

Ladybrook Community Centre Services & Activities Guide

Issue 4 : Autumn 2022 : Full details of all activities inside!



Ladybrook Community Centre Home of Ladybrook Enterprises Ltd. & Help at Hand Mansfield

Who are Ladybrook Enterprises Ltd. ?

Ladybrook Enterprises Ltd is a small, independent, local charity that operates for the benefit of the people of Mansfield and District. We are A-political, A-religious and our services are open to all that live within the Mansfield District.

What do we do?

Operating from Ladybrook Community Centre, Ladybrook Enterprises offers a number of activities and services all with an aim of helping people improve their lives. The services we deliver are included within this guide and fit in to our 5 key areas of work:

- Health and Wellbeing
- Education, Skills & Training
- Employment, Support & Empowerment
- Social & Community
- Influence & Shape

Many of our activities are delivered by our own dedicated team of staff and volunteers at our community centre base and are able to continue thanks to the support of our local community, partner organisations and grant funding.

Our Mission Statement

Raising aspirations and promoting opportunities to improve peoples' lives.

Ladybrook Enterprises Ltd. Award Winning Charity
Improving Lives Across Mansfield and District since 2011
Ladybrook Community Centre, Ladybrook Lane, Mansfield, NG18 5JJ
Registered Charity : 1142473 registered Company : 7419706

Autumn Timetable at Ladybrook Community Centre

Starting Monday 5th September 2022



Monday

10-11.30am

Crafting With Friends
£2.50 (Page 3)

11.30am-1pm

Brunch Club
£3.50 (Page 5)

1.30-3pm

Coffee & Chat
£1 & drinks (Page 6)
&

Choose to Move
£3.50 (Page 4)

6-6.45pm

Zumba
£4 (Page 4)

7-7.45pm

DanceFit
£4 (Page 4)

Tuesday

10.15-11.00am

DanceFit Seated low
impact session for those
needing more gentle class
£4 (Page 4)

6-6.45pm

DanceFit
£4 (Page 4)

Wednesday

10am-12noon

Free to Be Over 50's group
£1 & Drinks (Page 6)

1.30-3pm

Coffee & Chat
£1 & drinks (Page 6)
&
Craft and Create
£3.50 (Page 3)

6-6.45pm

Zumba
£4 (Page 4)

7-7.45pm

DanceFit
£4 (Page 4)

6-7.30pm

Machine Sewing Group
£5/£7 (Page 3)

Thursday

9.30-10.15am

Pure Stretch & Strength
£4 (Page 4)

10.15-11.00am

DanceFit
£4 (Page 4)

3-4.30pm

Coffee & Chat
£1 & drinks (Page 6)

4.30-6pm

Time for Tea and Me
£3.50 (Page 5)

6-6.45pm

DanceFit
£4 (Page 4)

Friday

10-11.30am

Impact Cancer
Support Group
£3.50 (Page 7)



For Information Or To Book

Call our help at hand team on
07923 664 504 or use the
contact details on the adverts
for DanceFit, Zumba
and Free to Be

Winter Closures

Please remember that
we close for our annual 2
week winter break from

Thursday 22nd December
& will re-open
Thursday 5th January 2023

Creative Activities at Ladybrook Community Centre

CRAFTING WITH FRIENDS

Mondays 10-11.30am

Bring along your own projects and resources and chat with other crafters in our friendly, social craft session.

Group costs £2.50 to attend and includes a drink

To book call us on 07923 664 504



Machine Sewing Sessions

Would you like to learn to recycle existing clothes & fabrics into something brand new?

Have you never used a sewing machine but always fancied giving it a go?

Why not sign up for our brand new machine sewing sessions?

Wednesday evening from 6-7.30pm

Groups will be small with lots of support available & tailored to what you want to learn. Whether you are brand new to sewing or an expert that wants to share skills and craft with others we would love you to join us!

