

Ladybrook Community Centre Services & Activities Guide

Autumn 2025



The Home of Brighter Mansfield

Award Winning Charity Improving Lives in Mansfield and District Since 2011

Registered Charity Number : 1142473 Company Number : 7419706

Brighter Mansfield (previously Ladybrook Enterprises) is an independent, registered charity that operates for the benefit of the people of Mansfield District and Surrounding areas.

Operating from Ladybrook Community Centre, and in other venues in and around Mansfield, we offer a number of activities and services all designed with the aim of helping people improve their lives. We deliver activities and services in our 5 key areas of work :

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

Accessing Our Services

All of our sessions are open to those living in Mansfield and District or surrounding areas. To access our support you will need to complete a registration form with one of our team on your first visit. This allows us to find out a little more about you and what things you are interested in as well as helping us to make sure you are comfortable and safe whilst with us.

Carers are more than welcome to attend with those that require additional support and both paid and unpaid carers receive a 50% discount in all sessions directly delivered by our charity. We are unable to help with personal care or transferring customers so you need to be able to do this independently or have someone to support you if this is something you need help with. Payment can be made on the day by cash or card or monthly in advance via invoice with a pre-payment discount of 10%.

We have free car parking on site (entrance on Bancroft Lane) and are accessible to those who use a wheelchair or other mobility aids.

If you use public transport the number 6 Ladybrook bus drops off and picks up directly outside our carpark.

Most of our sessions don't require advance booking, you are more than welcome to come along and give them a try. For specialist sessions a short assessment may be required before coming along.

Monday

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

10-11.30am Carers Support **£3.50 (Page 7)** ★

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

10-11am Pilates **£3.50 (Page 14)** ★

11am-12noon Dance Exercise **£3.50 (Page 14)** ★

12.30-1.15pm Low Impact Exercise **£3.50 (Page 14)** ★

1.15-2pm Steady Steps & Falls Prevention **£3.50 (Page 14)** ★

3-4.30pm Space to Connect **Free Session (Page 12)**

Wednesday

10am-12noon Free to Be Over 50's group (term time only) **£2 (Page 5)**

1.30-3pm Chat, Craft & Create **£3.50 (Page 10)** ★

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 Drop in at The Black Bull Pub **Free Session (Page 6)**

Carers Receive 50% off all sessions marked ★

When attending with the person they care for!

2025 Centre Closures

Christmas 2 Week Closure

Monday 22nd December 2025 - Sunday 4th January 2026

Join us at our Annual Christmas Fair
Saturday 6th December 1-4pm (Page 13)



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 &
Brighter Mansfield

**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 Services

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?

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

and

**Monthly on the 1st Monday of each month 6–7.30pm at
The Black Bull, Woodhouse Road, Mansfield, NG18 2BQ**
Free entry : please support the venue by buying a drink from the bar

These groups 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 Team on 07923 664504 or come along and meet our friendly, welcoming group.

In Mansfield People are Conquering Cancer Together

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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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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

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 with dementia and their carers can build new connections, gain support and have fun!

Activities Include Games, Quizzes, Physical Activities, Creativity, Music 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 with carers receiving a 50% discount

An initial assessment is required before attending this group. To discuss whether this group meets your needs and to book your place please get in touch with us on 07923 664 504



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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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.

No need to book just pop along and join us
or call our team for more information
on 07923 664504

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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
Ladybrook Community Centre, Mansfield, NG18 5JJ**

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

FREE ENTRY, EVERYONE WELCOME

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The poster features a light blue background with a white, frosty texture. It is decorated with various Christmas-themed elements: green pine branches with yellow and purple ornaments at the top, a string of yellow round lights along the top and bottom edges, and several colorful Christmas ornaments (purple star, purple and yellow striped, yellow and purple patterned, and purple and yellow striped) hanging from the top. The central text is prominently displayed in a mix of bold sans-serif and elegant script fonts. The event details are listed in a clean, sans-serif font. At the bottom, the organizing charity's name and contact information are provided in a smaller font.

Brighter
Mansfield

BRIGHTER MANSFIELD'S 2025
CHRISTMAS
Fair

JOIN US FOR OUR ANNUAL CHRISTMAS EVENT
SATURDAY 6TH DECEMBER 1-4PM
LADYBROOK COMMUNITY CENTRE
MANSFIELD, NG18 5JJ

**CRAFT &
GIFT STALLS** **SANTA'S
GROTTO** **FUNDRAISING
GAMES**

**FREE CRAFT
ACTIVITIES** **REFRESHMENTS
& MUCH MORE!**

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COMMUNITY EXERCISE AT LADYBROOK COMMUNITY CENTRE LADYBROOK LANE, MANSFIELD, NG18 5JJ

TUESDAY

Session Type	Description	Time
Pilates Class	A low impact class focused on core strength, flexibility & posture. Suitable for all levels (please bring a mat if you have one)	10am-11am
Dance Exercise Class	A fun energetic class that combines easy dancy moves with a full body workout great for lifting mood and to make new friends.	11am-12pm
Low Impact Exercise Class	A gentle impact workout done seated or standing, designed to improve strength, balance & mobility. Perfect for all abilities.	12:30pm-1:15pm
Steady Steps & Fall Prevention	A gentle exercise class to help improve balance, strength and confidence-ideal for preventing falls and staying active	1:15pm-2pm

**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 Connect

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 for more information

NHS 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 : 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

A fantastic range of course delivered by the West Notts team every Tuesday. Next up is resilience and coping skills which starts in September. To book your place call their team on 01623 413 602.



WITH KM FITNESS

MONDAYS & WEDNESDAYS

6 - 6.45 PM

ONLY £5 PER CLASS

AT LADYBROOK COMMUNITY CENTRE

FUN. FRIENDLY CLASS WHERE

EVERYONE IS WELCOME

**NO NEED TO BOOK JUST COME ALONG AND JOIN THE PARTY!
FOR MORE INFORMATION CALL KATHY ON 07502 131 278**

BRIGHTER THINGS ARE COMING!

and you can help us make them happen by:

- Joining us as a charity trustee, leading our strategic vision and work
- Spreading the word about the services we offer
- Volunteering in one of our sessions, supporting the community directly
- Sponsoring one of our groups or services
- Contributing to our running costs with donations of goods or funds
- Sharing our Facebook posts to help us reach more people
- Telling us your thoughts and helping us to know what people want

To get involved in our work or to find out more about our charity or any of our activities please contact us :



07923 664 504



ladybrookcommunitycentre@btconnect.com



www.ladybrookcommunitycentre.co.uk



Follow us on Facebook @brightermansfield

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