

**MANSFIELD
FOOD AND WRAP AROUND
SUPPORT TIMETABLE
AUTUMN 2025**



MANSFIELD FOOD SUPPORT TIMETABLE FOOD BANKS AND FOOD SHARES



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

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 PROVISIONS

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

MANSFIELD FOOD SUPPORT TIMETABLE WARM MEAL PROVISIONS



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>The Hall</u> <u>St Peter's Church</u> 8.30am - 10am Church Street Mansfield NG18 1AP Breakfast and a packed lunch. Additional facilities including a shower and washing machine.	<u>The Beacon Project</u> 12pm - 1.30pm St Johns Centre Mansfield NG18 1QH Referral ONLY Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.	<u>Mansfield Soup Kitchen</u> 6.30pm - 7.30pm 32 Church Street Mansfield NG18 1AE Referral from MDC, Framework or CGL or on site income assessment, proof of incomings outgoing will be needed for this. Hot meal, drinks, support with furniture, accessing sleeping bags, toiletries. <u>Contact</u> mansfieldsoupkitc hen@yahoo.com	<u>Roundtable Café</u> 12pm - 2pm 7th Day Adventist Church 1 Albert Street Mansfield Woodhouse NG19 8QB Fresh home-cooked three course meal plus tea/coffee. Free to all. Contact Sue 01629 534134	<u>The Beacon Project</u> 12pm - 1.30pm St Johns Centre Mansfield NG18 1QH Referral ONLY Hot meal, clean clothes and access to toilet and shower facilities and drop-in advice support services from Framework.	NON OPERATING TODAY	<u>Bee Humble Soup Kitchen</u> 2pm - 3.30pm Bethal Church Gedling Street Nottingham Road Takeaway Service ONLY Sandwich, crisps and biscuits. Contact Number 07519345669
				<u>Stanhope Centre</u> 6.30 - 8.30pm Bridge Street Methodist Church NG18 1AL Takeaway Service ONLY Meal and small food parcel. Contact Number 01623 640845		



MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL & EMPLOYMENT SUPPORT

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

MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL & EMPLOYMENT SUPPORT



Monday	Tuesday	Wednesday		Thursday
	<u>Direct Help and Advice Drop-In</u> 9am - 3pm Futures, 1 Queen Place, Mansfield 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.	<u>North Nottinghamshire Citizens Advice</u> 9.30am - 2pm Mansfield Civic Centre Chesterfield Road South Mansfield NG19 7BH Help with eviction, homelessness, notices served, damp or mould issues, landlord difficulties, repairs or pressures to leave a property. <u>Contact</u> 0300 561 2800	<u>Beacon Welfare Rights and Money Advice Service</u> 10am - 1pm Beacon Centre Wood Street Mansfield NG18 1QH A debt service which covers debt, housing, benefits, form filling, phone and internet access, plus more.	<u>North Nottinghamshire Citizens Advice Debt and Benefits Team</u> (pre-booked appointments only) Mansfield Civic Centre Chesterfield Road South Mansfield NG19 7BH Debt and benefit support. Support from Stand Guide available. <u>Contact</u> 0300 561 2800
	<u>North Nottinghamshire Citizens Advice Debt and Benefits Team</u> (pre-booked appointments only) Mansfield Civic Centre Chesterfield Road South Mansfield NG19 7BH Debt and benefit support. Support from Stand Guide available. <u>Contact</u> 0300 561 2800	<u>North Notts Citizens Advice Drop In</u> 9am - 1pm Warsop Town Hall, Church Street, Warsop Mansfield NG20 0AL Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.	<u>Financial Support Signposting</u> <u>Help through Hardship helpline</u> 0808 208 2138 <u>Mansfield Citizens Advice Bureau</u> 0300 561 2800 <u>Mansfield District Council</u> 01623 463 463 <u>Nottinghamshire County Council Golden Number</u> 0300 500 8080 <u>Direct Help and Advice</u> 01332 287850 	

