



The Gedling Guide

Support and connection
in your community

Donate to
our local food banks:
You can drop off food
donations at collection
points in local
supermarkets



If you have a
concern about an adult
or child that is an
emergency or risk to life,
call 999 or for
non-emergency call

0300 500 80 80

www.gedling.gov.uk/resident/community/givingforgedling



WELCOME & WARM SPACES, COMMUNITY HUBS & FOOD

AGE CONCERN CARLTON & DISTRICT TEAROOM

Inside the charity shop at 352-356
Carlton Hill, Carlton, Nottm. NG4 1JB

Monday to Saturday 9am – 2:30pm

Low cost food available, drinks
snacks and cake.

Opportunity to meet with
others in a welcoming environment.
Newspapers available.



e: ageconcerncarlton@btconnect.com
t: 0115 940 0421

www.ageconcern-carlton.co.uk/what-we-do/

ARNOLD LIBRARY AN INSPIRE CULTURE, LEARNING LIBRARY

161 Front Street, Arnold, NG5 7EE

Library:

Monday to Friday 9am - 6pm
Saturday 9am - 4pm

Knit and Natter:

Mon 2pm-3:30pm

Reading Café:

Wed 10am-11:30am

Rhyme Rattle and Roll:

Tues & Thurs (term time only)
10:30am-11am

Place of Welcome:

Fri 10:30am-12pm

e: ask@inspireculture.org.uk
t: (01623) 677200

www.inspireculture.org.uk/reading-information/find-a-library/arnold-library/



ARNOLD METHODIST CHURCH

54 Front St, Arnold, Nottingham NG5 7EL

Gods Food Menu Club:
(Warm space only)

Mondays 1.00pm - 3.00pm



**At Food
Club Only**

Boys Brigade: Young aged section

Mondays 6:30pm - 7:30pm

Older aged section: **7:30pm - 8:45pm**

Warm Space Session on Tuesdays only

Coffee morning: 10am - 12 noon

Wednesdays Girls Brigade: 6:30pm- 8pm

Thursdays Play Church:

10am - 11.30am.

Lighthouse Youth Group:

6pm - 7.15pm.

Cost: Coffee and Cake £2.50. Food Club registration is required cost a £1. Then purchase a box of food for £4 normally costing £15. Boys and Girls Brigade have a membership subscription. For Play Church and the youth group a small cost is incurred.

Refreshments:

Tea, coffee, biscuits and cake. Play Church and the Lighthouse Youth Group have children's refreshments.

Facilities for hire on Mondays, Wednesdays and Thursdays. Gods Menu Food Club you have at least one child who is of primary school age or younger to qualify. Lighthouse Youth Group fun activities for young people.

e: admin@arnoldmethodistchurch.org

Church Admin: 0115 926 6828

[www.facebook.com/](http://www.facebook.com/arnoldmethodistchurch/)

[arnoldmethodistchurch/](http://arnoldmethodistchurch.com/)
GODS MENU FOOD CLUB

Sally Belfield. t: 07495785347

e: family@arnoldmethodistchurch.org.uk
Facebook:

www.facebook.com/sallybelfieldfamily-worker/

ARNOLD METHODIST CHURCH Continued Mental Health Befriending and Support Group

54 Front Street Arnold, Nottingham, NG5 7EL

Fridays 11.00am – 2.00pm



FREE but donations welcome

Tea, coffee, soup and roll, cakes, and biscuits. A friendly atmosphere to those suffering from mental health conditions along with their carers, relatives and friends. Refreshments, games, a range of activities available along with advice on mental health and local support services.

**e: MHG@arnoldmethodistchurch.org.uk
t: 07514775514**

BETHESDA COMMUNITY HALL: COMMUNITY CAFE AND FOOD BANK

Forester Street, Netherfield, NG4 2LJ

Food Bank:

Wednesdays 1.30pm – 3.00pm

**Food Club and Warm Space:
12.30 - 2.30pm**

**Thursdays Food Club and Warm Space:
12.30 - 2.30pm**

Food Bank:

Free (donations welcome at Bethesda Community Hall) Food Club. £1 subscription, then £3.50 per week for £10.50 of groceries.

**Drinks and light refreshments
available (donations welcome)**

Supplies food parcels to families, and individuals. An E- voucher is needed and can be obtained from a free phone number (0808) 208 2138. The hall has central heating, plenty of seating, kitchen and Wi-Fi. Food Club provides low cost groceries to families and individuals.

**e: bethesda.ministries@ntlworld.com
t: 0115 987 5816**

**Food Club. Call 07394 596 938
to subscribe.**

BESTWOOD MINERS WELFARE Welfare Public House & Kitchen Which Is also part of the Welfare

Park Rd, Bestwood Village,
Nottingham NG6 8TQ.

Tuesday to Wednesday 10am - 3pm.

Serving hot drinks/cold drinks at cost price, free for under 10s. Free toast for children up to the age of 16.

Free meal for the elderly who are in need (eat in or take away). Fruit available.

Newspapers, TV in all rooms, kids corner, place for older kids to do their homework. Rooms for older/elderly adults to socialise.

**Bestwood Miners welfare is open 7 days
a week daytime/evenings/weekends
from 7am till close.**

Food and drink at reasonable prices.

Serves a wide range of good pub cuisine and drinks, and is a dog friendly pub.

- Function rooms with bars
- Food on site
- Rooms to hire for any events (small groups up to 350)
- Corporate hiring
- Organised events
- Brass band
- Karate
- Male voice Choir
- Football
- Bowling Green
- Autism Group
- Complete Puzzle stay and play group
- Exercise classes outside and inside
- Northern Soul monthly
- Sequence Dancing.
- Dog Friendly



**e: bestwoodvillagesc@hotmail.co.uk
f: www.facebook.com/thewelfarecharity/**

CALVERTON BAPTIST CHURCH

103 Main St, Calverton, Nottingham, NG14 6JH

Coffee at 11am followed by lunch at 12 noon - 1:30pm. Every 1st Wednesday in the month. Coffee morning Fridays 10.30am - 12.30pm.

Services every Sunday at 10.30am

Lunch: soup and a sweet.

Coffee morning:

Tea coffee and biscuits.

A safe friendly space for people to chat and enjoy a meal.



e: calvertonbchurch@gmail.com

t: (0115) 9166409

CARLTON BAPTIST CHURCH COMMUNITY KITCHEN

108 Station Road, Carlton, Nottingham, NG4 3DA

Monday 12:30- 2:30pm.

Meals are FREE but donations are accepted

Hot meals available. An opportunity to enjoy good food and socialise with others.



e: inquiry@carltonbaptistchurch.org

t: 07800 764977

DAYBROOK BAPTIST CHURCH

Daybrook Square, Mansfield Road,
Daybrook, Nottingham NG5 6AA.

