></b>  <b>12pm - 1.30pm</b>  <b>St Johns Centre</b>  <b>Mansfield</b>  <b>NG18 1QH</b></p> <p><b>Referral ONLY</b>  Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.</p>	<p><b>NON OPERATING TODAY</b></p>	<p><b><u>Bee Humble Soup Kitchen</u></b>  <b>2pm - 3.30pm</b>  <b>Bethal Church</b>  <b>Gedling Street</b>  <b>Nottingham Road</b></p> <p><b>Takeaway Service ONLY</b>  Sandwich, crisps and biscuits.  Contact Number 07519 345669</p>
				<p><b><u>Stanhope Centre</u></b>  <b>6.30 - 8.30pm</b>  <b>Bridge Street</b>  <b>Methodist Church</b>  <b>NG18 1AL</b></p> <p><b>Takeaway Service ONLY</b>  Meal and small food parcel.  Contact Number 01623 640845</p>		

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## FINANCIAL SUPPORT

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Citizens Advice Drop-In</u></b>  <b>9.30-1.30</b>  <b>Sunnydale Pub</b>  <b>Mansfield</b>  <b>Woodhouse</b>  <b>NG19 8HH</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p> <p>To make an appointment please call or just drop in: 01623 980011</p>	<p><b><u>Citizens Advice Drop-In</u></b>  <b>12pm - 3pm</b>  <b>15 Trowell Court</b>  <b>Mansfield</b>  <b>NG18 4NT</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>	<p><b><u>Direct Help and Advice Drop-In</u></b>  <b>9am - 3pm</b>  <b>Futures, 1 Queen Place,</b>  <b>Mansfield</b></p> <p>Here you can find support with benefit checks, better off in work checks, debt and housing advice, budgeting, money management, managing bills and help completing benefits forms.</p>	<p><b><u>Direct Help and Advice Drop-In</u></b>  <b>9.30am - 3pm</b>  <b>Futures, 1 Queen Place,</b>  <b>Mansfield</b></p> <p>Here you can find support with benefit checks, better off in work checks, debt and housing advice, budgeting, money management, managing bills and help completing benefits forms.</p>	<p><b><u>Citizens Advice Drop-In at Bellamy FOOD Club</u></b>  <b>12pm - 2pm</b>  <b>15 Trowell Court</b>  <b>Mansfield</b>  <b>NG18 4NT</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>
<p><b><u>Citizens Advice Drop-In</u></b>  <b>9am - 2pm</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road</b>  <b>South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and on clients with severe multiple disadvantages.</p>	<p><b><u>Citizens Advice Drop-In</u></b>  <b>9.30am - 2pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>	<p><b><u>Citizens Advice Drop In</u></b>  <b>9am - 2pm</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road</b>  <b>South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p>	<p><b><u>Direct Help and Advice Drop-In</u></b>  <b>10am - 2pm</b>  <b>Kingsway Hall</b>  <b>Clipstone Road West</b>  <b>Forest Town</b>  <b>Mansfield</b>  <b>NG19 0DU</b></p> <p>Here you can find support with benefit checks, better off in work checks, debt and housing advice, budgeting, money management, managing bills and help completing benefits forms.</p>	<p><b><u>Citizens Advice Drop-In</u></b>  <b>9am - 2pm</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.</p> <p>Support from Stand Guide available.</p>

