

Ladybrook Community Centre Services & Activities Guide

Spring 2025



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, our services are open to all that live within the Mansfield area.

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. We deliver activities and services in to our 5 key areas of work:

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

Support our work with a donation

Like all charities we are reliant on the very generous donations we receive from members of the community, funding organisations and local businesses. Donations of goods that we can use as well as fundraising items are always welcomed. We also accept donations of money in person at the centre via cash or card as well as regular standing orders or online donations via:

PayPal
Giving Fund

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


JustGiving

[Justgiving.com/Ladybrook-enterprises](https://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

Weekly Timetable

Monday

10-11.30am Remembering to Be Kind to Your Mind **£3.50 (page 8)**

10-11.30am Carers Support **£3.50 (page 10)**

10-11.30am Crafting With Friends **£3.50 (page 11)**

11.30am-1pm Coffee & Chat **£3.50 (page 4)**

1.30-3pm IMPACT Cancer Support **£3.50 (page 6)**

6-6.45pm Zumba **£5 (page 15)**

Tuesday

9.30-10am Breathe, Stretch, Relax (term time only) **£3.50 (page 14)**

10-11am Gentle Exercise (term time only) **£3.50 (page 14)**

11am-12noon Dance, Tone, Stretch (term time only) **£3.50 (page 14)**

12.30-1.30pm BSL Exercise Session (term time only) **£3.50 (page 14)**

3-4.30pm Space to Connect **Free Session (page 13)**

Wednesday

10am-12noon Free to Be Over 50's Group (term time only) **£1.40 & Drinks (page 5)**

1.30-3pm Chat, Craft & Create **£3.50 (page 12)**

6-6.45pm Zumba **£5 (page 15)**

Thursday

10.30-12noon COGS memory session **£5.50 (page 9)**

1st Monday of the Month

6-7.30pm Cancer Support Drop in at The Black Bull Pub **Free Session (page 7)**

2025 Centre Closures

Bank Holiday Closures

Friday 18th April & Monday 21st April

Monday 5th May & Monday 26th May

Summer 2 Week Closure

Monday 18th August - Sunday 31st August

Christmas 2 Week Closure

Monday 22nd December - Sunday 5th January 2026

JOIN US FOR **COFFEE & CHAT**

at Ladybrook Community Centre
Mansfield, NG18 5JJ

Our coffee and chat session provides a weekly opportunity for people to drop into the community centre, enjoy a warm drink and chat to other members of the community and our team. Play a game, do a wordsearch or just relax and chat with new people

Monday Mornings
11.30am-1pm
£3.50

Including unlimited tea,
coffee & squash.
No booking required.
Sandwiches & snacks are
also available to buy.



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Free to Be OVER 50'S GROUP

in Partnership between
St John's & St Mary's Church &
Ladybrook Enterprises Ltd.

**Wednesdays (During Term Time)
from 10am - 12noon
Ladybrook Community Centre, NG18 5JJ**

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 £2 to attend including a drink.
You are welcome to just turn
up or if you want more information you
can call Chris on 01623 627802.**

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Cancer Support



Cancer Support Group

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

Why not join us at our weekly support group open to anyone affected by cancer?

**Monday afternoons from 1.30–3pm at
Ladybrook Community Centre, Mansfield, NG18 5JJ**
£3.50 per week including unlimited tea, coffee and squash

The group will help you gain a better understanding of cancer and support you to cope with the challenges it brings. You will leave feeling listened to and less alone. For more information call our Help at Hand Team on 07923 664504 or come and meet our friendly, welcoming group.



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In Mansfield People are Conquering Cancer Together

Cancer Support



Cancer Support Group Monthly Meet Up

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

Why not join us at our monthly meet up
open to anyone affected by cancer?

The 1st Monday of the Month from 6-7.30pm

6th January : 3rd February : 3rd March : 7th April : 2nd June : 7th July
4th August : 1st September : 6th October : 3rd November : 1st December 2025

at The Black Bull, Woodhouse Road, Mansfield, NG18 2BQ

Free Entry thanks to the Black Bull for hosting, please support them by purchasing
drinks at the bar! Food is also available for those that want to stay & eat.

Join us at this informal support group, chat to others, get one to one
support from our team and find out more about our weekly support group.
For more information call our Help at Hand Team on 07923 664504 or
come and meet our friendly, welcoming group in the conservatory.