Arnold Food Bank:

**Monday, Wednesday & Friday
1.30pm - 3.00pm**

Short Mat Bowls:

Tuesday: 9.30am – 11.30am

Job Club run by Jigsaw Homes:

Mondays 1-3pm - Free to attend

'Kettles On':

Wednesday 10:30- 12:30pm - Free to attend

Girls Brigade for girls aged 4-18:

Fridays between 6.15-8.45pm depending on age. Cost per session £2



Daybrook Baptist Church continued..

Job Club run by Jigsaw Homes is free.

'Kettles On' is free.

Kettles On: Served: refreshments and drinks through to a full cooked breakfast. Activities crafts, games, activities, sticky 13s, company and chat.

Arnold Food Bank: A voucher is needed and obtained from a referring agency. Wi-Fi available. A range of social activities. Advice and support sessions.

Job Club: Come along to the club to get advice about CV writing. Learn interview techniques and practice your interview skills.

Daybrook Baptist Church

T: (0115) 926 9432.

Job Club enquiries: Martin.Curtis@jigsawhomes.org.uk

ST ALBANS COMMUNITY KITCHEN AND WARM HUB

Emmanuel Church Hall, Church View Close,
Arnold, Nottingham, NG5 9QP.

Community Kitchen:

Tuesdays 3pm - 5pm

Eat in or takeaway. Activities for adults and games for children. Dominoes, cards, crafts and colouring for the children. Community Kitchen, Emmanuel Church 4 Takeaway Tea & Warm Hub hot food eat in or takeaway. Crafts and activities for children, dominoes, cards and board games.

Tots 'N' Toast Mother & Toddler Group:

Mondays 9am - 11am

available term time only. Open to pre-school children their parents and carers.

Small donation welcome for the meal. Toddler group £1.50 per child and 50p per extra child. No need to book

e: revnikkibates@gmail.com

Revd Nikki Bates (0115) 920 8879



HOPE NOTTINGHAM'S CARLTON COMMUNITY HUB, COMMUNITY CAFÉ AND FOODBANK.

Main Street Methodist church, on the corner of Carlton Hill and Cromwell street, NG4 1EE

Free Art and Craft Club Monday:
1:30pm - 3:30pm.



Free Drop in Café and Foodbank:
Tuesday and Friday 12 - 2:30pm

Jigsaw Homes Work Club:
Every 1st & 3rd Tuesday 12pm - 2pm.

GBC outreach session:
11am - 2:45pm

Childrens Centre Stay and Play Group:
Wednesdays 1:30pm - 3:30pm.

Strength and Balance class:
Wednesday 10:45 -12:15

Food Club:
Thursdays 12 - 2pm.

Low cost refreshments. Community Monthly meal. Pre-booking is required. Pay what you can for a 2 - course meal. Booking is required for Falls Prevention Strength and Balance class. £6 per class

Drop in Café: Tea, coffee and light snacks.

A referral is needed for the foodbank, GBC outreach and signposting. Community Food Club. Low cost fresh food. Contact us for membership details.

t: (0303) 040 1110 for Carlton Hub information.

e: hope@hopenottingham.org.uk

Contact details Falls Prevention Call

Chantelle Cliff T: 07442 729484

Strength and Balance class. Call Chantelle

Cliff t: 07442 729484

e: info@cchealthfitness.co.uk

MEN IN SHEDS - CARLTON

Back of St. Paul's Church, 5 Church Street,
Carlton, Nottingham, NG4 1BJ

Tuesday and Thursday mornings
9am - 12 noon

Free Activities.
Nominal cost for refreshments.
£1 for tea, coffee plus cake etc.

Supports older men who want to get together, share and learn new skills - all in the welcoming space of a shed.



e: paulhoward81@outlook.com

t: Paul Howard: 07827 2917725

ST GEORGES CENTRE AND LOCO CENTRE. (NETHERFIELD FORUM)

91 Victoria Road, Netherfield, NG4 2NN.

8am - 5pm (reception cover):
Evenings until 9pm.



There is a cost for food and drinks from the café. Varying costs from free, to a nominal cost, to pay as you go. Many activities are free or a minimum charge.

Café on site with takeaway option.

An organisation in the heart of the community, owned by the community & its members. There are a large number of activities at both centres from children and adults through to older generations along with services from Citizens Advice, TSB Banking Advice, Podiatry, signposting hub partners such as Nottingham County Council, Gedling Borough Council, Jigsaw Homes, Netherfield Children's Centre

e: netherfieldforum@hotmail.com

t: 0115 911 3302

**stgeorgescentre.wixsite.com/
stgeorgescentre/stgeorges**

PARKINSONS SUPPORT GROUP

The Bonington Club 79 High Street, Arnold,
Nottingham, NG5 7DN

Tuesday 12 noon - 3pm

For people with Parkinson's,
their families, friends, and carers.
Make new friends and get involved
in activities.



e: puk.nottingham@gmail.com

t: Pete Wilding - 07782 113841

PHOENIX FARM METHODIST CHURCH

6A Wollaton Avenue, Gedling, NG4 4HY

Monday: 11am - 2pm

Hot dogs, soup and a roll,
hot drinks and biscuits.

Many activities and games, including a
repair shop and lots of chat.

Donations only

e: phoenixfarmchurch.org

t: 07916 625928

RICHARD HERROD CENTRE

Foxhill Road, Carlton, Nottm, NG4 1RL

Richard Herrod Centre:

8:15am - 9pm 7 days a week

Free entry

A cost to food and refreshments

Hot/cold drinks

Packaged bar snacks and pizzas served:

Fri 3-6pm. Sat 12-3pm

Sun 12-4pm.

Daily newspapers

Wi-Fi and TV screen available
including Sky Sports

t: 0115 961 2949

**[www.gedling.gov.uk/leisure/ourcentres/
richardherrodcentre/](http://www.gedling.gov.uk/leisure/ourcentres/richardherrodcentre/)**



RICHARD HERROD CENTRE

Foxhill Road, Carlton, Nottm, NG4 1RL

**Armed Forces Breakfast Club:
Every 3rd Saturday in the month**



Food and drinks are at nominal
cost: Tea and coffee £1:50 and other
refreshments available from the bar. Bacon,
sausage and vegetarian cobs £2.50, for
serving personnel, veterans and their families
only. Bacon, sausage and vegetarian cobs.

t: 0115 961 2949

**[www.gedling.gov.uk/resident/community/
armedforcessupport/
armedforcesbreakfastclub/](http://www.gedling.gov.uk/resident/community/armedforcessupport/armedforcesbreakfastclub/)**

SACRED HEART CATHOLIC CHURCH & COMMUNITY CENTRE

91 Carlton Hill, Carlton, Nottingham, NG4 1FP

**Church is open all day and is a warm, quiet
space for people to sit.**

Community Cafe:

Thursday afternoon 12 noon



Scripture Reflection Group:

Friday afternoon from 2.00pm

Silent Meditation Group:

(check newsletter as some are on Zoom)

Thursday evening 7.00pm

Small donation welcome.