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## FINANCIAL SUPPORT

Monday	Tuesday	Wednesday	Thursday	
	<p><b><u>Direct Help and Advice</u></b>  <b><u>Drop-In</u></b>  <b>9am - 3pm</b>  <b>Futures, 1 Queen Place,</b>  <b>Mansfield</b></p> <p>Here you can find support with benefit checks, better off in work checks, debt and housing advice, budgeting, money management, managing bills and help completing benefits forms.</p>		<p><b><u>Beacon Welfare Rights and Money Advice Service</u></b>  <b>10am - 1pm</b>  <b>St Johns Centre</b>  <b>Mansfield</b>  <b>NG18 1QH</b></p> <p>A debt service which covers debt, housing, benefits, form filling, phone and internet access, plus more.</p>	<p><b><u>Citizens Advice</u></b>  <b><u>Debt and Benefits Team</u></b>  <b>(pre-booked appointments only)</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Debt and benefit support. Support from Stand Guide available.</p> <p><b><u>Contact</u></b>  <b>0300 561 2800</b></p>
	<p><b><u>Citizens Advice</u></b>  <b><u>Debt and Benefits Team</u></b>  <b>(pre-booked appointments only)</b>  <b>Mansfield Civic Centre</b>  <b>Chesterfield Road South</b>  <b>Mansfield</b>  <b>NG19 7BH</b></p> <p>Debt and benefit support. Support from Stand Guide available.</p> <p><b><u>Contact</u></b>  <b>0300 561 2800</b></p>	<p><b>Financial Support Signposting</b></p> <p><b><u>Help through Hardship helpline</u></b>  <b>0808 208 2138</b></p> <p><b><u>Mansfield Citizens Advice Bureau</u></b>  <b>0300 561 2800</b></p> <p><b><u>Mansfield District Council</u></b>  <b>01623 463 463</b></p> <p><b><u>Nottinghamshire County Council Golden Number</u></b>  <b>0300 500 8080</b></p> <p><b><u>Direct Help and Advice</u></b>  <b>01332 287850</b></p>		

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## DISABILITY SUPPORT SERVICES

Tuesday			Wednesday		Thursday
<p><b><u>Thrive Tribe</u></b>  <b>9am - 11.30am</b>  <b>15 Trowell Court</b>  <b>Mansfield</b>  <b>NG18 4NT</b></p> <p>Empowering neurodivergent individuals and support for parents and carers.</p> <ul style="list-style-type: none"> <li>• Build knowledge and individual strategies.</li> <li>• Build friendships</li> <li>• Improve Health and Wellbeing</li> <li>• Learn how to navigate a neurotypical world.</li> </ul> <p>Run by a registered Nurse and Neurodivergent Specialist. <b>For more info call Holly on 07708635614</b></p>	<p><b><u>Disability Notts Advice Sessions</u></b>  <b>8.30am - 2pm</b>  <b>From 26th November</b>  <b>4th Tuesday of the month</b>  <b>Mansfield Community Hospital</b>  <b>Stockwell Gate, Mansfield NG18 5QJ</b></p> <ul style="list-style-type: none"> <li>• Benefit checks and applications</li> <li>• Access and transport</li> <li>• All aspects of disability</li> <li>• Advice on equipment and appliances</li> </ul> <p><b>Contact Disability Notts on 01623 625891</b></p>	<p><b><u>Disability Notts Advice Sessions</u></b>  <b>10am - 3pm</b>  <b>1st &amp; 3rd Tuesday of every month</b>  <b>Kingsway Hall, Clipstone Road West, Forest Town, NG19 0DU</b></p> <ul style="list-style-type: none"> <li>• Benefit checks and applications</li> <li>• Access and transport</li> <li>• All aspects of disability</li> <li>• Advice on equipment and appliances</li> </ul> <p><b>Booked appointments only.</b>  <b>Contact Disability Notts on 01623 625891</b></p>	<p><b><u>Disability Notts Wellness Hub</u></b>  <b>1- 2pm</b>  <b>1st &amp; 3rd Wednesday of every month</b>  <b>Oak Tree Leisure Centre, Jubilee Way S Mansfield NG18 3RT</b></p> <p>Come along to one of our wellness hubs and join in the activity or simply join us for a coffee and a chat.</p> <p><b>Contact Disability Notts on 01623 625891</b></p>	<p><b><u>Disability Notts Drop In</u></b>  <b>8.30am -2pm</b>  <b>1st Wednesday of the month drop in advice</b>  <b>Kings Mill Hospital</b></p> <ul style="list-style-type: none"> <li>• Benefit checks and applications</li> <li>• Access and transport</li> <li>• All aspects of disability</li> <li>• Advice on equipment and appliances</li> </ul> <p><b>Contact Disability Notts on 01623 625891</b></p>	<p><b><u>Disability Notts Our Voice community singing</u></b>  <b>10.30 to 12.15pm</b>  <b>Every Thursday</b>  <b>Methodist Centre</b>  <b>Big Barn Lane</b></p> <p>Cost £1.00 includes refreshments.</p> <p><b>Contact Disability Notts on 01623 625891</b></p>