**Sessions cost just £5 per week if you have your own machine
or £7 if you would like to hire one of ours.**

Price includes support and tuition, light refreshments and a variety of materials and equipment for you to practice on.
To book your place or find out more, contact our help at hand team on 07923 664504 or email us on helpathandmansfield@gmail.com



Craft, Create & Chat

Join us for our weekly arts & craft session where you can try out a number of different activities. No need for experience, just come along and give it a go! The group is friendly and accessible to all and is led by our team of staff and volunteers. There will be someone on hand to support you each week as well as opportunities to chat, share a coffee with others and meet new people.

Every Wednesday Afternoon 1.30-3pm

£3.50 per week including all materials and refreshments.

To book your place call 07923 664504 or email us at: helpathandmansfield@gmail.com



Physical Activities at Ladybrook Community Centre

Choose To Move

A Gentle Sports & Activity Group



Choose to Move is a fun, friendly activity session that is designed for those that are new to sports and exercise as well as those that need a more gentle session due to injury or ongoing health conditions. It is a great opportunity to develop new friendships and get a little, gentle exercise.

Each week we do a different sport or physical activity as chosen by the members. Activities might include seated archery, table tennis, skittles, stretching or ball games but will always be suitable for complete beginners and those that might need extra support to be active.

Every Monday Afternoon 1.30-3pm

At Ladybrook Community centre, NG18 5JJ

The group includes a 45 minute activity session and free drink and chat opportunity at the end of each week. No need to book just come along and give it a go!

£3.50 per session Pay on arrival by card or cash

PURE STRETCH & STRENGTH

THURSDAYS @ 9.30AM

A LOW IMPACT FITNESS CLASS, SUITABLE FOR STANDING & SITTING. EXERCISES TO IMPROVE STRENGTH, FLEXIBILITY, MOBILITY, BALANCE, COORDINATION, POSTURE AND RELIEVE TENSION IN THE SPINE, NECK & SHOULDERS.

SILHOUETTE

HEALTHY BODY AND MIND

Just £4. Classes are held at Ladybrook Community Centre, NG18 5JJ. Find us on FB @silhouettehealthybodyandmind or Contact Natalie on 07503449038

DANCEFIT

**DANCE • SWEAT • TONE • BURN
JOIN THE PARTY TODAY!**

MONDAY @ 7PM
TUESDAY @ 10.15AM & 6PM
WEDNESDAY @ 7PM
THURSDAY @ 10.15AM & 6PM

**AN AMAZING DANCE FITNESS CLASS
THAT WILL HAVE YOU SWEATING AND
HAVING FUN!**

£4 Per Class @ Ladybrook Community Centre, NG18 5JJ
FB: Silhouettehealthybodyandmind or contact Natalie on 07503449038

SILHOUETTE

HEALTHY BODY AND MIND



Zumba with Kathy at KM Fit

Mondays and Wednesdays 6-6.45pm

Come & join this awesome workout, dance to great music with great people and burn a ton of calories without realising!

£4 per class

Places must be booked in advance : Call Kathy on 07502 131 278

Social Eating Sessions at Ladybrook Community Centre

Monday Brunch Club



Monday Mornings 11.30-1pm

Join us for our new session where you can enjoy brunch and a cup of coffee and chat with others.

A Light menu will be available each week in a friendly environment where you can relax, meet others

And enjoy some company

**£3.50 per session
including Brunch and a Drink**

To book your place call us
on 07923 664504

Why not make a day of it and tag on your Monday Brunch to our morning Crafting with friends Group and afternoon Choose to Move Activity Session ?

Spend a day getting creative followed by eating with friends and getting some gentle exercise all for just £9.50

Time For Tea and Me

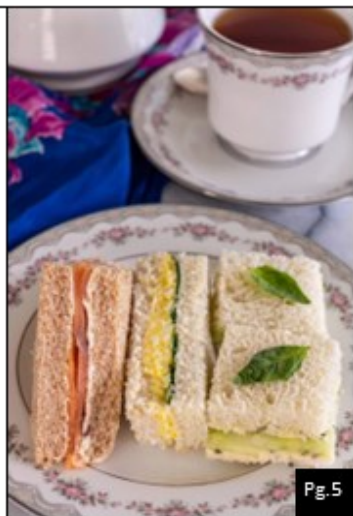
Thursday Tea Time 4.30-6pm

Enjoy eating your tea with other members of the community.