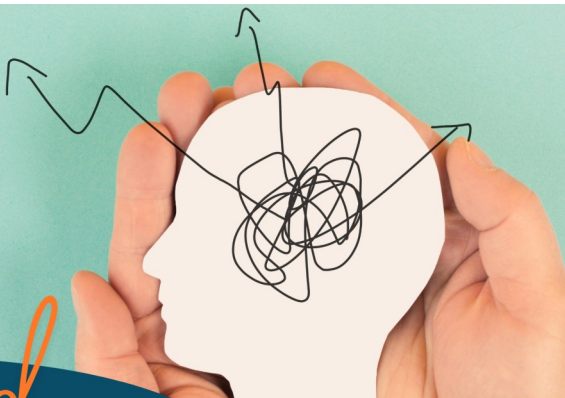
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In Mansfield People are Conquering Cancer Together

Memory Support



Remembering to

Be Kind

to your mind!

Our weekly health, wellbeing and memory support group brings together those that would like to make time in their week to be kind to their mind and body.

The session is perfect for those that have memory problems or issues with concentration caused by a range of conditions including :

Dementia
Long Term Health Conditions
Chronic Pain
Neurological Conditions
Mental Health

Monday Mornings 10-11.30am

Ladybrook Community Centre, Mansfield, NG18 5JJ

£3.50 per week including unlimited tea, coffee and squash and all activities and resources. Carers receive a 50% discount when attending with the person they care for.

For more information or to book your place call 07923 664504



Activities for
your mind



Physical
Activities



Crafts &
Creativity



Signposting
& Support



Friendship &
Laughter

Help at Hand Mansfield is a Project of Ladybrook Enterprises Ltd.

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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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Carers Support



Are you an unpaid carer for a friend, family member or neighbour?
Do you support someone to manage their day to day life?

Who supports you?

Why not come along to our weekly carers drop in sessions for a listening ear, signposting, support and help to access services?

Monday Mornings 10–11:30am

Ladybrook Community Centre, Mansfield, NG18 5JJ

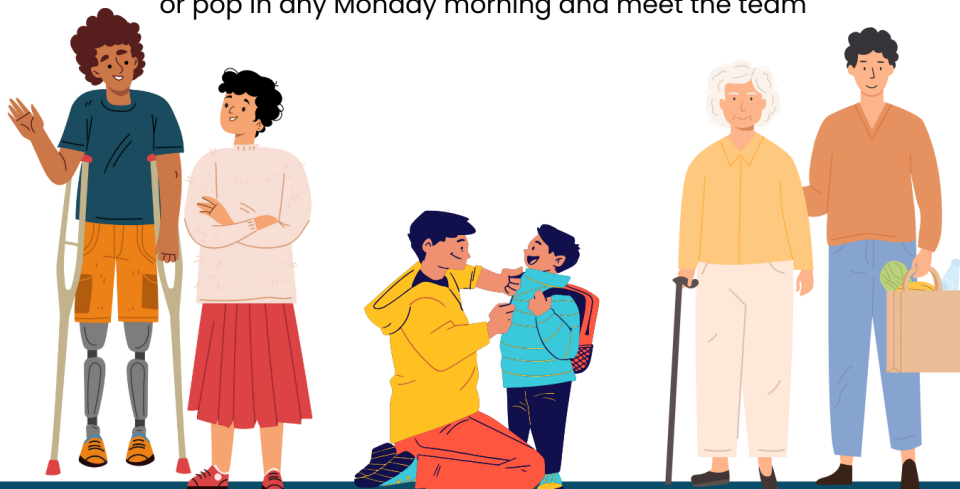
As part of our Remembering to Be Kind group.

You are welcome to attend with or without the person you care for and they can join in with a range of activities or have a cuppa with our friendly and experienced team whilst you chat and receive support.

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

Carers get a 50% discount when attending with the person they care for.

If you would like more information call 07923 664504
or pop in any Monday morning and meet the team



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CRAFTING WITH FRIENDS

Monday Mornings 10-11.30am
Ladybrook Community Centre
Mansfield, NG18 5JJ

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

£3.50 per session
including unlimited tea, coffee and squash.

