

## Health & Well-being Memberships for Carers in Nottinghamshire

(Access is at your own risk, please follow the Covid19 guidelines provided by the Health & Leisure Centres)

Take advantage of free membership at a local gym and have access to the gym, pool, Jacuzzi or any of the exercise classes. Carers that live in the County and are registered with Nottinghamshire Carers Hub @ TuVida can access the health & wellbeing membership by contacting the Hub on 0115 8248 824 or [nottinghamshirehub@tuvia.org](mailto:nottinghamshirehub@tuvia.org) . 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, please note there may be a one off charge for the induction depending on the gym

### Gedling District:

Carlton Forum Leisure Centre: Coningswath Road, Carlton, Nottingham NG4 3SH, 0115 987 2333

Arnold Leisure Centre: High Street, Arnold, Nottingham, NG5 7EE 0115 901 3690

Redhill Leisure Centre: Redhill Road, Arnold, Nottingham NG5 8GX 0115 901 3630

Calverton Leisure Centre: Flatts Lane, Calverton, Nottinghamshire NG14 6JZ, 0115 901 3800

### 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 Road, Sutton-in-Ashfield, NG17 2AD  
Telephone: 01623 511177

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

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:

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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# Tu Vida



<p><u>Bassetlaw District:</u></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><u>Broxtowe District:</u></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><u>Newark and Sherwood District:</u></p> <p>Newark Sports and Fitness Centre Bowbridge Road, Newark, NG24 4DH Telephone: 01636 655 780 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 @ TuVida](#)

Tel: 0115 8248 824

Email: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)

Website: [www.tuvida.org/nottinghamshirehub](http://www.tuvida.org/nottinghamshirehub)