



Health & Well-being Memberships for Carers

Take advantage of free membership at a local gym and have access to the gym, pool, Jacuzzi or any of the exercise classes. Carers who are registered with Nottinghamshire Carers Hub can ring the Hub to arrange their membership.

Carers can book a maximum of 1 day per week at their chosen gym. Your first visit will include an induction with an experienced trainer. **We are currently taking bookings up to the end of February 2017.**

Gedling district:

Nuffield Health and Fitness
Plains Road, Mapperley, NG3 5RH
Telephone: 0115 822 0306
Opening times: Mon – Fri: 6.30am – 10.00pm,
Weekends and Bank Holidays: 8.00am – 8.00pm

Rushcliffe district:

Roko Health Club
Wilford Lane, West Bridgford, NG2 7RN
Telephone: 0115 982 7799
Opening times: Mon – Fri: 6.30am – 10.00pm
Weekends: 8.00am – 7.00pm

Ashfield district:

Lammas Leisure Centre
Lammas Rd, Sutton-in-Ashfield, NG17 2AD
Telephone: 01623 511177

Hucknall Leisure Centre
Linby Road, Hucknall, NG15 7TX
Telephone: 0115 956 8750

Huthwaite Leisure Centre
New St, Sutton-in-Ashfield, NG17 2LR
Telephone: 01623 457130

Selston Leisure Centre
Chapel Road, Selston, NG16 6BW
Telephone: 01773 781800

Festival Hall Leisure Centre
Hodgkinson road, Kirkby in Ashfield, NG17 7DJ
Telephone: 01623 457101

Opening times: Mon – Fri: 6.45am – 10.00pm
Weekends: 8.00am – 8.00pm

Mansfield district:

Mansfield District Leisure Trust

Meden Sports Centre
Burns Lane, Warsop, NG20 0QN
Telephone: 0345 0010 002
Opening times: Mon – Fri: 6.30am – 10.00pm
Weekends: 8.00am – 1.00pm

Oak Tree Leisure Centre
Jubilee Way South, Mansfield, NG18 3RT
Telephone: 0345 0000 231
Opening times: Mon – Fri: 6.30am – 10.00pm
Sat 8.00am – 4.00pm and Sun 8.00am – 8.00pm

Rebecca Adlington Swimming Centre
West Dale Road, Mansfield, NG19 7BZ
Telephone: 0345 0000 230
Opening times: Mon – Fri: 6.30am – 10.00pm
Weekends: 8.00am – 5.00pm

River Maun Recreation Centre
Barringer Road, Mansfield, NG18 2DF
Telephone: 0345 0000 233
Opening times: Mon – Fri: 8.45am – 9.30pm
Weekends: 8.45am – 7.00pm

Water Meadows Swimming and Fitness Complex
Titchfield Park, Bath Street, Mansfield, NG18 1BA
Telephone: 0345 000 0232
Opening times: Mon – Fri: 6.30am – 1.00pm
Weekends: 8.00am – 6.00pm

Carers will need to check pool timetables with public opening times.



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<p>Bassetlaw district:</p> <p>Retford Leisure Centre Old Hall Drive, Retford, DN22 7EA Telephone: 01777 706500 Opening times: Mon - Fri 6.00am - 10.00pm Saturday 7:30am - 6:00pm Sunday 7:30am - 9:00pm</p> <p>Worksop Leisure Centre Valley Road, Worksop, S81 7EN Telephone: 01909 473937 Opening times: Mon - Fri 6:00am - 10:00pm Saturday 7.00am - 7.00pm Sunday 7:00am - 9:00pm</p>	<p>Broxtowe district:</p> <p>The Village Brailsford Way, Chilwell, NG9 6DL Telephone: 01158 965065 Opening times: Mon – Sun 6.30am – 10.00pm</p> <p>Eastwood Hall Mansfield Road, Eastwood, NG16 3SS Telephone: 01773 532520 Opening Times: Mon-Fri 6.00am- 10.00pm Sat-Sun 7.00am – 8.00pm</p>
<p>Newark and Sherwood district:</p> <p>Blidworth Leisure Centre Belle Vue Lane, Blidworth, NG21 ORD Telephone: 01623 466 266 Opening times: Monday – Thursday: 6.30am – 9.30pm Friday: 6.30am – 8.30pm Sat – Sun: 8am – 6pm</p> <p>Dukeries Leisure Centre Main Road, Boughton, Newark, NG22 9JJ Telephone: 01623 862 469 Opening times: Monday – Thursday: 6.30am – 10pm Friday: 6.30am – 9pm Sat – Sun: 8am – 6pm</p> <p>Newark Sports and Fitness Centre Bowbridge Road, Newark, NG24 4DH Telephone: 01636 655 780</p> <p>Please note: Carers can only access the Newark centre between the following times: Off-peak access to the centre: Monday – Sunday: 8.30am – 4.30pm</p>	

For more information, contact the [Nottinghamshire Carers Hub](#)

Tel: 0115 8248824 Email: hub@carerstrustem.org Website: www.carerstrustem.org/hub