



Clifton & Meadows PCN Social Prescribing

NEWSLETTER WINTER 2023



What have we been up to?

DIABETES HEALTH & WELLBEING EVENT

12PM-5PM
QUEENS WALK COMMUNITY CENTRE
 MEADOWS NOTTINGHAM
 NG2 2DF

TRAVELLING BY:
 TRAM -> QUEEN'S WALK TRAM STOP
 BUS -> 48 / 48X
 CAR -> LIMITED PARKING

- BLOOD GLUCOSE TESTING
- HEIGHT AND WEIGHT MONITORING
- BLOOD PRESSURE CHECKS
- FOOT CHECKS

- DIABETES CENTRED ADVICE AND GUIDANCE
- MEET THE SOCIAL PRESCRIBERS AND HEALTH & WELLBEING COACHES
- COMMUNITY PROJECTS & INITIATIVES
- FREE REFRESHMENTS!

SUPPORT FROM:

Meadow's Diabetes Event Thursday 16th November 2023

Following the success from the event in the summer, the network teamed up with the PCN 7 Wollaton, Lenton and Bilborough team to create a health and wellbeing event for patients diagnosed with diabetes and pre-diabetes. Patients were able to explore what they can do to support their diabetes. This included weight & blood pressure checks, and received support from the Podiatry & Ophthalmology team.



Sport & Wellbeing Academy with Nottingham Trent University Showcase

Our team is dedicated to supporting people increase their levels of physical activity and have created a free 12 week programme.

This is now available for all residents in the Clifton & Meadows area. This will provide a free bespoke consultancy service, will play a key role in helping to reduce local health inequalities around physical activity and healthy eating.

The showcase was a success and was declared open by Paralympian Richard Whitehead

Interested?
 further details on
 page 3 or
 scan the QR code

Nottingham Trent University
 Sport and Wellbeing Academy



Bridgeway Christmas Light Switch on Thursday 30th November 2023

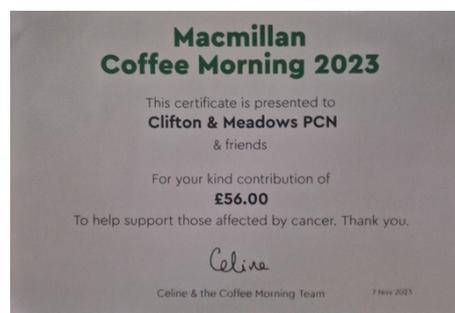
We were joined by the local Primary Schools who sang Christmas Carols round the tree and enjoyed the countdown to the Meadow's beautiful Christmas tree switching on the lights



Create & Calm Coffee Morning at the Salvation Army supporting Macmillan Cancer Charity

Our beloved coffee morning has hit its 2 year anniversary and is more popular than ever!!

Even in a cost of living crisis, our attendees raised £56 to support Macmillan's battle against cancer



Christmas 2023



No plans for Christmas?

Are you alone this Christmas but want to join in on the festivities? You are invited to a Christmas meal!

MEADOWS: Located at The Salvation Army on Arkwright Street for dinner on the 25th at 12pm with Christmas activities

CONTACT: Denise on 07731 706146

CLIFTON: contact to book a place and inform the chefs of any dietary requirements. Transport is available



Located at Rivergreen Methodist Church NG11 8AU at 12:30pm

CONTACT: Revd Lydia Cartwright on 07305 820553 or rev.lydiacartwright@gmail.com

What's next for 2024?

**Do you want to reduce aches and pains?
Improve physical and mental wellbeing?
Manage stress better?
Build confidence?**



**Nottingham Trent
University**

Sport and Wellbeing Academy

EXERCISE REFERRAL PROGRAMME

**The Sport and Wellbeing Academy
at NTU's Clifton Campus is accepting patients
to their FREE Exercise Referral Programme**

**Our expert team want to help you make
positive changes with a personalised
fitness programme, including a free
health assessment and body MOT.**

To be eligible you need to be 19 or over
and fulfil at least one of these criteria:

- A BMI of 25 or over
- High blood pressure
- High cholesterol
- Suffer with stress
- Joint or mobility problems or an ailment that impacts on your daily activity
- Do less than 30 minutes of moderate physical activity per week
- Suffer from chronic pain
- Consistent lower back pain
- Arthritis
- Smoke



Register Now!

<https://rb.gy/fm44w>

What's next for 2024?

SEATED EXERCISE CLASSES

**WITH NICK HARGREAVES
OUR HEALTH & WELLBEING COACH**

**FREE WEEKLY EXERCISE CLASSES FOR EVERYONE OF ALL ABILITIES
INCORPORATING:**

- CHAIR BASED EXERCISES
- MOBILITY & STRETCHING DRILLS
- BREATHING EXERCISES
- NUTRITIONAL SUPPORT
- RESISTANCE BANDS



CLIFTON: Clifton Library
Southchurch Drive, Clifton, NG11 8AB
10am-12pm

MEADOWS: The Salvation Army
Arkwright Street, Meadows, NG2 2HN
10am-12pm



TO BOOK- CONTACT:

Nick Hargreaves

call: 07425 894869

email: nicholas.hargreaves2@nhs.net



What's next for 2024?

NEW YEAR NEW CAREER?

The team have a wealth of knowledge of the local labour market, direct links with local employers and skills to assist help secure your employment

Their advisors can help with:

- CV Building
- job searching
- application support
- preparation and advice
- interview skills
- mock interviews
- Right to work documentation
- transport to interviews
- interview clothing
- advice and support retaining your job or progress in your career

UK CHAMBER OF THE YEAR

**east midlands
chamber**

Derbyshire | Leicestershire | Nottinghamshire

CONTACT:

employment services- 0333 320 0333
self employment support- Andy 07776 959365
email: employment.services@emc-dnl.co.uk





What's next for 2024?

CLIFTON DROP-IN SESSION

The social prescribers have now set up a drop-in session at Clifton Hope church

If you feel alone or socially isolated, meet the Social Prescribers.

do you need a little support from the Food Bank, Employment Advisors or Citizens Advice - you are more than welcome to drop in!

9AM - 11AM

Clifton Hope Centre
2 Southchurch Drive
Clifton
Nottingham
NG11 8AR



What's next for 2024?



CREATE & CALM COMMUNITY CAFE

Who: Everyone is welcome, come and meet the social prescribing link workers.

Where: Salvation Army, Arkwright Walk, NG2 2HN

When: Every Thursday 10am - 12pm

		
Free selection of snacks	Free tea & coffee	Range of games & activities

Contact the team:
nnicb-nn.splwcliftonandmeadows@nhs.net





OUR LAST COFFEE MORNING IS THURS 21st DECEMBER
AND ARE BACK ON THURS 11th JAN



*Looking forward to seeing you
in the New Year from,*

TINA, MELANIE,
ESTHER & NICK