



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 2018.**

<p>Rushcliffe district:</p> <p>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</p>	<p>Mansfield district:</p> <p><u>Mansfield District Leisure Trust</u></p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>Carers will need to check pool timetables with public opening times.</p>
<p>Ashfield district:</p> <p>Lammas Leisure Centre Lammas Rd, Sutton-in-Ashfield, NG17 2AD Telephone: 01623 511177</p> <p>Hucknall Leisure Centre Linby Road, Hucknall, NG15 7TX Telephone: 0115 956 8750</p> <p>Huthwaite Leisure Centre New St, Sutton-in-Ashfield, NG17 2LR Telephone: 01623 457130</p> <p>Selston Leisure Centre Chapel Road, Selston, NG16 6BW Telephone: 01773 781800</p> <p>Festival Hall Leisure Centre Hodgkinson road, Kirkby in Ashfield, NG17 7DJ Telephone: 01623 457101</p> <p>Opening times: Mon – Fri: 6.45am – 10.00pm Weekends: 8.00am – 8.00pm</p>	



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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>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