



THE MEADOWS

NOTTS IN MIND

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



Tuesdays

13:30 - 15:00 pm



Queen's Walk Community Centre

See overleaf for contact info



JOIN US FOR
FREE



Following our successful Notts In Mind Women's Group at Cotgrave, we are creating a second group near you in The Meadows!

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:

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