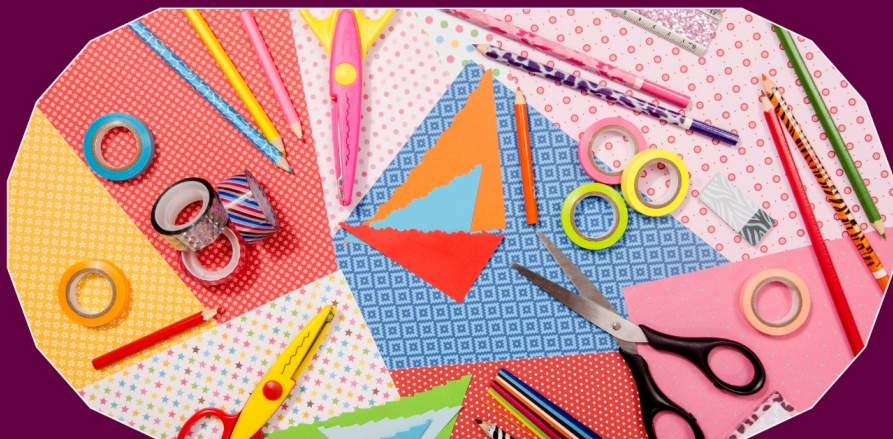
To book please call our help at Hand Team
on 07923 664504

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CRAFT, CREATE

* *and Chat* *



Wednesdays 1.30-3pm
Ladybrook Community Centre, NG18 5JJ
£3.50 per session

including unlimited tea, coffee & squash and all resources.

Join us for our weekly arts & craft session and try out a number of different creative activities. No need for any experience just come along and give it a go!

Friendly and accessible group with staff on hand to support with activities as well as an opportunity to chat, share a coffee and meet new people.



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Space to Connect



SPACE TO CONNECT

**A warm and welcoming place for people to come together.
Why not pop in and join us for a cuppa and a chat?
Find out about services and activities across Mansfield
& make connections with new people!**

**Tuesdays between 3–4.30pm (launches 8th April)
Ladybrook Community Centre, Mansfield, NG18 5JJ**

- » Meet new people
- » Visit our community share
- » Find information & support
- » Refreshments available

FREE ENTRY, EVERYONE WELCOME



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Accessible Exercise



HAPPY HEALTHY TUESDAYS* AT LADYBROOK COMMUNITY CENTRE

Every Tuesday
*Term time only
£3.50 per session

Come along and
give it a go!

| Session Type | Description | Time |
|-----------------------|--|----------------|
| Breathe Stretch Relax | Low impact movement for improved core strength, flexibility and relaxation. | 9:30 - 10am |
| Gentle Exercise | Low impact seated & standing exercise for improved health, strength, mobility and pain relief. Including time for a drink and chat at the end. | 10 - 11am |
| Dance Tone Stretch | Fun dance exercise session for all ages and abilities. Including time for a drink and group chat. | 11 - 12pm |
| BSL Exercise Group | Fun circuit exercise session for all ages and abilities. Including time for a drink and chat at the end. | 12:30 - 1:30pm |

Come along and give it a go or for more info,
please WhatsApp Valentina on 07828 778676 or
call our Help at Hand team on 07923 664504

Ladybrook Enterprises Ltd. Registered Charity Number: 1142473



Movement

Conversation

Connection

Partner Services

The great services below are delivered here at Ladybrook Community Centre by our partners and are accessible to anyone in the community. Please contact them directly

NHS Nottinghamshire Talking Therapies

For those feeling low, worried or stressed. Free one to one counselling & support.

Appointments available online, by telephone or here at the centre.

To self refer call 0333 155 1060 or visit www.notts-talk.co.uk

Your Health Notts 12 Week Strength & Balance Programme

Low impact exercise sessions to improve strength, mobility and stability

Free weekly sessions held here and throughout Nottinghamshire

To self refer call 0115 772 2515

Your Health Notts : Free Support to Stop Smoking

One to one support and free resources to help you quit smoking

Weekly sessions held here and throughout Nottinghamshire

To self refer call 0115 772 2515

West Notts College Personal Development Courses

Fantastic range of courses delivered by the West Notts Team every Tuesday 10-2

Next up is 6 week Speaking & Communication starting 22nd April followed by goal setting in June To book your place call their team on 01623 413602

Monthly Book Club with Katie Trinder

Come along and meet fellow book lovers on the second Tuesday of each month from 7-8.30pm. Friendly, welcoming group that picks a different theme each time

Come along or visit Katie Trinder Author on Facebook for more information



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 just come along & join the party

For information please call Kathy on 07502 131 278

Get In Touch



www.ladybrookcommunitycentre.co.uk



Join us on Facebook “@Ladybrookenterprises”



Telephone : 07923 664 504



ladybrookcommunitycentre@btconnect.com



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