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

FINANCIAL & EMPLOYMENT SUPPORT



Monday	Tuesday	Wednesday	Thursday
		<u>Ashfield Citizen Advice Drop In</u> 9am - 12pm The Treasury Bolsover Street Mansfield NG18 2PS Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.	<u>Ashfield Citizen Advice Drop In</u> 9.30am-1.30pm Cuckoo Birch Jubilee Way South, Mansfield, Nottinghamshire, NG18 3RT Support in the key areas of health, debt, employment, benefits, housing and for clients with severe multiple disadvantages.
		<u>Employment Support Session Drop-in</u> 1pm - 3pm Futures 1 Queens Place Mansfield NG18 1JN Support with: Job Search Application forms CV support Training Upskilling <u>Contact</u> 0800 085 8520	<u>Employment Support</u> <u>West Nottinghamshire College</u> Mansfield Old Town Hall, Market Place, Mansfield, NG18 1HX 01623 413602 AdultEducation@wnc.ac.uk <u>Futures</u> 1 Queens Place, Mansfield, NG18 1JN 0800 085 8520 <u>DWP Jobcentre Plus</u> Civic Centre, Chesterfield Rd S, Mansfield NG19 7BH 0800 169 0310 <u>Stand Guide</u> 0161 881 4826 www.standguide.co.uk



MANSFIELD WRAP AROUND SUPPORT TIMETABLE ENERGY SUPPORT



BETTER HOUSING BETTER HEALTH

Better Housing Better Health (BHBH) is a longstanding service working to reduce the number of people in fuel poverty and improve domestic warmth & wellbeing.

Our experienced team provides free, confidential, and tailored solutions to meet a home's specific circumstances including switching energy suppliers, maximising income, signing up to the Priority Services Register, and accessing funding to help support them.

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.bhbh.org.uk

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.

FUEL BANK

The Health and Wellbeing team at Mansfield District Council work in partnership with the Fuel bank, residents who are in a fuel crisis can seek support from the Fuel Bank. For more information contact the Health and Wellbeing Team at Mansfield District Council via Customer Services on 01623 463463.

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

Online - 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

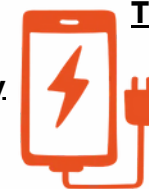
Home Start Mansfield

01623 653391

National Energy Action

0800 304 7159

The British Gas Energy Trust





MANSFIELD WRAP AROUND SUPPORT TIMETABLE

FINANCIAL SUPPORT

HEALTHY START REFERRAL SCHEME



NHS Healthy Start

Helping young families on low incomes to access healthy food, milk and vitamins.



What is NHS Healthy Start?

If you're pregnant or have children under the age of four you could get payments every four weeks to spend on:

- cow's milk
- fresh, frozen or tinned fruit and vegetables
- infant formula milk
- fresh, dried, and tinned pulses

You could also get free Healthy Start vitamins.

You'll get:

- £4.25 each week of your pregnancy (from the 10th week of your pregnancy)
- £8.50 each week for children from birth to one year old
- £4.25 each week for children between one and four years old

Your money will stop after your child's fourth birthday, or if you no longer receive benefits.



Who can apply?

You could qualify for the NHS Healthy Start scheme if you're at least 10 weeks pregnant or you have at least one child aged under four.

In addition, you must be receiving any of the following:

- Child Tax Credit (only if your family's annual income is £16,190 or less)
- Income Support
- Income-based Jobseeker's Allowance
- Pension Credit (which includes the child addition)
- Universal Credit (only if your family's take-home pay is £408 or less per month from employment)

You will also be eligible for NHS Healthy Start if:

- you're under 18 and pregnant, even if you are not claiming any benefits
- you claim income-related Employment and Support Allowance (ESA) and are over 10 weeks pregnant
- you or your partner get Working Tax Credit run-on only. (Working Tax Credit run-on is the Working Tax Credit you receive in the four weeks immediately after you have stopped working for 16 hours or more per week)

How to apply

-  Visit www.healthystart.nhs.uk
-  Fill in the online application form
-  Receive your prepaid card in the post
-  You'll need to activate your card to get your PIN before using it
-  Shop for healthy food and milk in most retail stores that sell the eligible food and milk items and accept Mastercard® payments
-  You'll need to insert your card into the card reader and enter your PIN the first time you use your card

Your card will be topped up with your benefit every four weeks.

You can also use your card to collect free Healthy Start vitamins.

MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL SUPPORT



HEALTHY START REFERRAL SCHEME

What can I buy?

Fruit and vegetables

✓ They can be:

- fresh, frozen or tinned
- whole or chopped
- packaged or loose
- fruit in fruit juice
- fruit or vegetables in water
- fresh, dried or tinned pulses

✗ They cannot:

- have added ingredients like fat (oil), salt, sugar or flavourings
- be juiced or pre-cooked
- be fruits in syrup
- be smoothies

Plain cow's milk

- ✓ This needs to be plain cow's milk, which is pasteurised, sterilised, long-life or ultra-heat treated (UHT).

✗ It cannot be:

- flavoured
- coloured
- evaporated
- condensed
- plant-based milk
- powdered (unless it's stage one infant formula)

Infant formula



It should be:

- suitable from birth
- made from cow's milk

Healthy Start vitamins

You can use your NHS Healthy Start prepaid card to collect free Healthy Start vitamins.

If you live in England, find your nearest vitamin provider on the NHS Healthy Start website:

www.healthystart.nhs.uk

If you live in Wales, ask your midwife or health visitor where to collect your vitamins.

If you live in Northern Ireland, we'll send you a letter explaining how to request your vitamins.

Take your prepaid card with you when you collect them.

For more information and to apply to the NHS Healthy Start scheme, visit:

www.healthystart.nhs.uk

Or call us on **0300 330 7010**

Our contact centre is open Monday – Friday,
8am – 6pm (except public holidays)



Follow us on Facebook and Twitter
@NHSHealthyStart

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NHS

**Use your
NHS Healthy
Start prepaid
card here.**

Find out more about the scheme
and apply now:

www.healthystart.nhs.uk



MANSFIELD WRAP AROUND SUPPORT TIMETABLE FINANCIAL SUPPORT

HOUSEHOLD SUPPORT FUND

You could be entitled to help with the cost of living with the

Household Support Fund

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.

If you are a Mansfield District Tenant, please ask your housing officer if you are eligible to be referred for the fund.



Funded by
UK Government

If you are not a Mansfield District Tenant,
please call 01623 463463 or email
householdsupportfund@mansfield.gov.uk





MANSFIELD WRAP AROUND SUPPORT TIMETABLE DISABILITY SUPPORT SERVICES

Tuesday			Wednesday		Thursday
<u>Thrive Tribe</u> 9am - 11.30am 15 Trowell Court Mansfield NG18 4NT Empowering neurodivergent individuals and support for parents and carers. • Build knowledge and individual strategies. • Build friendships • Improve Health and Wellbeing. • Learn how to navigate a neurotypical world. Run by a registered Nurse and Neurodivergent Specialist. For more info call Holly on 07708635614	<u>Disability Notts Advice Sessions</u> 8.30am - 2pm From 26th November 4th Tuesday of the month Mansfield Community Hospital Stockwell Gate, Mansfield NG18 5QJ • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances Contact Disability Notts on 01623 625891	<u>Disability Notts Advice Sessions</u> 10am - 3pm 1st & 3rd Tuesday of every month Kingsway Hall, Clipstone Road West, Forest Town, NG19 0DU • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances Booked appointments only. Contact Disability Notts on 01623 625891	<u>Disability Notts Wellness Hub</u> 1- 2pm 1st & 3rd Wednesday of every month Oak Tree Leisure Centre, Jubilee Way S Mansfield NG18 3RT Come along to one of our wellness hubs and join in the activity or simply join us for a coffee and a chat. Contact Disability Notts on 01623 625891	<u>Disability Notts Drop In</u> 8.30am -2pm 1st Wednesday of the month, drop in advice Kings Mill Hospital • Benefit checks and applications • Access and transport • All aspects of disability • Advice on equipment and appliances Contact Disability Notts on 01623 625891	<u>Disability Notts Our Voice</u> community singing 10.30 to 12.15pm Every Thursday Methodist Centre Big Barn Lane Cost £1.00 includes refreshments. Contact Disability Notts on 01623 625891