Refreshments available. Tea, coffee cakes
soup and a roll at the café.

Full disabled access, Wi-Fi, activities and
games, newspapers, magazines,
other social activities. Facilities hire available.

e: ccen@dioceseofnottingham.uk

t: (0115) 9118266

For other activities see www.ccen.co.uk

ST JAMES CHURCH

Marshal Hill Drive, Mapperley,
Nottingham, NG3 6FY

Craft Club Monday:
1:30pm - 3:00pm



Tuesday Connect Group: 3:30pm - 5pm

Wednesday Toast, Tea & Tots Group:
9am - 11am

**Thursday Communion Service followed by
Coffee Morning: 10am- 12:00am**

**Sunday Worship Service followed by
refreshments: 10.30am - 12.30 am.**

e: office@st-james-nottingham.org.uk
t: (0115) 9606185

ST JUDE'S CHURCH Continued

405 Woodborough Road, Mapperley,
Nottingham, NG3 5HE

Monday 9:30am - 12:00noon

Free Refreshments.

Refreshments provided. Tea, coffee, biscuits,
cake, toast. Free Wi Fi Newspapers, books,
optional activities.

Church administrator is available Monday
11:15am - 3pm, Wednesday 1pm - 3pm.
Thursday and Friday 11am - 3pm.

e: office@stjudes.church
t: Ros Piper 0115 9856131 or
07483 131011
w: www.stjudes.church

ST JUDE'S CHURCH

405 Woodborough Road,
Mapperley, Nottm, NG3 5HE

Toddlers: Tuesday, starts 10am

**Boomerang!: After school club Wednesday,
starts 4pm. Both Term time only time.**

Lunch Club: Thursday, fortnightly over 65s.

**Sunday Services: 10:30am or online at
live@stjudes.church**

Wellbeing Drop In:
Mondays 10am – 12noon.

Crafts, Conversation hot drinks, snacks
puzzles, games and signposting. Cost free
but donations

A small donation suggested

Refreshments provided for toddlers and
after school club. Over 65s Lunch Club
food and refreshments are provided.

Facilities for hire.

e: office@stjudes.church
t: Ros Piper 0115 9856131 or
07483 131011
w: www.stjudes.church

ST MARK'S CHURCH

De Vere Gardens, Woodthorpe, NG5 4PH

Open Church:
Mondays 10am – 12noon.

Refresh Café/Play group:
**Wednesday Term Time Only. 10.00am –
11.45am occasional lunches**

Thursday Club: meets monthly.

Men@st Marks breakfast club:
Every 1st Saturday in the month - 9.00am.

Mondays refreshments are available at the
Open Church. Wednesdays the café serves
pastries, fruit and hot drinks. Thursday Club:
Traditional afternoon tea.

Café serving pastries, fruit and hot drinks
Thursday Club: Traditional afternoon tea.

Café for parents/carers and their under
5s. Facilities: play area, accessible toilets,
private baby changing and feeding area.
Thursday Club. A varied number of activities
to enjoy. Facilities hire available.

e: info@stmarksonline.co.uk
t: Refresh Café: 0115 926 789
Thursday Club Brian Mallows:
07884 062337

ST MARY'S CHURCH & FAMILY

Church Lane, Arnold,
Nottingham, NG5 6HJ

Community Kitchen:
Every Friday
12:15pm to 1.30pm



Seniors Tea:
First Saturday in every month
2:30pm-4:30pm

Community Cinema:
Third Tuesday of every month 7:30pm

Community Kitchen: Meals available to eat in or call to order and pick up

Seniors Tea: Games, Quizzes, and Sing along.

Community Cinema: Different film each month, chance to meet new people.

Facilities hire available.

e: admin@stmarysarnold.org.uk
t: **Community Kitchen Karen Price:**
0115 9209153
Seniors Tea: Ian Rosillo
Church Warden: 07957 941947

ST. TIMOTHY'S CHURCH & COMMUNITY CENTRE

43 Swinburne Way, Daybrook, NG5 6BX

Essentials Café and School Essentials:
Wednesdays during term time. 12 - 1.30pm.
Larger events through the school holidays

Free, donations welcome. 'A hot drink and a light lunch is provided.

People donate items for first and secondary schools such as school uniforms, shoes, PE kits, stationary, math's equipment. People that are looking for school essentials can come along to see if there are any school items that they need and take them away.

Jackie Fuller T: 07557 123 238
e: jackief.spd@gmail.com

ST. TIMOTHY'S CHURCH & COMMUNITY CENTRE Continued

43 Swinburne Way, Daybrook, NG5 6BX

The Friendship Group once a fortnight:
Thursday afternoons 1.30pm – 3.30pm

Free, donations welcome. Refreshments provided.

It consists mainly of 'mature' folk but is open to all for conversation, a quiz, a raffle, tea and biscuits.

t: 0115 975 4735

ST WILFRID'S CHURCH

Main Street, Calverton, Nottingham, NG14 6FG

Food Bank:
Tuesday, 3pm - 4pm
access by referral only



Opening doors mental health well being group: 2nd and 4th Wednesday of the month 2 - 3pm

Little Wilf's Parent and toddler group:
Tuesday- 9:15am - 10:30am (term time only)

Tea and Chat: Tuesday 2pm - 3:30pm

Church services:

Thursday: Calverton Village Prayer 2nd Thursday of the month (Various times)

Sunday: 10am Worship for all

Evening prayer:

Worship for all 6pm every 1st and 3rd Sunday of the month.

Sunday God First (G1): 5.15pm every 2nd and 4th Sunday of the month (during term time).

Small donation suggested.

Tuesday - Little Wilf's Parent and Toddler group includes tea and toast.

Tuesday - Tea and Chat group includes tea, cake and biscuits.

Refreshments served on a Sunday before and after services.

t: (0115) 965 608
e: office@stwilfrids-church.co.uk

THE ARK ADVICE CENTRE

12 Wollaton Avenue, Gedling, NG4 4HX

Monday – Friday 10am – 3pm

Small donation suggested.
Refreshments available.
Wi-Fi and computers available.



A range of social activities, community groups. Advice and support sessions.

e: theark@thearkgedling.org.uk
<http://thearkgedling.org.uk/>

THE CORE CENTRE CHARITY HUB

Based at The Calverton Working Men's Club, Collyer Road, Calverton, NG14 6JX

Your friendly community hub:
Mon to Thurs 9am – 3.45pm



Lunch Club:
Every first Thursday in the month 12 - 2pm.

