

Ladybrook Community Centre

Services & Activities Guide

Autumn 2026



The Home of Brighter Mansfield

Award Winning Charity Improving Lives in Mansfield & Surrounding Areas 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 & 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 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 .

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.

Brighter Mansfield is here to change lives across Mansfield and the surrounding areas. We take action where it matters most - supporting health and wellbeing, strengthening social and community connections, empowering individuals, building skills and education, and influencing services to work better for the people who rely on them.

We deliver practical, people-first support, both independently and alongside local partners, removing barriers, opening doors, and creating real opportunities for change. We don't shy away from gaps in provision - when needs are clear and support is lacking, we step in and find solutions.

We believe in the strength, resilience, and potential of our community. Powered by a committed team of staff, volunteers, and peer supporters with lived experience, we help people build confidence, gain skills, and take control of their futures.

Bold, determined, and unapologetically driven, we stand up for what's right. We are quick-thinking, solution-focused, and prepared to challenge the status quo to ensure people get the support they deserve. Our mission is to keep growing, adapting, and reaching further - expanding our impact, strengthening our community hub, and making Mansfield a brighter place for everyone.

Our Care Values



Community & Connection

Creating ripples of positive change through meaningful relationships



Advocacy & Access

Giving everyone a voice and ensuring equal opportunities



Respect & Responsibility

Being role models who honour dignity and uphold integrity



Empower & Enable

Supporting growth and wellbeing through guidance and trust

Each principle is supported by these commitments

Community & Connection:	Creating a warm, welcoming environment for all Building relationships based on trust and genuine care Fostering belonging and shared purpose
Advocacy & Access:	Championing equality and justice Amplifying unheard voices Providing trusted guidance and support
Respect & Responsibility:	Maintaining honesty and integrity in all actions Ensuring everyone's right to safety and dignity Practicing non-judgmental acceptance
Empower & Enable:	Coaching/Mentoring individuals to discover their potential Promoting wellbeing and personal growth Being open and responsive to community needs

Monday

10-11.30am Remembering to Be Kind To Your Mind **£4 (Page 6)** ★

10-11.30am Carers Support **£4 (Page 5)** ★

10-11.30am Crafting With Friends **£4 (Page 12)** ★

1.30pm-3pm Remembering to Be Kind To Your Mind **£4 (Page 6)** ★

6-6.45pm Zumba **£5 (Page 18)**

Tuesday

10-11am Pilates **£4 (Page 15)** ★

11am-12noon Dance Exercise **£4 (Page 15)** ★

12.30-1.30pm Low Impact & Balance **£4 (Page 15)** ★

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

Wednesday

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

1.30-3pm Craft, Create & Chat **£4 (Page 11)** ★

6-6.45pm Zumba **£5 (Page 18)**

Thursday

10.30-12noon COGS memory session **£6 (Page 7)** ★

6-7.30pm Women Together **£5 (Page 14)** ★

Monthly Support Sessions

IMPACT Cancer support on the 1st Monday of the month 5.30-7pm

IMPACT Cancer Support on the 3rd Monday of the month 1.30-3pm

£4 per session including unlimited tea, coffee and squash (Page 9) ★

Grief and Loss Support on the 2nd Monday of the month 1.30-3pm

£4 per session including unlimited tea, coffee and squash (Page 8) ★

Tech Togethers on the 2nd Friday of the month 10-11.30am

Free to attend with donations welcome (Page 16)

Carers Receive 50% off all sessions marked ★

When attending with the person they care for!

2026 Centre Closures

Christmas Closure Monday 21st December 2026 - Sunday 3rd January 2027

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 and

Monday Afternoons 1.30–3pm

Ladybrook Community Centre, Mansfield, NG18 5JJ

As part of our Remembering to Be Kind groups.

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.