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

MENTAL HEALTH SUPPORT



Monday		Tuesday	Wednesday	Thursday
<u>Mind Community Cafe</u> 1pm - 3pm St Peters Community Centre Mansfield Refreshments, games and activities included. £1.50 entrance fee.	<u>Laugh a Latte</u> 1 - 3pm Every two weeks The Salvation Army Victoria Street Mansfield NG18 5SB All welcome, hot drinks, friendly faces, listening ear and chance to chat.	<u>Lets Be There Mansfield</u> 7pm Burnaby House Church Street Mansfield Woodhouse NG19 8AH A group to help and support people to talk about their mental health. A supportive group of people coming together and being there for each other.	<u>Wednesday Group</u> 3pm - 5pm Turner Hall 13 Welbeck Street Mansfield Woodhouse NG19 9JY 1st and 15th October 5th and 19th November 3rd and 17th December Support around mental and isolation. Information sessions from professionals. Signposting to local services. Fun social activities. Great place to meet up. Refreshments provided. <u>Contact Us</u> Alison 07442 948390 alison.foad1@nhs.net Kirsty 07825 359396 kirsty.warboys@nhs.net	<u>Craft and Chat</u> 1.30pm - 3.30pm Mansfield Library Four Seasons Centre West Gate Mansfield Nottinghamshire NG18 1NH Bring your own craft project such as sewing, knitting and drawing, etc. 50p donation for a drink.
	<u>Remembering to Be Kind to Your Mind</u> 10am - 11.30am Ladybrook Enterprises Ladybrook Lane Mansfield NG18 5JJ For those with memory or concentration issues brought on by: • Dementia • Long-term health condition • Chronic Pain • Neurological conditions • Mental health. £3.50 entrance fee.			
	<u>Allotment Group</u> 1pm - 4pm Forest Road Allotments Forest Road, Mansfield NG18 4BY Local people can go along to this group and do some digging, planting or just enjoying being outdoors and socialising. <u>Contact</u> Angelo 07882 367291 angelo.meneghello@salvationarmy.org.uk			<u>Thursday Welcome Group</u> Runs every other Thursday from 1:30-3:30pm. Oak Tree Leisure Centre Jubilee Way S Mansfield NG18 3RT 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.

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

MENTAL AND PHYSICAL HEALTH SUPPORT



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Come for a Kick About</u> 6.30pm - 8pm (Excluding the last monday of the month) Debdale Sports Club Debdale Lane Mansfield NG19 7NS Free football and talk session for adult men. A perfect place to have a kick about with new and old friends. The relaxed football session is good chance to blow off steam and chance to offload afterwards with the Men's Mental Health Group, Enlighten The Shadows. <u>Contact Details</u> 07719203130 www.mansfieldtownct.net www.enlightentheshadows.org michal.kasinowicz@mansfieldtownct.net	<u>Walking Football Inclusive</u> 9.30am - 10.30am One Call Stadium Quarry Lane Mansfield NG18 5DA £4 per session For Adults Aged 45+ Open for both men and women. A fun, friendly walking football session for older adults. Perfect for those who want to stay active, meet others and enjoy the game. <u>Website</u> www.mansfieldtownct.net	<u>Walking Football Competitive</u> 9.30am - 10.30am One Call Stadium Quarry Lane Mansfield NG18 5DA £4 per session For Adults Aged 45+ Open for both men and women. A fun, friendly walking football session for older adults. Perfect for those who want to stay active, meet others and enjoy the game. <u>Website</u> www.mansfieldtownct.net		<u>Active Minds: Chat</u> 10am - 11.30am The Radford Foundation Marquee Tent One Call Stadium Quarry Lane Mansfield NG18 5DA A safe space for mental health, dementia care, and social well-being. Whether you prefer a relaxing chat over tea, coffee and biscuits or an active sports session, our programme helps you connect with other and improve your well-being. <u>Contact Details</u> 07719203130 www.mansfieldtownct.net michal.kasinowicz@mansfieldtownct.net	<u>Walking Football Social</u> 9.30am - 10.30am One Call Stadium Quarry Lane Mansfield NG18 5DA £4 per session For Adults Aged 45+ Open for both men and women. A fun, friendly walking football session for older adults. Perfect for those who want to stay active, meet others and enjoy the game. <u>Website</u> www.mansfieldtownct.net



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

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

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



MANSFIELD WRAP AROUND SUPPORT TIMETABLE

WELCOME PLACES

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

MANSFIELD WRAP AROUND SUPPORT TIMETABLE WELCOME PLACES



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

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.