Free (unless attending one of Core's Activities where small charges will apply).
Lunch club cost £5.

Refreshments available (donation basis). Lunch club has 2 courses. Main meal and pudding.

Your friendly community hub - all welcome!!
We have over 30 activities and services including problem solving...call in for a cuppa!

Free parking/full disabled access/free Wi-Fi

Make new friends!! They have *Seated Exercise* *Help with Form Filling* *Crafting Groups* *Soup and Carpet Bowls* *Lunch Club*

e: info@calvertoncore.org.uk
t: Sam or Becky (0115) 8470551
or 07305 109358
www.calvertoncore.org.uk/

THE GLEANERS INN

Bonner Lane, Calverton, Nottingham, NG14 6FS

Monday - Sunday 12pm - 11pm

Provides affordable meals Wi-Fi available £1 per session. Light bites and hot meals, tea and coffee. TV and sky sports available. Board games, pool, darts, dominoes and other games.



t: (0115) 808 4191

THE GOOD SHEPHERD CHURCH

3 Thackeray's Lane, Woodthorpe
Nottingham NG5 4HT

Warm Space:
Fridays 12pm - 2:45pm

Luncheon Club:
Every Friday in the month - 1 - 2:30pm

Weekly tea and coffee and biscuits:
Every Tuesday 09:45am - 11:00am

Donation if able.
Soup, Tea & coffee, bread rolls, cakes.
Facilities hire available.

Church Admin (0115) 926 8288
GSHallbookings@dioceseofnottingham.uk
www.goodshepherd-arnold.org.uk/index.php

THE KINGS CHURCH, ARNOLD

The Kings Centre, Shirley Drive, Arnold, NG5 7JX

Community Café +@Kings Church:
Thursday 10:30am -12pm
just drop in

Carer and Toddler Group:
Every Friday 9:30am -11:30am.

Community Café and Toddler group:
Small donation suggested, but not expected. Tea, Coffee & biscuits. A café for conversation, connection and support.

Toddler Group: There may be a waiting list for places, so contact the office to find out if there is space, or to arrange a visit.



The Kings Church continued..

Community Café tea, coffee & biscuits.
Toddler Group Tea & coffee for parents/
carers, snacks for the little ones.

A drop in café for conversation, connection
and support. Toddler Group: We always
make space for new people and visitors, so
feel free to drop in and join in the fun.

e: admin@thekingschurcharnold.org.uk

t: 07305 318 570

www.thekingschurcharnold.org.uk/

THE SALVATION ARMY CAFÉ AND CRAFT CONNECT CLUB

99 High Street, Arnold, NG5 7DQ

Café: Monday - Thursday 9:30am – 12:00pm

**Craft Connect Club: Every 2 weeks on a
Wednesday 10am -12 noon.**

A friendly café for conversation,
connection and support. Craft
Connection is a drop in group



e: nottingham.arnold@salvationarmy.org.uk

t: (0115) 920 8800

THE NEWSTEAD CENTRE AND COURTYARD CAFÉ

**Courtyard Café: Monday – Friday
8.30am – 3.30pm**



**Nottinghamshire County Council advice
sessions fortnightly: Tuesdays
10:30am - 12:30pm**

**Newstead Food Pantry:
Tuesdays 10:30am -12:30pm**

Job Club Thursday 1pm - 4pm

**Monthly After School Meals Club:
Last Friday in every month 3:30pm -5:15pm**

**Sure Start Toddler Group:
Thursdays 1:00pm - 2:30pm (term time only)**

Games Lunch Club Fridays 11:30am - 2pm

Food Pantry information. Join for a £1 per year
(12 months membership). Food parcels per
week £3.50 worth an estimated £10-£15 worth
of food.

The Courtyard café has a selection of affordable
food and refreshments to purchase. The Centre
offers conferences, classes, events and facilities
to hire.

e: admin@newsteadcentre.co.uk

t: 01623 720 140

THE VILLAGE LUNCH

Burton Joyce Village Hall Trent Lane,
Burton Joyce, Nottingham, NG15 5EY

**Every 3rd Thursday in the month between
12 noon and 1:30pm**

Minimum donation of £5. Any monies raised
are donated to charity.

A light lunch of soup, dessert and hot drink.
Offered a choice of 3 soups and 6 desserts
and always have a vegetarian option.

No need to book.

t: **Margaret Barrett (0115) 9313799.**

HELP FOR CHILDREN AND FAMILIES

ARNOLD METHODIST CHURCH

54 Front St, Arnold, Nottingham NG5 7EL

Thursdays 10am -11:30am

A small cost is incurred.

Childrens refreshments. Play Church under 5's play activities.

e: family@arnoldmethodistchurch.org.uk

[www.facebook.com/arnold](http://www.facebook.com/arnoldmethodistchurch/)

methodistchurch/

Community Coaching Company continued..

plus a range of accessible family activities in locations around the county.

Membership is free, join via the website

www.thecommunitycoachingcompany.org

Contact Maria 07967456350 or Dani - 07970533556 via WhatsApp or SMS.

BARNARDO'S BUTTERFLY SERVICE: FAMILY SUPPORT SERVICE

Monday - Thursday 9am - 5pm

Free.

The Butterfly Service is funded through the Integrated Care Board in order to provide emotional support to children and young people with life-limiting conditions who are registered with GPs in the Mid and South Nottinghamshire, and the Nottingham City areas of the Integrated Care Board (ICB).

Contact Kerry Ward T: 07725623910.

Kerry.herrod@barnardos.org.uk or

T: 01773 530515

[BFSSNottinghamshire&Derbyshire@](mailto:BFSSNottinghamshire&Derbyshire@barnardos.org.uk)

barnardos.org.uk

www.barnardos.org.uk/get-support/services/butterfly-service

GEDLING CHILDREN'S CENTRES

Arnbrook, Netherfield, Killisick and Calverton

Various times Monday - Friday

Free. The Children's Centres offer a range of free sessions for parents and children.



e: cc.gedling@nottsc.gov.uk

t: Arnbrook 0115 977 3752 or

Netherfield 0115 977 3751 (8.30-16.30)

GEDLING PLAY FORUM

Wollaton Avenue Community Centre
Gedling, Nottingham NG4 4HX

Tues 10am-4pm, Thurs 10am-5.30pm and 1st Saturday of each month 10am-1pm (unless we are doing a play event)

Family yearly membership: £5 per year for Gedling Borough residents.. Scrap baskets £4 and £6 Other Memberships Available: Community group with paid and unpaid staff, Childminders, Private Day Nurseries Special Schools. Range of creative play activities provided. Scrap store and craft shop open to all. Skills sharing workshops available.

e: admin@gedlingplayforum.org

t: (0115) 9560673

w: <http://gedlingplayforum.org/>

COMMUNITY COACHING COMPANY

The CCC are a county wide support organisation for families of children with additional needs (no diagnosis needed). They support the whole family around the child. They provide 1-1 & group online and real time support and signposting sessions; peer to peer online support & signposting group;

LITTLE ACORNS PLAYGROUP

St Pauls Church Hall, Church Drive Daybrook,
Nottingham, NG5 6JD.