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## MENTAL HEALTH SUPPORT

Monday		Tuesday	Wednesday	Thursday
<p><b><u>Mind Community Cafe</u></b> 1pm - 3pm St Peters Community Centre Mansfield</p> <p>Refreshments, games and activities included. £1.50 entrance fee.</p>	<p><b><u>Laugh a Latte</u></b> 1 - 3pm Every two weeks The Salvation Army Victoria Street Mansfield NG18 5SB</p> <p>All welcome, hot drinks, friendly faces, listening ear and chance to chat.</p>	<p><b><u>Lets Be There Mansfield</u></b> 7pm Burnaby House Church Street Mansfield Woodhouse NG19 8AH</p> <p>A group to help and support people to talk about their mental health.</p> <p>A supportive group of people coming together and being there for each other.</p>	<p><b><u>Wednesday Group</u></b> 3pm - 5pm Turner Hall 13 Welbeck Street Mansfield Woodhouse NG19 9JY</p> <p>4<sup>th</sup> and 18<sup>th</sup> June 2<sup>nd</sup> and 16<sup>th</sup> July 6<sup>th</sup> and 20<sup>th</sup> August 3<sup>rd</sup> and 17<sup>th</sup> September 1<sup>st</sup> and 15<sup>th</sup> October 5<sup>th</sup> and 19<sup>th</sup> November 3<sup>rd</sup> and 17<sup>th</sup> December</p> <p>Support around mental and isolation. Information sessions from professionals. Signposting to local services. Fun social activities. Great place to meet up. Refreshments provided.</p> <p><b><u>Contact Us</u></b> <b><u>Alison</u></b> 07442 948390 alison.foad1@nhs.net <b><u>Kirsty</u></b> 07825 359396 kirsty.warboys@nhs.net</p>	<p><b><u>Craft and Chat</u></b> 1.30pm - 3.30pm Mansfield Library Four Seasons Centre West Gate Mansfield Nottinghamshire NG18 1NH</p> <p>Bring your own craft project such as sewing, knitting and drawing, etc. 50p donation for a drink.</p>
	<p><b><u>Remembering to Be Kind to Your Mind</u></b> 10am - 11.30am Ladybrook Enterprises Ladybrook Lane Mansfield NG18 5JJ</p> <p>For those with memory or concentration issues brought on by:</p> <ul style="list-style-type: none"> <li>• Dementia</li> <li>• Long-term health condition</li> <li>• Chronic Pain</li> <li>• Neurological conditions</li> <li>• Mental health.</li> </ul> <p>£3.50 entrance fee.</p>			<p><b><u>Thursday Welcome Group</u></b> Runs every other Thursday from 1:30-3:30pm. Oak Tree Leisure Centre Jubilee Way S Mansfield NG18 3RT</p> <p>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.</p>



# 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, they have set up a number of projects such as support groups, food provisions and a community allotment.**

### 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](http://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](http://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: [pathwayseportland.ac.uk](mailto:pathwayseportland.ac.uk)**