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
<u>Disability & Dementia Swim</u> 12pm start Rebecca Adlington Leisure Centre Westdale Rd Mansfield NG19 7BZ Weekly swim session aimed at those with a disability including dementia.	<u>Smoking Cessation</u> 1pm – 5pm Sandy Lane Surgery NG18 2LT & St Peters Medical Centre NG18 1EE Free stop smoking support and free stop smoking products and vapes at all these clinics.	<u>Weight Management Group</u> 1:30pm – 3pm Your Space Leisure Centre Mansfield Portland Street Mansfield NG18 1HB 6pm – 7.30pm St Peters Church Centre Church Side Mansfield NG18 1AP 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. To book a place on this 12-week programme call 0115 772 2515. Free to attend.	<u>Smoking Cessation</u> 10.30am – 2.30pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ Free stop smoking support and free stop smoking products and vapes at all these clinics.	<u>Disability & Dementia Swim</u> 12pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA Weekly swim session aimed at those with a disability including dementia.
<u>Disability & Dementia Swim</u> 12pm start Water Meadows Titchfield Park Bath Street Mansfield NG18 1BA Weekly swim session aimed at those with a disability including dementia.	<u>Disability & Dementia Swim</u> 9.30am start Warsop Health Hub Carr Lane Park, Carr Lane Warsop Mansfield NG20 0AT Weekly swim session aimed at those with a disability including dementia.	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. To book a place on this 12-week programme call 0115 772 2515. Free to attend.	<u>Weight Management Group</u> 11am – 12:30pm Oak Tree Leisure Centre Mansfield, NG18 3RT 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. Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.	<u>Chair Based Yoga</u> 12:15pm Warsop Health Hub Carr Lane Park, Carr Lane Warsop Mansfield NG20 0AT A gentle form of yoga that is practiced while sitting on a chair, for people with limited mobility, balance issues, or anyone looking for a low-impact way to stay active.
<u>IMPACT Cancer Support Group</u> 1.30pm – 3pm Ladybrook Community Centre Ladybrook Lane Mansfield NG18 5JJ £3.50 entrance fee				

MANSFIELD WRAP AROUND SUPPORT TIMETABLE

PHYSICAL HEALTH SUPPORT



Monday	Tuesday	Wednesday	Thursday	
<u>Smoking Cessation</u> 9am - 12pm Oakwood Surgery Church Street Mansfield Woodhouse, Mansfield NG19 8BL Free stop smoking support and free stop smoking products and vapes at all these clinics.	<u>Weight Management Group</u> 6pm - 7:30pm St Peters Centre Mansfield Sessions are for anyone with a BMI of between 30 - 50. Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.	<u>Low Impact Body Conditioning</u> 10:15am Warsop Health Hub Carr Lane Warsop Mansfield NG20 0AT strengthens muscles and enhances flexibility without placing too much stress on the joints. Suitable for all ages and fitness levels.	<u>Beginners Yoga</u> 6pm Warsop Health Hub Carr Lane Warsop Mansfield NG20 0AT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.	<u>Beginners Yoga</u> 6pm Warsop Health Hub Carr Lane Warsop Mansfield NG20 0AT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.
<u>Boccia</u> 11:30am-12:30pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT 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!	<u>Yoga</u> 11:30 am & 6:15pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.	<u>Yoga</u> 11:30 am & 6:15pm Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.	<u>Woodhouse Wanderers</u> 11am start Meet at Seventh Day Adventist Church, 1 Albert Street, Mansfield Woodhouse, Mansfield NG19 8BQ Local half hour walks, light and gentle exercise. Tel: 07392 841230	<u>Weight Management Group</u> 1pm - 3.30pm Oak Tree Leisure Centre Mansfield, NG18 3RT 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. Booking is essential you can secure a place on this 12-week programme by calling 0115 772 2515. Free to attend.
	<u>Beginners Yoga</u> 9.30 - 10.30am Warsop Health Hub Carr Lane Warsop Mansfield NG20 0AT Yoga is good for your mind, body and mood, it also improves strength, balance and flexibility.	<u>Chair Based Yoga</u> 9.30am Oak Tree Leisure Centre Jubilee Way South Mansfield NG18 3RT A gentle form of yoga that is practiced while sitting on a chair, for people with limited mobility, balance issues, or anyone looking for a low-impact way to stay active.	<u>Boccia</u> 11:30am-12:30pm Warsop Health Hub Carr Lane Warsop Mansfield NG20 0AT 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!	



