

Ladybrook Community Centre Services & Activities Guide

May 2024



Home of Ladybrook Enterprises Ltd.

Award Winning Charity Improving Lives in Mansfield and District Since 2011

Registered Charity Number : 1142473 Company Number: 7419706

About Our Charity

Ladybrook Enterprises Ltd is an independent, registered 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.

Our Background

We were previously known as Ladybrook Neighbourhood Management Team and have been working hard to improve lives since 2003. We were renamed Ladybrook Enterprises Ltd when we officially became a registered charity in 2011 & remain committed to reducing the effects of poverty and improving our community.

What are we doing now?

Operating from Ladybrook Community Centre and in the wider Mansfield community, we offer a number of activities and services all with an aim of helping people improve their lives. Help at Hand Mansfield is our community support service and the activities we deliver fit in to our 5 key areas of work:

"The step by step guidance and help from Help at Hand coaching has turned my life around. I now have friends, go on adventures and I am learning to look after myself better.
All friendly, helpful people"

Health & Wellbeing
Social & Community Connections
Support & Empowerment
Education, Skills & Training
Influencing & Shaping Services

"The support I have received has helped build my self-worth. It's given me confidence to talk to people and has helped me take part in the groups and trips. It gives me a reason to get up & keep going. It is fabulous to always have someone to give me the support when I need it this means a lot to me as I've never had this type of support in my life."

"This place has saved me. I was so withdrawn and I had no one to turn to. This group has literally saved my life."

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.

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Weekly Timetable

Monday

10-11.30am

Crafting With Friends

£3.50 (page 9)

11.30am-1pm

Coffee & Chat

£3.50 (page 5)

1.30-3pm

IMPACT Cancer Support

£3.50 (page 4)

6-6.45pm

Zumba

£5 (page 8)

Tuesday

10-11.30am

Carers Cuppa & Chat

£3.50 (page 6)

10.15-11.00am

DanceFit Seated low impact session for those needing more gentle class

£5.50 (page 8)

6-6.45pm

DanceFit

£5.50 (page 8)

Wednesday

10am-12noon

Free to Be Over 50's Group

£1 & Drinks (page 5)

1.30-3pm

Chat, Craft & Create

£3.50 (page 9)

6-6.45pm

Zumba

£5 (page 8)

7-7.45pm

DanceFit

£5.50 (page 8)

Thursday

9.30-10.15am

Pure Stretch & Strength

£5.50 (page 8)

10.30-12noon

COGS memory session

£5.50 (page 7)

10.15-11.00am

DanceFit

£5.50 (page 8)

4.30-6.30pm

Time for Tea and Me

£5.50 (page 4)

Closure Dates 2024

We will re-open from our Christmas break on Monday 8th January 2024 when our January timetable will begin.

We will be closed for all bank holidays as follows:

Friday 29th March 2024

Monday 1st April 2024

Thursday 2nd May 2024 main hall activities closed for election

Monday 6th May 2024

Monday 27th May 2024

Alongside this we close for two periods of 2 weeks in summer and at Christmas.

Closed Monday 19th August 2024

Until Sunday 1st September 2024

Closed Monday 23rd December 2024

Until Sunday 5th January 2025

Group Sessions

Time for Tea & Me

Thursday Tea Time 4.30-6.30pm

Come along and enjoy eating your tea with other members of the Community at our friendly afternoon tea and chat session. A selection of sandwiches, savouries, crisps, cakes & sweet treats are served each week.

Great for those that live alone and miss eating with others, those that want to connect with other members of the community and anyone that enjoys having a cake and coffee with company!

£5.50 per session Including afternoon tea, unlimited tea, coffee and squash and an opportunity to chat and play games with other people in the community.

Bookings and payment must be made in advance for food services (at least 24 hours before the session). To book see staff or call 07923 664504



IMPACT 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?**

Join us at our weekly support group open to anyone affected by cancer.