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## WELCOME PLACES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
<p><b><u>Coffee and Chat</u></b> 11:30am - 1pm Ladybrook Enterprises Ladybrook Lane Mansfield NG18 5JJ</p> <p>Meet new friends, play a game, relax and have a cuppa. £3.50 entrance</p>	<p><b><u>Salvation Army.</u></b> <b><u>Coffee Morning.</u></b> 10.30am - 12.30pm Victoria Street Mansfield NG18 5SB</p> <p>Tea, coffee, toast and biscuits.</p>	<p><b><u>Care For A Coffee</u></b> <b><u>10am - 12pm</u></b> Runs on a Tuesday and Wednesday Arena Church 66 Leeming Street Mansfield NG18 1NG</p> <p>Coffee, chat, snack and play a game of pool!</p>	<p><b><u>Coffee and Cake</u></b> 1pm - 3pm Chesterfield Road Methodist Church 196 Chesterfield Road South NG19 7EE</p> <p>Tea, coffee, cake and chat.</p>	<p><b><u>Rooted</u></b> 2pm - 4.30pm Oak Tree Leisure Centre Jubilee Way S, Mansfield NG18 3RT</p> <p>Group involves crafts and cups of tea!</p>	<p><b><u>The Beacon</u></b> <b><u>Saturday.</u></b> 9.30am - 11.30am Wood Street NG18 1QB</p> <p>Warm space with light refreshments and craft activities. Referral only</p>
<p><b><u>Laugh a Latte</u></b> 1 - 3pm Every two weeks The Salvation Army Victoria Street Mansfield NG18 5SB</p> <p>All welcome, hot drinks, friendly faces, listening ear and chance to chat.</p>	<p><b><u>Stacey Road</u></b> <b><u>Community Centre</u></b> 10am - 12pm Stacey Road Mansfield NG19 7JJ</p> <p>Tea, coffee, crumpets and chat! Here you can also find support with food, finances and mental health.</p>		<p><b><u>Thursday Welcome</u></b> <b><u>Group</u></b> Runs every other Thursday from 1:30-3:30pm. Oak Tree Leisure Centre Jubilee Way S Mansfield NG18 3RT</p> <p>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.</p>	<p><b><u>Welcome Space</u></b> 10am - 1pm Old Meeting House Mansfield NG18 1QR</p> <p>Warm welcome, tea, coffee, snacks, warm meal. Books, magazine and toys for children.</p>	<p><b><u>Saturday Coffee</u></b> <b><u>Morning</u></b> 10am - 12pm Brookside Hall Ladybrook Lane Mansfield NG18 5JJ</p> <p>Tea, coffee, snacks. A warm welcome and place to meet new friends.</p>
<p><b><u>Carers Support</u></b> 10am - 11.30am Ladybrook Enterprises Ladybrook Lane Mansfield NG18 5JJ</p> <p>Support group for carers. A listening ear, signposting and help accessing services. £3.50 entrance</p>	<p><b><u>Coffee and Cake</u></b> 10.30am - 12.30pm Chesterfield Road Methodist Church 196 Chesterfield Road South NG19 7EE</p> <p>Tea, coffee, cake and chat.</p>	<p><b><u>Craft and Natter @</u></b> <b><u>Trinity Methodist Church</u></b> 2pm - 4pm High Street Mansfield Woodhouse Mansfield NG19 8BD</p> <p>Craft and Natter, Warm Room, Tea &amp; biscuits.</p>		<p><b><u>Switch Up</u></b> 11am - 2pm Barringer Road Mansfield NG18 2DF</p> <p>Tea, Coffee, Cake and Chat.</p>	