Thursdays in term time 9:45 - 11am
£1 donation per child.

An interactive baby and toddler class with a warm welcome. For 0-5 years old and their grown ups. No need to book.

Contact Jo Jones t: 07386721770
e: kidsandyouth@stpaulsdaybrook.co.uk
www.stpaulsdaybrook.co.uk/kids-and-youth

LITTLE LAMBS BABY & TODDLER GROUP

Good Shepherd Church Parish Social
Centre, Thackerays Lane,
Woodthorpe, Nottingham, NG5 4H

Every Monday Term Time only
10am - 12 Noon

Entry is £4.00 for up to two adults and two children (from the same family); additional people cost 50p each. Little Lambs provides an opportunity to make new friends and offers a safe and fun social setting. Local guests each week, who offer free trials, services or information which is relevant and will appeal to young families.

Refreshments available

e: little.lambs@virginmedia.com
t: Rebecca Burke 07722 486356
<https://www.goodshepherd-arnold.org.uk/pages/little-lambs.php>

TIM'S TINIES TODDLER GROUP

St Timothy's Church & Community Centre,
43 Swinburne Way, Daybrook, NG5 6BX

Wednesday morning 9.30am - 11.00am
(term time only)

We offer various types of equipment to play with, and it is chance, for parents and children to socialise and have fun in a safe setting.

Refreshments and fruit are available. Small charge for refreshments

t: Pauline Stevenson (0115) 9163586

THE SALVATION ARMY PARENT AND TODDLER GROUP

99 High Street, Arnold, NG5 7DQ

Fridays 9:15am start

Games and activities for toddlers and a chance to socialise with parents of children at a similar age.

£1 per person. Refreshments available

e: nottingham.arnold@salvationarmy.org.uk
t: (0115) 920 8800
nottingham.arnold@salvationarmy.org.uk

Young People Services

BASE 51

4a Peachy Street, Nottingham NG1 4AN

Opening times are varied, please check website for details.

The office is closed on Fridays.

Outburst (LGBTQIA+ project):

Tuesday 4 - 7pm aged 11-15 year olds.

Wednesday 4 - 7pm 16-21 year olds.

Art in Mind:

Thursday 4-6pm 11-18 year olds.

Hot drinks and snacks available.

They offer counselling, trauma support, an LGBTQIA+ project varied activities, young leaders programmes, a youth club, a Safe Space project, supporting young people at risk of/affected by modern slavery, criminal and sexual exploitation, practical support and more for 11-25 year olds in Nottingham and Nottinghamshire.

**t: (0115) 952 5040 e: info@base51.org.uk
w: <https://www.base51.org/>**

CALVERTON YOUNG PEOPLE'S CENTRE

Flatts Lane, Calverton, Nottm. NG14 6JZ

Tuesday - 6.00pm - 8.15pm

Wednesday - 6.30pm - 8.45pm

Thursday - 6.30pm - 8.45pm

Friday - 6.30pm - 8.45pm



30p or 50p per session.

Refreshments available at various prices.

Wi-Fi, plus a variety of activities available.

e: sean.ryan@nottsc.gov.uk

BOYS BRIGADE

Arnold Methodist Church, 54 Front St,
Arnold, Nottingham NG5 7EL.

**Mondays 6.30pm - 8pm.
Membership subscription.**

No refreshments. Fun activities, a chance to learn new skills and meet new friends.

**Church Admin (0115) 926 6828
e: sean.ryan@nottsc.gov.uk**

GIRLS BRIGADE

Arnold Methodist Church, 54 Front St,
Arnold, Nottingham NG5 7EL.

**Wednesdays 6.30pm - 8pm.
Membership subscription.**

Fun activities, a chance to learn new skills, have new experiences and meet new friends.

Church Admin (0115) 926 6828

GIRLS BRIGADE

Daybrook Baptist Church. Daybrook Square,
Mansfield Road, Daybrook, Nottingham NG5

**Fridays between 6.15pm - 8.45pm
depending on age.
£2 per person.**

They offer fun varied activities and all the girls work towards badges to celebrate their achievements.

**Helen Lloyd. t: (0115) 926 9432
e: 20thnottinghamgirlsbrigade@gmail.com**

HOME - START NOTTINGHAM

Suite 9, Arnold Business Centre, Brookfield Gardens, Arnold, Nottingham, NG5 7ER.

Monday - Friday 9am - 3pm.
Free.

They are family support charity working with parents to ensure they have the support they need to give their children the best possible start in life. They provide support, friendship and practical help to vulnerable parents with one or more children under 8.

t: (0115) 962 4262 e:info@hsn.org.uk
www.home-startnottingham.org.uk

NEWSTEAD YOUNG PEOPLE'S CENTRE

Tilford Road, Newstead Village, Nottingham, NG15 0BS

Wednesday and Thursday 6pm-8pm.
Every Wednesday (Junior's years 6,7,8 only) and Thursday (Outreach in the community)
30p or 50p per session.



Refreshments available at various prices. Offer a wide range of social and recreational activities, Wi-Fi and advice and information from trained youth workers.

Bradley Smith t: 07971 792 694
e: bradley.smith@nottscc.gov.uk

IGNITE AND THRIVE YOUTH GROUPS

St Pauls Church Hall, Church Drive Daybrook, Nottingham, NG5 6JD.

Times vary.
Cost depend on the activity.

No refreshments.
Various social events and trips on a monthly basis. For school years aged 4 - 13.

Jo Jones t: 07386721770
e: kidsandyouth@stpaulsdaybrook.co.uk
w:www.stpaulsdaybrook.co.uk/kids-and-youth

LIGHTHOUSE YOUTH GROUP

Arnold Methodist Church, 54 Front St, Arnold, Nottingham NG5 7EL.

Thursdays 6pm - 7.15pm
A small cost is incurred.

No refreshments.
Fun activities for young people. .

e: youth@arnoldmethodistchurch.org.uk
www.facebook.com/arnoldmethodistchurch/

NOTTINGHAM SEA CADETS

Waterside Way, Colwick, Nottm, NG2 4DP

Sea Cadets (12-18):
Tuesdays and Thursdays, 6.45pm - 9.15pm

Junior Cadets (10-12):
Tuesdays and Thursdays, 6.45pm - 9.15pm

Royal Marines Cadets (13-18):
Tuesdays and Thursdays, 6.45pm - 9.15pm

We offer a range of different activities sailing, windsurfing and powerboating rock climbing, camping, music and much more. Plus cadets are able to gain different qualifications that can be taken with them once they leave the Sea Cadets.