Monday Afternoons from 1.30-3pm from 4th September 2023

Ladybrook Community Centre, Ladybrook Lane, Mansfield, NG18 5JJ

£3.50 per week including unlimited tea, coffee or squash.

The group will help you to gain a better understanding of Cancer and improve your skills to cope with the challenges it brings.

You will feel listened to and know you are not alone!

To book your place, or to chat about whether the group is right for you, call our Help at Hand team on 07923 664504 or email helpathandmansfield@gmail.com



IMPACT cancer support group is a project of Ladybrook Enterprises Ltd.
An award winning registered charity improving lives across Mansfield and District
Registered Charity Number: 1142473 Company Number: 7413706

Friendship

Coffee and Chat Group

At Ladybrook Community Centre



Our coffee and chat session provides a weekly opportunity 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

Monday Mornings from 11.30am-1pm

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

The group is £3.50 to attend : No booking is required
Includes unlimited tea, coffee and squash
A range of snacks are also available to buy.



Help at Hand Mansfield is a Project of Ladybrook Enterprises Ltd. A local Charity improving Lives in Mansfield and District
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Free to Be Over Fifties Group

**Over 50's Friendship Group in Partnership with
St John's & 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 £1.50 Subs to attend with drinks
on sale for 60p. You are welcome to just turn
up but if you want more information you can
call Chris on 01623 627802**



Please note this is a term time
only session



Do you care for a friend, family member or neighbour?

Do you support someone to manage in their day to day life because of a physical, mental or emotional health condition that means they rely on you for some of the things that help them to stay safe and well?

Would you like to chat with other people, find out what support is available for you or simply get a change of scenery and chance to catch your breath and enjoy a hot cup of tea you haven't had to make yourself?

Join us at our weekly carers cuppa and chat group for a listening ear, signposting & help to access services and an opportunity to meet other people who can relate to how you are feeling. Whether you care for someone with Dementia, Special Educational Needs, Neurodiversity, Chronic Illness or any other condition is not important, what matters is that you would like to come together with others for support and friendship.

Tuesday Mornings from 10-11.30am

Ladybrook Community Centre, Ladybrook Lane, Mansfield, NG18 5JJ

£3.50 per week including unlimited tea, coffee or squash.

You are welcome to attend with or without the person you care for

[50% discount for carers in all of our services when attending with the person they are caring for]
If you would like more information call our Help at Hand Team on 07923664504 or come along and give it a try

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COGS Cognitive Support Sessions Making Connections in Your Brain and Community

Based on Cognitive Stimulation Therapy (CST) and delivered by friendly, trained professionals, our weekly COGS session combines a number of different activities all designed to make new connections within your brain and community.

Thursday Mornings from 10.30am-12noon
Ladybrook Community Centre, Mansfield, NG18 5JJ

Group members take part in stimulating activities, proven to help maintain memory and mental functioning. The group provides a safe and supportive environment where people and their carers can build new connections to their community, gain support and have fun!

Activities include:

Discussions, Word Games. Quizzes

Physical Activities, Creative and Musical Activities and More!

The session is suitable for those with a mild to moderate dementia diagnosis and their carers as well as those that are experiencing memory loss but have not yet received a formal diagnosis.

Cost of Sessions are £5.50
including unlimited tea, coffee and squash.

Carers are given 50% off in all of our
Help at Hand Sessions

**To discuss whether this group meets your needs
and to book your place contact our
Help at Hand Team on 07923 664504 or email
helpathandmansfield@gmail.com**



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Exercise Classes

DANCE • SWEAT • TONE • BURN

DANCEFIT

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

TUESDAY @ 10.15AM & 6PM

WEDNESDAY @ 7PM

THURSDAY @ 10.15AM

PURE STRETCH & STRENGTH

BUILD STRENGTH, IMPROVE FLEXIBILITY
& MOBILITY, TONE & RELAX!