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## WELCOME PLACES

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

### 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](http://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
<p><b><u>Disability &amp; Dementia Swim</u></b> 12pm start Rebecca Adlington Leisure Centre Westdale Rd Mansfield NG19 7BZ</p> <p>Weekly swim session aimed at those with a disability including dementia.</p>	<p><b><u>Smoking Cessation</u></b> 1pm – 5pm Sandy Lane Surgery NG18 2LT &amp; St Peters Medical Centre NG18 1EE</p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><b><u>Weight Management Group</u></b> 1:30pm – 3pm Your Space Leisure Centre Mansfield Portland Street Mansfield NG18 1HB</p> <p>Sessions are for anyone with a BMI of between 30 – 50. Sessions are 90 minutes; starting with 45 minutes of physical activity, followed by 45 minutes of nutrition support whereby we cover various healthy eating topics such as: portion sizes, snacking, food and mood, food labels and cooking on a budget.</p> <p><b>To book a place on this 12-week programme call 0115 772 2515. Free to attend.</b></p>	<p><b><u>Smoking Cessation</u></b> 10.30am – 2.30pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ</p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><b><u>Disability &amp; Dementia Swim</u></b> 12pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA</p> <p>Weekly swim session aimed at those with a disability including dementia.</p>
<p><b><u>Disability &amp; Dementia Swim</u></b> 12pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA</p> <p>Weekly swim session aimed at those with a disability including dementia.</p>	<p><b><u>Disability &amp; Dementia Swim</u></b> 9.30am start Warsop Health Hub Carr Lane Park, Carr Lane Warsop Mansfield NG20 0AT</p> <p>Weekly swim session aimed at those with a disability including dementia.</p>		<p><b><u>Weight Management Group</u></b> 11am – 12:30pm Oak Tree Leisure Centre Mansfield, NG18 3RT</p> <p>Sessions are for anyone with a BMI of between 30 – 50. Sessions are 90 minutes; starting with 45 minutes of physical activity, followed by 45 minutes of nutrition support whereby we cover various healthy eating topics such as: portion sizes, snacking, food and mood, food labels and cooking on a budget.</p> <p><b>Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.</b></p>	<p><b><u>Strength and balance Group</u></b> Thursdays 1:30pm – 3pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ</p> <p>For anyone at risk of having a fall or who has had a fall in the past. A rolling 12 week programme, and sessions will help to improve strength and balance. Each session lasts 90 minutes, with 45 minutes of exercises followed by 45 minutes of tea and coffee</p> <p><b>To book a place on this 12-week programme call 0115 772 2515. Free to attend.</b></p>
<p><b><u>IMPACT Cancer Support Group</u></b> 1.30pm – 3pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ £3.50 entrance fee</p>				

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## PHYSICAL HEALTH SUPPORT

Monday		Tuesday	Wednesday	Thursday
<p><b><u>Smoking Cessation</u></b>  <b>9am - 12pm</b>  <b>Oakwood Surgery</b>  <b>Church Street</b>  <b>Mansfield Woodhouse,</b>  <b>Mansfield</b>  <b>NG19 8BL</b></p> <p>Free stop smoking support and free stop smoking products and vapes at all these clinics.</p>	<p><b><u>Boccia</u></b>  <b>11:30am-12:30pm</b>  <b>Oak Tree Leisure Centre, Oak Tree</b>  <b>Leisure Centre, Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Boccia is a disability sport that tests muscle control and accuracy. 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!</p>	<p><b><u>Weight Management Group</u></b>  <b>6pm - 7:30pm</b>  <b>St Peters Centre</b>  <b>Mansfield</b></p> <p>Sessions are for anyone with a BMI of between 30 - 50.  <b>Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515.</b>  <b>Free to attend.</b></p>	<p><b><u>Yoga</u></b>  <b>11:30 am &amp; 6:15pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>	<p><b><u>Beginners Yoga</u></b>  <b>6pm</b>  <b>Warsop Health Hub</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>
		<p><b><u>Yoga</u></b>  <b>11:30 am &amp; 6:15pm</b>  <b>Oak Tree Leisure Centre</b>  <b>Jubilee Way South</b>  <b>Mansfield</b>  <b>NG18 3RT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>		<p><b><u>Woodhouse Wanderers</u></b>  <b>11am start</b>  <b>Meet at Seventh Day</b>  <b>Adventist Church, 1 Albert Street, Mansfield</b>  <b>Woodhouse, Mansfield</b>  <b>NG19 8BQ</b></p> <p>Local half hour walks, light and gentle exercise.  <b>Tel: 07392 841230</b></p>
		<p><b><u>Beginners Yoga</u></b>  <b>9.30 - 10.30am</b>  <b>Warsop Health Hub</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.</p>		<p><b><u>Boccia</u></b>  <b>11:30am-12:30pm</b>  <b>Warsop Health Hub</b>  <b>Carr Lane</b>  <b>Warsop</b>  <b>Mansfield</b>  <b>NG20 0AT</b></p> <p>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!</p>

# 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](http://www.mansfieldleisure.com)

Your Health Notts Tel: 0115 772 2515  
Website: [www.yourhealthnotts.co.uk](http://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](mailto:carolyn.hallam@serco.com)  
Tel: 07718 194 711



# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## NOTTINGHAMSHIRE FAMILY HUBS

### Nottinghamshire Family Hub Network



#### 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@nottsc.gov.uk**



**Family Hub Network  
Mansfield**



**[www.nottinghamshire.gov.uk/care/family-hub-networks](http://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
<b><u>BABES Group</u></b> <b>1.30pm - 2.30pm</b> Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN	<b><u>BABES Group</u></b> <b>1.00pm - 2.30pm</b> Mansfield Woodhouse Family Hub Swan Lane Mansfield Woodhouse NG19 8BT	<b><u>BABES Group</u></b> <b>10am - 11am</b> Warsop Family Hub 6 Church Street Warsop Mansfield NG20 0AH	<b><u>BABES Group</u></b> <b>10am - 11am</b> Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW	<b><u>0-5 Stay and Play Session</u></b> <b>10.00am - 11.30am</b> Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW <i><b>Term Time Only</b></i>
<b><u>Under Ones</u></b> <b>1.30pm - 3.00pm</b> Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW	<b><u>Stay and Play</u></b> <b>9.30 am - 11am</b> Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN		<b><u>Stay &amp; Play</u></b> <b>13:00 - 14:30</b> Mansfield Woodhouse Family Hub Swan Lane Mansfield Woodhouse NG19 8BT	<b><u>Parents Warm Welcome Group</u></b> <b>8.45am - 11.30am</b> Oak Tree Family Hub Jubilee Way North Mansfield Notts NG18 3PJ
<b><u>Stay &amp; Play</u></b> <b>09.30am - 11.00am</b> Warsop Family Hub 6 Church Street Warsop Mansfield NG20 0AH	<b><u>Under Ones</u></b> <b>1.00pm - 2.30pm</b> Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN		<b><u>Home Start Stay and Play</u></b> <b>9.30am - 11.30am</b> Oak Tree Family Hub Jubilee Way North Mansfield Notts NG18 3PJ	
	<b><u>0-5 Stay and Play</u></b> <b>9.30am - 11.00am</b> Crescent Sports Hall NG19 7LP <i><b>Term Time Only</b></i>	<b><u>Self-Weigh</u></b> <b>Mansfield Woodhouse Family Hub:</b> Monday-Friday, 9:00am - 4:00pm <i>Scales are also available for use during the Stay &amp; Play / Under Ones group at both hubs</i> <b>Ravensdale Family Hub:</b> Monday- Thursday, 9:00am - 4:30 pm and Friday 9:00 am - 4.00 pm <b>Oak Tree Family Hub:</b> Tuesday and Wednesday 9:00 am - 4.30 pm, Thursday 9:00 am - 12:30 pm <i>Scales are also available for use during the Stay &amp; Play / Under Ones group at Ravensdale Family Hub.</i> <b>Ladybrook Family Hub:</b> Monday-Friday, 9:00am - 4:00pm <b>Titchfield &amp; Oakham Family Hub:</b> Thursdays, 12:00pm - 3:00pm <i>Scales are also available for use during the Stay &amp; Play/Under Ones group at Crescent Sports Hall</i>		
<b><u>Groups</u></b> <b><u>Under Ones Group</u></b> For parents and carers of babies under one year old. This groups provides a supportive and welcoming environment for socialising, sharing experiences, and learning tips on baby care. These groups have a number of activities including sensory play, storytelling, and song time.		<b><u>Stay and Play</u></b> A welcoming and informal environment for children aged 0-5. These groups provide opportunities for children to socialise, explore different activities, and develop essential skills, while parents can connect with others, share experiences, and access support and information.		
		<b><u>BABES Group</u></b> Group for families to access breastfeeding support and share experiences.		

# MANSFIELD WRAP AROUND SUPPORT TIMETABLE

## ENERGY SUPPORT

### CITIZENS ADVICE ENERGY ADVICE DROP-IN SESSIONS

Mansfield Civic Centre  
Chesterfield Road South  
Mansfield  
NG19 7BH

Drop in and speak with the team about your energy bills and explore ways they can help you with any worries you may have about your energy costs.