A selection of sandwiches, crisps, cake and sweet treats each week served with a drink and a smile! Great for those that live alone and miss eating with others.

**£3.50 per session
including a Light Tea and a Drink**

To book your place call us
On 07923 664504



Social Activities at Ladybrook Community Centre

Coffee and Chat Group

At Ladybrook Community Centre



Our coffee and chat groups provides three weekly Opportunities for people to drop into the community centre, enjoy a cup of tea or coffee and chat to other members of the community and our team.

Play a game, do a wordsearch or just relax and have a chat with new people

Mondays : 1.30-3pm

Wednesdays 1.30-3pm

Thursdays : 3-4.30pm

**At Ladybrook community Centre,
Mansfield, NG18 5JJ**

The group is £1 to attend : No booking is required
Drinks available for just 50p each!



Help at Hand Mansfield is a Project of Ladybrook Enterprises Ltd. A local Charity Improving Lives in Mansfield and District
Ladybrook Community Centre, Ladybrook Lane, Mansfield, Nottinghamshire, NG18 5JJ
Registered Charity No: 1142473 Company No: 7419706



Free to Be Over Fifties Group

**Over 50's Friendship Groups in Partnership with St John's and St Mary's Church
Wednesdays 10-12 noon**

Free to be runs every week during term time for over 50's to come together, make new friends and enjoy a cup of tea and a chat.

**Group costs £1 Subs to attend with drinks on sale for 50p
Places must be booked in advance**



For more information or to book call Chris on 01623 627-802

Support Services at Ladybrook Community Centre



Therapeutic Cancer Support Group **In Mansfield People are Conquering Cancer Together**

Are you a cancer survivor?
Are you currently going through diagnosis or treatment?
Are you a parent, child or partner of someone who is?

Then why not join us at our therapeutic support group open to anyone affected by cancer including current cancer warriors, families, friends & survivors.
With support available from peers and our team we cover a number of topics and challenges faced by those that are affected by cancer & the groups are shaped by those that attend.

Adult Group Support Sessions:
Weekly on a Friday 10-11.30am

Follow us on Facebook for online support just search for Impact-Mansfield
The cost of the support group is £3.50 per week which can be paid on arrival by cash or card.



Places must be booked in advance & a short telephone assessment will be required to make sure the group meets your needs
Please email us on helpathandmansfield@gmail.com or call 07923 664504 to book or for more information



Counselling Service

At Ladybrook Community Centre

Moving
Forward

Knowing
Yourself

Learning
Skills

Feeling
Heard

Improving
Life

Low Cost counselling service available for £15 per hour
Short waiting lists and no referral needed
Fully confidential and professional service

To book your free assessment call our Help at Hand Line
On **07923 664 504** or email helpathandmansfield@gmail.com

Donate to Our Charity

As a charity we are reliant on the very generous donations received from members of the Community and local businesses. We accept donations in person at the centre in cash, card or cheque format, regular standing orders or you can donate online in the following ways:

PayPal
Giving Fund

[Paypal.me/ladybrookenterprises](https://paypal.me/ladybrookenterprises)



JustGiving

Justgiving.com/Ladybrook-enterprises

Planned Centre Closures

The centre closes each year for bank holidays as well as two 2 week periods. This allows us to give our dedicated team time off with their families at key times and for us to complete any work that needs doing on the building. This years closures will take place as follows:

- Monday 22nd August - Sunday 4th September : 2 week summer closure
- Thursday 22nd December - Wednesday 4th January 23 : 2 week Christmas Closure

Get in Touch with Us



www.ladybrookcommunitycentre.co.uk



Join us on Facebook “@Ladybrookenterprises”



Telephone : 07923 664 504



ladybrookcommunitycentre@btconnect.com

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