

Nottinghamshire Weight Management Courses

T2 Adult Weight Management			
Service and District	Day	Time	Venue
Rushcliffe	Monday (from 13/7/15)	10:30 – 12:00	The Pavillion (Home of Bingham Rugby Club), Brendon Grove, Bingham, NG13 8TN
Broxtowe	Tuesday	19:00 – 20:30	Chilwell Community Centre, Inham Road Beeston, NG9 4HX
Mansfield	Tuesday	16:30 - 18:00	River Maun Leisure Centre, Barringer Road, Mansfield, NG18 2DF

T2 Adult Weight Management			
Service and District	Day	Time	Venue
Bassetlaw	Wednesday	16:00 - 17:30	Kilton Forest Community Centre, Larwood Avenue, Kilton, Worksop S81 0DA
Gedling	Wednesday	19:30 - 21:00	Killisick Community Centre, Killisick Road Arnold, NG5 7JJ
Ashfield	Thursday	16.00 - 17.30	Everyone Active Lammas Leisure Centre, Lammas Road, Sutton-in-Ashfield, NG17 2AD
Newark and Sherwood	Friday	10:30 – 12:00	Grove Leisure Centre, London Road, Newark-on-Trent, NG24

T3 Adult Weight Management			
Nottinghamshire District	Day	Time	Venue
Mansfield	Friday	09:00 – 11:00	Forest Medical/ Rosemary Street Practice NG19 6AB
Newark & Sherwood	Monday	10:00 – 12:00	Hawtonville Young People's Centre, Windsor Road NG24 4HX
	Thursday	13:00 – 15:00	Life Spring Centre, Sherwood Drive, New Ollerton NG22 9PP
Rushcliffe	Wednesday	12:30– 13:30 (Group Physical Activity Session)	East Bridgford Medical Centre, 2 Butt Lane, NG13 8NY
		13:30 – 14:30	
		16:00 – 17:00 (Group Physical Activity Session)	All Hallows Halls, Pierrepont Road, West Bridgford NG2 5BP
		17:00 – 19:00	

T3 Adult Weight Management			
Nottinghamshire District	Day	Time	Venue
Ashfield	Monday	15:30 – 17:00	Hucknall Leisure Centre, Linby Road NG15 7TX
	Tuesday	09:00 – 12:00	Ashfield Health Village, Portland Street, Kirkby NG17 7AE
Bassetlaw	Tuesday	14:00 – 17:00	Retford Leisure Centre, Old Hall Drive, Retford, DN22 7EA
	Thursday	09:00 – 12:00	Kingston Close, Community Centre, Manton S80 2UH
Broxtowe	Tuesday	16:00 – 18:00	Chilwell Community Centre, Inham Rd, Inham Nook, NG9 4HX
	Friday	13:00 – 14:00	Church Walk Medical Practice, Eastwood NG16 3BH Plumtre Community Hall - Church Lounge Eastwood NG16 3BS
Gedling	Monday	13:00 – 15:00	St George's Community Centre, 91 Victoria Road Netherfield, NG4 2NN
		14:00-15:00 (Group Physical Activity session)	St George's Community Centre, 91 Victoria Road Netherfield, NG4 2NN

Tier 3 Child Weight Management			
Nottinghamshire District	Day	Time	Venue
Ashfield	Mondays	15:00-17:00	Hucknall Leisure Centre, Linby Road NG15 7TX
Bassetlaw	Wednesday	18:00-19:00	Killton Forest Community Centre, Larwood Avenue, Kilton, Worksop, S81 0DA
	Tuesday	16:00-17:00	Retford Leisure Centre, Old Hall Drive, Retford, DN22 7EA
Broxtowe	Tuesday	18:00-19:00	Chilwell Community Centre, Inham Rd, Inham Nook, NG9 4HX
Gedling	Thursday	16:00-17:00	Westdale Lane Community Centre, Westdale Lane, Mapperley, NG3 6ES
Mansfield	Wednesday	16:00-17:00	St John Centre, St John Street, Mansfield, NG18 1QH
Newark & Sherwood	Thursday	16:00-17:00	Life Spring Centre, Sherwood Drive, New Ollerton NG22 9PP
Rushcliffe	Wednesday	17:00-18:00	All Hallows Halls, Pierrepont Road, West Bridgford NG2 5BP

T2 Child Weight Management				
Nottinghamshire District	Start date	Exclusion Dates	Time	Venue
Ashfield	Monday 14 th September 2015	th October 2015	16:00-18:00	Hillocks Primary School, Unwin Road Sutton NG17 4ND
Mansfield	Wednesday th September 2015	th October 2015	17:00-19:00	St John Centre, St John Street, Mansfield NG18 1QH
Bassetlaw	Thursday th September 2015	th October 2015	16:00-18:00	Worksop Library, Memorial Avenue, Worksop, S80 2BP

Contact details

email: changepointnotts@everyonehealth.co.uk

telephone: 03330 05 00 92

website: www.everyonehealth.co.uk