Small Subscription

e: tsorionnotts@gmail.com
t: (0115) 958 0528
www.sea-cadets.org/nottingham

POSITIVELY EMPOWERED KIDS (PEK)

Free or low cost, please enquire. This depends on the activity.
Refreshments depends on activity.

Educate, empower and inspire children and families to be proactive with their mental health. Run free events such as family fun days and the big Positively Empowered Kids Festival to help families access support. Offer mental health community & school workshops, alongside talks and author visits. Volunteering opportunities available.

**t: 07982 246072 e: hello@pekic.co.uk
w: <https://positivelyempoweredkids.co.uk/>**

RAF AIR CADETS SQUADRON 138

Army Reserve Centre, Cavendish Drive,
Carlton, Nottingham, NG4 3DX.

**Tuesdays and Thursdays
6:30pm - 9:15pm**

Royal Air Force Cadets is for young people aged 12 if in Year 8 to 20 years. Cadets give hands-on experience of activities and courses that will challenge and develop skills in and out of the RAF.

Small subscription.

Refreshments available at various prices

**FLT Helen Payne
e: oc.138@rafac.mod.gov.uk**

**38 Squadron Royal Air Force Air Cadets
(@138SqnRAFAC) / X (twitter.com)**

REDHILL YOUNG PEOPLE'S CENTRE

Redhill Road, Arnold,
Nottingham, NG5 8GX

Junior group, years 6 to 8:

Monday - 6.15pm - 8.30pm

Tuesday - 6.30pm - 8.45pm



Years 7 to 13:

Wednesday - 6.30pm - 8.45pm (years 9+)

Friday - 6.30pm - 8.45pm (years 9+).

Offers a wide range of social and recreational activities. They provide music, dance arts, sports and adventure activities as well as usual youth club activities such as Pool, Table tennis, Games, Coffee bar.

30p or 50p per session

Refreshments available at various prices

**Cathryn Reade t: 07950 697252
w: cathryn.reade@nottscc.gov.uk**

SEND PARENTS AND CARERS TOGETHER (PaCT) NOTTS CIC

This varies depending on the activity.
All are based in Gedling.

**Variable depends on activity.
Free.**

Certain events will have refreshments or facilities where these can be purchased.

They are a group of parents and carers who have lived experience of having children with Special Educational Needs and or Difficulties. They meet regularly face to face and online to share experiences and feel less alone. Their Facebook page announces future events, activities and online workshops on EHCP's assessments, Mental Health, Autism, Understanding Overwhelm etc.

**t: 07305969144 e: admin@sendpactnotts.org
w: www.sendpactnotts.org
[www.facebook.com/
groups/169653600418846/?_rdr](https://www.facebook.com/groups/169653600418846/?_rdr)**

SENIOR YOUTH GROUP

Loco Centre, 91 Victoria Road,
Netherfield, Nottingham, NG4 2NN.

Tuesday 7:30pm - 9:30pm

Wednesday 6:30pm - 9:30pm

Come and enjoy a wide range of social and recreational activities!

Andrew Foulds 07812 494242
e: andrew.foulds@nottsc.gov.uk

Schools Essential Scheme continued..

A hot drink and light lunch is provided. People donate items from first and secondary schools such as school uniforms, shoes, PE kits, stationery, math's equipment. People that are looking for school essentials can come along to see if there are any school items that they need and take them away.

Jackie Fuller t: 07557 123 238
w: jackief.spd@gmail.com

SATURDAY MORNING CHILDRENS CINEMA CLUB

Carlton Pentecostal Church, 49 Station Road, Carlton, Nottingham, NG4 3AR.

10am start.

Free

A snack and refreshments are provided.

Free of charge and open to the community, we welcome you to come along and watch a film with your children on a large screen. Booking is essential due to space limitations.

Contact via the website.
w: <https://www.cpchurch.co.uk/cinema>

SKY - YOUTH CLUB

Loco Centre, 91 Victoria Road,
Netherfield, Nottingham, NG4 2NN.

Every last Saturday of the month.
10.00am -11.30am

Youth club for children and young people aged from 8 to 25 years with additional needs.

e: julierastall@gmail.com
t: **Julie - Organiser 07817 634374**

SCHOOLS ESSENTIAL SCHEME

St Timothy's Community Centre. 43 Swinburne Way, (Off Byron Street) Daybrook, NG5 6BX.

Every fortnight on a
Wednesday during term time
12 - 1.30pm.



Larger events through the school holidays.
Free - Donations welcome.

THE WOLFPACK PROJECT

Sherwood Business Centre, 616a-618a Mansfield Road, Sherwood, NG5 2GA

Variable based on groups but mostly
Tues, Weds & Thurs afternoons - Free

All groups are on Eventbrite, including Arts and Crafts, Board Games, Coffee Groups, Wellbeing sessions and social groups.

t: **(0115) 648 5181**
e: hello@thewolfpackproject.org.uk
w: thewolfpackproject.org.uk

THRIVE YOUTH SUPPORT HUB

St Pauls Church Hall, Church Drive Daybrook,
Nottingham, NG5 6JD.

Thursdays 7:15pm - 8:15pm.

Free.

Wellbeing and mental health support club for young people in school years 8-11 years. Art and craft based, and using drama to roleplay social situations. Please email.

Contact Jo Jones t: 07386721770

e: kidsandyouth@stpaulsdaybrook.co.uk

w: www.stpaulsdaybrook.co.uk/kids-and-youth

YOUNG MINDS

**Check website for workshop dates and to book
Costs vary check website**

Provides art workshops for children focused on self expression with a goal of improving the mental health and well being. Painting, Illustration, Clothing Customisation, Sewing, Screen printing, Graffiti, Collage.

Jamie Burnett t: 07772312965

w: <https://www.socialartist.com/>

YOUNG CARERS NOTTS

54A, Nottingham Road, Mansfield, NG18 1BN

A free confidential service.

Supporting young carers aged 5-17 living in Nottinghamshire. The service offers young carers a one-stop-shop for young carers to join group sessions, access short breaks, socialise with other young carers, take part in fun activities, and access advice support to help them in their care role.

e: youngcarers@tuvida.org

t: (0115) 824 8824 or 07860 957 660

www.tuvida.org/young-carers-notts

Government Support

NOTTINGHAMSHIRE COUNTY COUNCIL FREE SCHOOLS MEALS

**Customer service opening hours:
Monday to Friday: 8:30am to 5pm.**

Free, subject to availability. To apply, contact the customer services team.

t: 0300 500 8080

www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk

NOTTINGHAMSHIRE COUNTY COUNCIL - SCHOOL CLOTHING

**Customer service opening hours:
Monday to Friday: 8:30am to 5pm**

Free. To apply, contact the customer services team.

t: 0300 500 8080

w: www.nottinghamshire.gov.uk/education/financial-support/financial-support

NHS HEALTHY START SCHEME - HELP TO BUY FOOD AND MILK

Phone lines are open 8am to 6pm
Monday to Friday (except public holidays)

Free under certain criteria. Apply by email
or phone.

e: healthy.start@nhsbsa.nhs.uk

t: 0300 330 7010

<https://www.healthystart.nhs.uk/>

NOTTS HELP YOURSELF WEBSITE

- HELP WITH CHILD CARE COSTS

Information and support for funding childcare.

