



COTGRAVE NOTTS IN MIND

Feeling stressed? Need a boost? Want to improve your health and wellbeing? Join us and build a new you in 2026



Thursdays

10:30 - 12:00 pm



Cotgrave Leisure Centre

See overleaf for contact info



JOIN US FOR
FREE



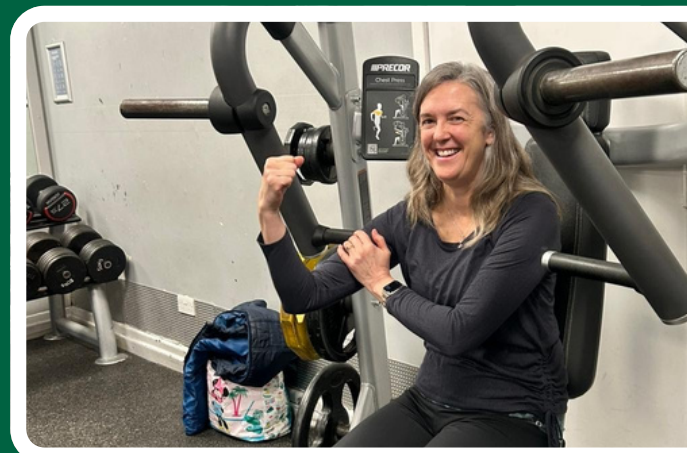
What we provide

- ✓ **Safe and Friendly Peer Support group**
- ✓ **Mental and Physical Wellbeing Focus**
- ✓ **Low-Impact Sporting Activities**
- ✓ **A cuppa, chat and a biscuit or two with a fun and friendly team!**
- ✓ **Access to varied activities including Cook n' Eat classes, Gym sessions, Aquafit, therapy dogs, yoga and much more**



Who are we?

- ✓ **We at Trent Bridge Community Trust believe in providing inclusive opportunities where everyone feels valued, respected and empowered.**
- ✓ **Using Sport & Physical Activity to:**
 - Increase Self Esteem
 - Build Confidence
 - Improve Fitness Levels
 - Meet New People
- ✓ **Supporting Health and Wellbeing in the community**



For further information, contact us on:

07486 327 403

Louise.manger@trentbridge.co.uk

trentbridge.co.uk/trust