THURSDAY @ 9.30AM

DANCE & FITNESS

With Natalie

All classes with Natalie are just £5.50 per class
For info contact Natalie on 07803459038 or check
out Facebook @Danceandfitnesswithnatalie



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!

Only £5 per class

No Need To Book : Come Along & Join The Party

For information Please Call Kathy on 07502 131 278



CRAFTING WITH FRIENDS

Monday Mornings 10-11.30am

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

Group costs £3.50 including unlimited tea, coffee and squash.

To book call us on 07923 664 504



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 unlimited tea, coffee and squash.

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



Trips

Our Trips and Outings are open to all users of our services and are designed to bring people together to have new experiences in the wider community.

Groups are small and are joined by a staff member.



2024 Trips & Outings

Tuesday 7th May : Mablethorpe

A daytrip to the coast to enjoy fish and chips, donuts and the sound of the sea.

9.30am departure leaving to return at 4pm **£26 per person**

Tuesday 4th June: Sherwood Forest Including Visitor Centre and Craft Centre

A trip to the Forest including the visitors centre, café and arts and craft centre.

10am departure leaving to return at 3pm **£18 per person**

Saturday 13th July: The Wizard of Oz at The Majestic Theatre

A trip to the Majestic Theatre in Retford for a matinee performance with friends.

12.30pm departure leaving to return after performance **£30 per person**

Tuesday 6th August: Buxton

Enjoy a day out in the picturesque spa town of Buxton in Derbyshire exploring.

9.30am departure leaving to return at 3pm **£24 per person**

Tuesday 1st October: Southwell Minster Tour and shopping

A guided tour of the minster followed by free time to explore Southwell.

10am Departure leaving to return at 3pm **£28 per person**

All trips are booked on a first come first served basis with none-refundable payment required at the time of booking to secure your seat.

Speak to staff to book your ticket.

External Support

Part of the work of our charity and Help at Hand Project is to provide signposting to other support services that can help you with a number of different issues.

Some useful contact details for local help can be found below:

Carers Support Services

Carers Federations Carers Hub Service : 0808 802 1777

Support service for unpaid carers providing access the help to support

Council Services

Mansfield District Council : 01623 463 463

Nottinghamshire County Council : 0300 500 8080

Dementia & Memory

Alzheimer's Society Dementia Wellbeing Service: 0333 150 3456

Social care, planning, practical and quality of life support for those with dementia

Disability Advice & Services

Disability Nottinghamshire : 01623 625 891

Free, confidential advice service relating to any aspect of disability

Domestic & Sexual Abuse Services

Equation : 0115 962 3237

Local support for men, women and children suffering domestic abuse

SHE UK : 01623 622 916

Support & info for survivors of childhood sexual abuse, exploitation and sexual violence

Financial Support Services

Direct Help and Advice : 01332 287 850

Information and advice around debt, bills, money and housing issues

Health Services

Macmillan Beyond Diagnosis : 0115 911 1662

Practical and emotional support for people affected by cancer

Your Health Your Way : 0115 772 2515

Free support to quit smoking, lose weight, move more or drink less

Mental Health Services

Nottinghamshire 24 hour Crisis Line : 0808 196 3779

If you're in a mental health crisis, call the crisis line anytime of the day or night.

Nottinghamshire Talking Therapies : 0333 188 1060

Free and confidential talking therapies to help you get your life back on track.

Support to Stay Independent

Age UK Connect Service : 01623 488 217

Free, friendly and solution focussed service helping people over 18 to stay independent

Donate to Our Charity

Like all charities we are reliant on the very generous donations received from members of the community, funding organisations 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.me/ladybrookenterprises



Justgiving.com/Ladybrook-enterprises



Volunteer For Us

We have a range of volunteer opportunities available with our charity.
To find out more contact our Help at Hand Team on 07923 664 504

Get In Touch



www.ladybrookcommunitycentre.co.uk



Join us on Facebook “@Ladybrookenterprises”



Telephone : 07923 664 504



ladybrookcommunitycentre@btconnect.com



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