**[w:www.nottshelpyourself.org.uk/kb5/
nottinghamshire/directory/home.page](http://www.nottshelpyourself.org.uk/kb5/nottinghamshire/directory/home.page)**

CHILD CARE CHOICES

Government help with childcare costs for
parents.

www.childcarechoices.gov.uk

**Childcare Choices | 30 Hours Free
Childcare, Tax-Free Childcare and More |
with Costs | GOV.UK**

MONEY, EMPLOYMENT AND ENERGY ADVICE

GEDLING BOROUGH COUNCIL CUSTOMER SERVICES OUTREACH SESSIONS.

Calverton Core Centre based at The
Calverton Working Men's Club, Collyer
Road, Calverton, NG14 6JX.

Thursdays. 9am - 3pm.

Government help with childcare costs for
parents.

t: 0115 901 3901

**[https://www.gedling.gov.uk/resident/
contactus/](https://www.gedling.gov.uk/resident/contactus/)**

GEDLING BOROUGH COUNCIL CUSTOMER SERVICES OUTREACH SESSIONS.

Carlton Methodist Church Main street
Methodist church, on the corner of Carlton
Hill and Cromwell street, NG4 1EE.

Tuesdays. 11am - 3pm.

Appointments available or just drop in. They
offer advice on money, energy and much
more.

t: 0115 901 3901

**[https://www.gedling.gov.uk/resident/
contactus/](https://www.gedling.gov.uk/resident/contactus/)**

GEDLING BOROUGH COUNCIL CUSTOMER SERVICES OUTREACH SESSIONS

Park Rd, Bestwood Village, Nottingham
NG6 8TQ

Wednesdays 10am - 4pm

Just drop in. They offer advice on money, energy and much more.

t: 0115 901 3901

[https://www.gedling.gov.uk/resident/
contactus/](https://www.gedling.gov.uk/resident/contactus/)

GEDLING BOROUGH COUNCIL COMMUNITY WEBPAGE

Civic Centre Arnot Hill Park,
Nottingham, NG5 6LU

Offers a range of information and support options. For further details go to the Gedling Borough Council Community Support webpage.

[www.gedling.gov.uk/resident/community/
supportingedling/](http://www.gedling.gov.uk/resident/community/supportingedling/)

Hope4U

Tuesdays 9am -11am.
Free.

They offer a mix of help with - Priority services registration. Carbon monoxide awareness. Smart meter information. Utility debt. Grant funding. Benefit checks. Foodbank referrals. Ways to save money. Energy efficiency measures.

E: wpd@hope4u.co.uk or fill in
an online form.
www.hope4u.co.uk

NEWSTEAD CENTRE AND COURTYARD CAFÉ

Tilford Road Newstead Village,
Nottingham, NG15 0BS

Every fortnight

Nottingham County Council offer advice and support sessions on: Benefits Maximising Independence Service, Adult Social Care and Public Health. Check out Newstead Centre's Facebook for events.

The Newstead Centre Team
e: admin@newsteadcentre.co.uk
t: (01623) 720140

JIGSAW HOMES

Civic Centre Arnot Hill Park,
Nottingham, NG5 6LU.

Enquiries via phone or email only

Jigsaw Homes can issue Food Bank vouchers to Jigsaw tenants

For further details and referrals contact
Martin Curtis via email
e: martin.curtis@jigsawhomes.org.uk

CITIZENS ADVICE NOTTINGHAM & DISTRICT

St George's Centre, 91 Victoria Road,
Netherfield, NG4 2NN

St Georges Centre
Every Thursdays. 9:30am - 3:30pm

Appointments are allocated on a first come first served basis, where you will be given a ticket.

CA Sessions Booking:
St Georges Centre: 0115 911 3302
CAB Nottingham and District:
0300 330 5457
e: netherfieldforum@hotmail.com

CITIZENS ADVICE NOTTINGHAM & DISTRICT

Calverton Core Centre based at
The Calverton working Men's Club,
Collyer Road, Calverton, NG14 6JX

Calverton Core Centre Every Monday

Virtual appointments are booked at the centre, and conducted by video link using equipment provided

**Appointments can be arranged at 10.00, 11.00 or 12.00. Call the Core Centre for an appointment 0115 8470551
e: info@calvertoncore.org.uk**

CITIZENS ADVICE NOTTINGHAM & DISTRICT

Gedling Borough Council Civic Centre, Arnot Hill Park, Arnold, Nottingham NG5 6LU

Gedling Borough Council Fridays 9:30am - 3:30pm

Appointments are arranged through Citizens Advice Nottingham. Appointments can be booked by telephone one week in advance by calling 0115 945 3977. Appointments are released one week in advance at 9.00am, this number will only be available whilst appointments are available for the following week.

**t: 0115 945 3977
e: enquiries@gedling.gov.uk**

Employment Advice

GUIDANCE AND GROWTH EMPLOYMENT HELP

Costs vary. Contact Ben Rawson for further details

Employability support and skills - Assisting NEET and long term unemployed of all ages with the necessary skills to get and retain work, this is provided both on a 1-2-1 basis and group sessions. For all people aged 16+

**e: support@guidanceandgrowth.org
Ben Rawson t: 07779 584469
w: <https://guidanceandgrowth.org/>**

JIGSAW HOMES JOB CLUB DAYBROOK BAPTIST CHURCH

Daybrook Square, Mansfield Road,
Daybrook, Nottingham NG5 6AA

Mondays 1pm – 3pm

Come along to the club to get advice about CV writing. Learn interview techniques and practice your interview skills.

**The Neighbourhood Engagement Team.
t: (0115 905 1515)
Or Email Martin Curtis.
e: Martin.Curtis@jigsawhomes.org.uk**

JIGSAW HOMES JOB CLUB CARLTON COMMUNITY HUB AND CAFÉ

108 Station Road, Carlton, Nottm, NG4 3DA

Every First and Third Tuesday in the month. 12.00pm - 2.45pm

Come along to the club to get advice about CV writing. Learn interview techniques and practice your interview skills. Refreshments are available.