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

Your Health Notts Tel: 0115 772 2515

Website: 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

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 | • Children's health sessions |
| • Weaning Support | • Early help advice |
| • Nutrition Support | • Parenting support for mums and dads |
| • Emotional Health and Wellbeing | • Play sessions |
| • Budgeting support | • Young people services |
| • Antenatal and postnatal support | • Libraries |
| • SEND support | |

How to get in touch



FHmansfield@nottscg.gov.uk



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
<u>BABES Group</u> 1.30pm - 2.30pm Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN	<u>BABES Group</u> 1.00pm - 2.30pm Mansfield Woodhouse Family Hub Swan Lane Mansfield Woodhouse NG19 8BT	<u>BABES Group</u> 10am - 11am Warsop Family Hub 6 Church Street Warsop Mansfield NG20 0AH	<u>BABES Group</u> 10am - 11am Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW	<u>0-5 Stay and Play Session</u> 10.00am - 11.30am Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW <i>Term Time Only</i>
<u>Under Ones</u> 1.30pm - 3.00pm Ladybrook Family Hub 116 Somersall Street Mansfield NG19 6EW	<u>Stay and Play</u> 9.30 am - 11am Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN		<u>Stay & Play</u> 13:00 - 14:30 Mansfield Woodhouse Family Hub Swan Lane Mansfield Woodhouse NG19 8BT	<u>Parents Warm Welcome Group</u> 8.45am - 11.30am Oak Tree Family Hub Jubilee Way North Mansfield Notts NG18 3PJ
<u>Stay & Play</u> 09.30am - 11.00am Warsop Family Hub 6 Church Street Warsop Mansfield NG20 0AH	<u>Under Ones</u> 1.00pm - 2.30pm Ravensdale Family Hub 10 Sanders Ave Mansfield NG18 2DN		<u>Home Start Stay and Play</u> 9.30am - 11.30am Oak Tree Family Hub Jubilee Way North Mansfield Notts NG18 3PJ	
	<u>0-5 Stay and Play</u> 9.30am - 11.00am Crescent Sports Hall NG19 7LP <i>Term Time Only</i>		<u>Homestart Stay & Play</u> 12.30pm - 2.30pm South Mansfield Community Centre, Bellamy Road, Mansfield, NG18 4NG	

Groups

Under Ones Group

For parents and carers of babies under one year old. These groups have a number of activities including sensory play, storytelling, and song time.

BABES Group

Group for families to access breastfeeding support and share experiences.

Stay and Play

Welcoming and informal environment for children aged 0-5. Groups provide opportunities for children to socialise, explore different activities.

Self-Weigh

Mansfield Woodhouse Family Hub: Monday-Friday, 9:00am - 4:00pm

Scales are also available for use during the Stay & Play / Under Ones group at both hubs

Ravensdale Family Hub: Monday- Thursday, 9:00am - 4:30 pm and Friday 9:00 am - 4.00 pm

Oak Tree Family Hub: Tuesday and Wednesday 9:00 am - 4.30 pm, Thursday 9:00 am - 12:30 pm
Scales are also available for use during the Stay & Play / Under Ones group at Ravensdale Family Hub.

Ladybrook Family Hub: Monday-Friday, 9:00am - 4:00pm

Titchfield & Oakham Family Hub: Thursdays, 12:00pm - 3:00pm

Scales are also available for use during the Stay & Play/Under Ones group at Crescent Sports Hall

MANSFIELD FOOD AND WRAP AROUND SUPPORT TIMETABLE AUTUMN 2025

IN PARTNERSHIP WITH



**Better Housing
Better Health**



Department
for Work &
Pensions



ARENACHURCH



HEAT

