

Children's Centre

If you know anyone in the Mansfield District in financial crisis who is either pregnant and/or has a child or children age 0- 4yrs 11 months then they may be eligible for a grant via their local Children's Centre. They will have to be registered with their Children's Centre who will then make the assessment and complete the application.

All Children's Centres can be found via the Notts Help Yourself website.

www.nottshelpyourself.org.uk

Mansfield Community Befriending Line

Just a reminder that the Mansfield Community Befriending line is open for anybody that needs a friendly voice to talk to in these tough times.

The line is open from 12 – 8pm on weekdays and 4pm – 8pm on weekends.

The number is **01623 392444**

We are Undefeatable

Sign up for Take Action, Get Active 2020

Join the 30-minute movement challenge and raise money for the Mental Health Foundation whilst getting active! Find out more at:

www.mentalhealth.org.uk

Remember to keep checking the We are Undefeatable Mansfield Facebook page for tips, info and links on staying active during the current lockdown.