£4 per session 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 and

meet the team



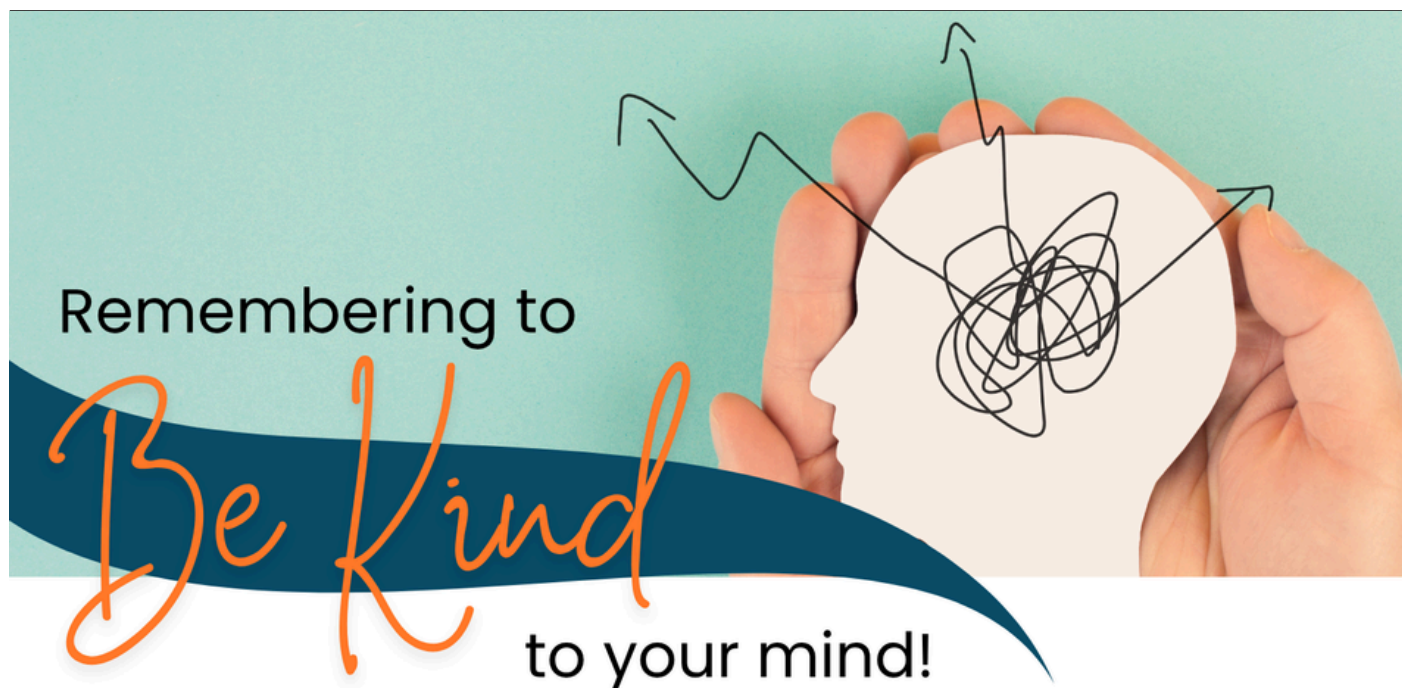
Brighter Mansfield

Improving Lives in Mansfield & Surrounding Areas

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

Registered Charity Number: 1142473 Company Number: 7419706





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 and
Monday Afternoons 1.30–3pm
Ladybrook Community Centre, Mansfield, NG18 5JJ**

£4 per session 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

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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 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 £6 including unlimited tea, coffee and squash and all activities and resources 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



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Grief and Loss Group

at Ladybrook Community Centre Mansfield, NG18 5JJ

**Every Month on the
Second Monday of the Month**

1.30-3pm

£4 including unlimited drinks

Grief and loss can feel very isolating with many feelings coming in waves.

Sometimes small ripples of sadness that come and go. Other times like a tsunami completely knocking you off your feet and consuming your every thought.

The purpose of this group is to sit alongside each other, helping to share and understand together, the impact of life without our loved ones.

Making sense of our new reality and helping to find a way of riding the waves to move beyond our grief.

**For more information email
contactus@brightermansfield.co.uk
or call us on 07923 664 504**

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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 friendly support group open to anyone affected by cancer?

Evening Session on the 1st Monday of each month 5.30–7pm

and

Daytime Session on the 3rd Monday of the month 1.30–3pm

Ladybrook Community Centre, Mansfield, NG18 5JJ

£4 per week including unlimited tea, coffee and squash

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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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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CRAFT, CREATE *and Chat*



Wednesdays 1.30-3pm
Ladybrook Community Centre, NG18 5JJ
£4 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

As part of our
remembering to be kind to your mind session
Ladybrook Community Centre
Mansfield, NG18 5JJ

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

**£4 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
- » Visit our community share
- » Find information & support
- » Refreshments available

FREE ENTRY, EVERYONE WELCOME

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WOMEN TOGETHER

Weekly Women's Development Group



**Weekly
Thursday
6-7.30pm
Re-start 3rd
September**

Join our brand new weekly group to support women in talking, learning and developing together.