#### Dates

TUESDAY 22<sup>ND</sup> APRIL  
WEDNESDAY 21<sup>ST</sup> MAY  
THURSDAY 26<sup>TH</sup> JUNE  
FRIDAY 25<sup>TH</sup> JULY



### BETTER HOUSING BETTER HEALTH

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.bhbmh.org.uk](http://www.bhbmh.org.uk)



This is a preventative approach to health and wellbeing, 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](mailto:HEAT@THEWISEGROUP.CO.UK)

Online - [www.heat-thewisegroup.co.uk](http://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

## WHATS GOING ON IN MANSFIELD

### STEPPING STONES EVENT

Stepping  
Stones

*Are you ready to move forward in 2025?*



Department  
for Work &  
Pensions

Looking for support with your wellbeing and lifestyle? Join us for our Stepping Stones event, a partnership between Mansfield Museum and DWP, to discover the help and opportunities available to you.

Explore and learn more about:  
Mental Health Support  
Budgeting and Financial Advice  
Volunteering Opportunities

Lifestyle Choices  
Training and Career Development  
Leisure, Health, and Fitness Options

Whether you're seeking advice, guidance, or a fresh start, this event is here to help you take the next step.

For more information, contact Nicola or Tony on:

☎ 01623 594853



Stepping Stones:  
Date: **Thursday 17<sup>th</sup> July 2025**  
Time: **11am - 1pm**  
Location: Mansfield Museum

Mansfield  
Museum

### CROP DROP

**CALLING ALL LOCAL ALLOTMENT GROWERS!**

#### WHAT IS CROP DROP?

Crop drop is a food redistribution scheme that is coordinated by partners within the Feeding Mansfield Network.

#### WHAT ARE THE AIMS OF CROP DROP?

To redistribute surplus allotment produce to local food clubs within Mansfield.

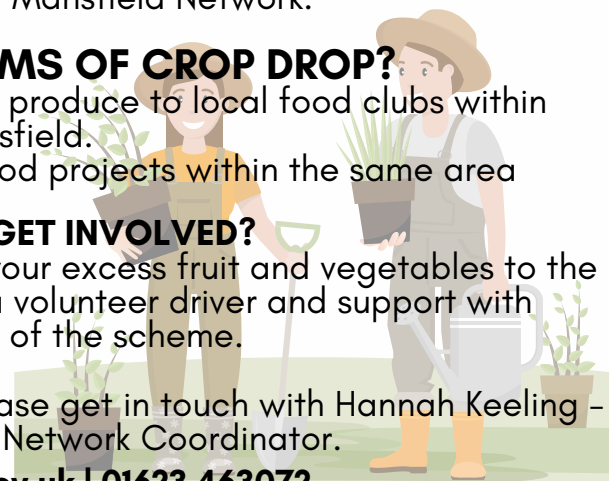
To link local allotments and food projects within the same area

#### HOW CAN I GET INVOLVED?

You can get involved by donating your excess fruit and vegetables to the crop drop scheme, becoming a volunteer driver and support with coordination of the scheme.

If you would like to get involved please get in touch with Hannah Keeling - Feeding Mansfield Network Coordinator.

**[hkeeling@mansfield.gov.uk](mailto:hkeeling@mansfield.gov.uk) | 01623 463072**



### HOUSEHOLD SUPPORT FUND

#### YOU COULD BE ELIGIBLE FOR HELP WITH THE COST OF LIVING!

If you are in receipt of Pension Credit or have any children on free school meals living with you, you should receive a letter from Nottinghamshire County Council tell you how to access the Household Support Fund if you are eligible.

Apply by 30<sup>th</sup> September to receive both payments, if an application is made after this date only the Winter Support Payment will be made.

Please contact Mansfield District County Council to see if you are eligible.



**01623 463463**



**[HouseholdSupportFund@mansfield.gov.uk](mailto:HouseholdSupportFund@mansfield.gov.uk)**



# MANSFIELD FOOD AND WRAP AROUND SUPPORT TIMETABLE SUMMER 2025

## IN PARTNERSHIP WITH