Come along and help us to shape the group, plan what speakers you would like to see and develop a place where women can grow together!

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

**For more information email us
contactus@brightermansfield.co.uk
or Telephone 07923 664504**

**£5 per week
including
drinks &
resources**

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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 focussed 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 dance moves with a full body workout. Great for lifting mood and to make new friends.	11am - 12noon
Low Impact & Balance Class	Great low-impact session enhancing balance and stability skills. A range of seated and standing exercises perfect for all abilities.	12.30pm - 1.30pm



**To find out more whatsapp Valentina on 07828 778676
or call our Help at Hand Team on 07923 664504**



Brighter Mansfield LTD. Registered Charity Number: 1142473
Movement. Conversation. Connection.



Presents

Tech Together



Friendly. Practical. Supportive.
Let's get confident with technology!

Join us for relaxed monthly sessions
to learn, share and get the most out of
your smartphone, tablet or device.
Friendly support & chat from our volunteers.



Ladybrook
Community Centre
Mansfield
NG18 5JJ



Second Friday of
Every Month
10am-11.30am
From 11th Sept 2026

Everyone welcome no experience needed!

Together we can build confidence
and stay connected.

Free to attend : Donations Welcome

No need to book just come along or call 01623 624208 for more information.

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Tech Together

Dates & Subjects

Friday 11th September 2026

Getting to know your device

Making friends with your smartphone or tablet.

Covers understanding buttons, settings and icons, connecting to wifi, downloading apps, accessibility settings and managing battery life.

Friday 9th October 2026

Staying Connected

Keeping in touch with friends and family.

Covers WhatsApp basics, sending photos and videos, video calling using FaceTime, Whatapp and Zoom, Creating family groups and voice messages.

Friday 13th November 2026

Shopping & Saving Money Online

The high street in your pocket.

Covers online shopping basics, grocery deliveries, comparing prices, booking tickets and appointments and managing online payments safely.

Friday 11th December 2026

Spotting Scams & Staying Safe

Don't get caught out!

Covers common phone, text and email scams, recognising fake websites, password safety, two factor authentication and what to do if something doesn't feel right.

Friday 8th January 2027

Everyday Life Made Easier

Useful apps for daily living.

Covers The NHS app, Google maps and directions, weather apps, bus and train information, banking apps and medication reminders

Friday 12th February 2027

Exploring Your Interests

Technology for fun, learning and wellbeing.

Covers YouTube, podcasts, digital books and audio books, family history websites and local community groups online.



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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

Mansfield Choral Society

Open to all adults aged 18+, this friendly choir sing a variety of music and welcome new members to come along Thursday evenings on a termly basis. Your first term is completely free - for more information and

to arrange to come along or find out more

email admin@mansfieldchoral.org or call 07810484449

A poster for Zumba with KM Fitness. The background is dark purple. At the top, there are colorful confetti pieces: a yellow circle, a pink diamond, and a purple triangle. The word 'ZUMBA' is written in large, white, rounded letters. To the left of 'ZUMBA' is a pink wavy line. Below 'ZUMBA' is the text 'WITH KM FITNESS' in white, all-caps, sans-serif font. Below that is 'MONDAYS & WEDNESDAYS' in the same font. Then '6 - 6.45 PM'. Then 'ONLY £5 PER CLASS'. Then 'AT LADYBROOK COMMUNITY CENTRE'. Then 'FUN. FRIENDLY CLASS WHERE'. Finally 'EVERYONE IS WELCOME' at the bottom.

ZUMBA
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
Mansfield**

BRIGHTER MANSFIELD'S 2026
CHRISTMAS
Fair

JOIN US FOR OUR ANNUAL CHRISTMAS EVENT
SATURDAY 28TH NOVEMBER 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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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



contactus@brightermansfield.co.uk



www.ladybrookcommunitycentre.co.uk



Follow us on Facebook @brightermansfield

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