**The Neighbourhood Engagement Team.
t: (0115 905 1515)
Or Email Martin Curtis.
e: Martin.Curtis@jigsawhomes.org.uk**

JIGSAW HOMES NEWSTEAD CENTRE AND COURTYARD CAFÉ

Tilford Road Newstead Village,
Nottingham, NG15 0BS

Every Thursday in the centre IT Suite 1pm- 4pm

Job Club. People can get help to update their CV's and apply for jobs

**The Newstead Centre Team
t: (01623) 720140.
e: admin@newsteadcentre.co.uk**

JIGSAW HOMES JOB CLUB - NETHERFIELD

Bethesda Church, Forester Street,
Netherfield NG4 2LJ

Wednesdays 1pm -3pm

Come along to the club to get advice about CV writing. Learn interview techniques and practice your interview skills. Sessions will run on an appointment only basis and half hour slots can be booked via the centre.

St Georges Centre

t: (0115) 911 3302

e: netherfieldforum@hotmail.com

NOTTINGHAM ENERGY PARTNERSHIP

Queens Walk Community Centre, Queens Walk,
The Meadows, Nottingham, NG2 2DF

Monday to Thursday 9am – 5.30pm
Friday 9am -5pm.

They aim to tackle fuel poverty and provide affordable warmth solutions to the most deprived households.

**www.nottenergy.com/contact/contact/
t: 0115 9859057**

NOTTINGHAMSHIRE HEALTHY HOUSING SERVICE PART OF NEP

Queens Walk Community Centre, Queens Walk,
The Meadows, Nottingham, NG2 2DF

Monday to Thursday 9am – 5.30pm
Friday 9am -5pm.

Free

Offer a range of online information and face to face support. Provide grants to those on benefits for boilers and energy efficiency measures.

Nottinghamshire Healthy Housing Service:

t: 0115 985 3009.

https://nottenergy.com/contact/contact/

Energy Advice

BETTER HOUSING BETTER HEALTH

Monday-Friday 9am - 5pm.
Free

They provide support to households who are struggling to keep warm at home or struggling with their energy bills.

t: (0800) 107 0044 e: bhbh@nef.org.uk
w: www.bhbh.org.uk

GOVERNMENT SUPPORT

**Improve Energy Efficiency
In Your Home**

Please refer to website

**www.helpforhouseholds.campaign.gov.uk/
energy-saving-advice/**

National Services & Organisations for Money & Finance Advice

AGE UK

Benefits help for pensions and the elderly.

**Lines are open 8am-7pm, 365 days a year.
Ask about help in your area.**

FREE - Phone or refer to website.

Free advice line on 0800 055 6112
[www.ageuk.org.uk/information-advice/
money-legal/benefits-entitlements/](http://www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/)

ENERGY SAVING TRUST

Advice on how to save money on your energy bills.

FREE - Refer to website.

www.energysavingtrust.org.uk/

ENTITLED TO INDEPENDENT UNIVERSAL CREDIT CALCULATOR

FREE - Refer to website.

www.entitledto.co.uk/

GOVERNMENT SUPPORT

Help for Households

FREE - Refer to website.

www.helpforhouseholds.campaign.gov.uk/

GOVERNMENT SUPPORT

Universal Credit advice

FREE - Refer to website.

www.understandinguniversalcredit.gov.uk/

GOVERNMENT SUPPORT

Money Helper

Helpline 0800 138 7777
Monday to Friday, 8am to 6pm

Saturday, Sunday and Bank Holidays, closed.

FREE - Phone or Refer to website.

t: 0800 138 7777

www.understandinguniversalcredit.gov.uk/

NATIONAL DEBTLINE

**Helpline 0808 808 4000 Monday to Friday:
9am - 8pm, Saturday: 9:30am -1pm. Or fill
in an online form.**

Charity that gives out free and independent debt advice by phone or online.

w: <https://nationaldebtline.org/>

t: 0808 808 4000

NOTTS HELP YOURSELF

Money support for people coming out of care.

Money support for people coming out of care both practical and financial support - Refer to website.

w: www.nottshelpyourself.org.uk

NOTTS HELP YOURSELF

Financial and Legal advice.

Webpage where you can browse advice, information and local financial and legal services - Refer to website.

w: www.nottshelpyourself.org.uk

NOTTINGHAMSHIRE COUNTY COUNCIL

Accessing benefits and other government support

Webpage offering information on benefits, cost of living support, council tax and employment - refer to website

www.nottinghamshire.gov.uk/business-community/cost-of-living-support/

OFGEM

Helpline 0808 802 2000, 9.00 am - 5.00 pm Mondays-Fridays. Fill in an online form for assistance.

Webpage offering information and support to help with energy bills, benefits entitlements, grants and much more.

<https://www.ofgem.gov.uk/>

STEP CHANGE DEBT CHARITY

Helpline 0800 138 1111 Monday to Friday 8am to 8pm and Saturday 8am to 4pm. Online services available 24 hrs.

Free and impartial debt advice.

t: 0800 138 1111
www.stepchange.org/

STOP LOAN SHARKS

Available 24/7 or via Live Chat online Monday to Friday 9am - 5pm

If you are worried after borrowing from loan shark or are concerned about someone else. They provide emotional and practical support

t: 0300 555 2222

<https://www.stoploansharks.co.uk/>

TURN2US

Helpline 0808 808 4000 Monday to Friday: 9am - 8pm, Saturday: 9:30am -1pm. Or fill in an online form.

We help people in financial need gain access to welfare benefits, charitable grants and other financial help.

t: 0808 808 4000

www.turn2us.org.uk/

MENTAL HEALTH & SUPPORT FOR VULNERABLE PEOPLE

ARNOLD METHODIST CHURCH: MENTAL HEALTH BEFRIENDING AND SUPPORT GROUP

54 Front Street Arnold
Nottingham, NG5 7EL

Fridays 11.00am – 2.00pm.

Support people with mental health conditions along with their carers, relatives and friends. With help and advice on services. Social chat with activities including reading materials and puzzles and is a warm space.

**e: MHG@arnoldmethodistchurch.org.uk
t: 07514 775 514**

CALM LINE

Helpline available 5pm to midnight every day.

A support line for men who are feeling down, anxious, or have hit a wall for any reason, who need to talk or find information and support.

**t: (0800) 58 58 58
www.thecalmzone.net**

CHILDLINE - NSPCC

Call (0800) 1111 open 24 hours a day, 7 days a week, chat online or send an email using a Childline account.

A support line for men who are feeling down, anxious, or have hit a wall for any reason, who need to talk or find information and support.

**t: (0800) 1111
www.childline.org.uk/**

GAMCARE GAMBLING SUPPORT

A range of free, flexible services to support anyone affected by gambling across the East Midlands.

**t: (01522) 274880
e: east.midlands@gamcare.org.uk
www.gamcare.org.uk/**

HARMLESS

Support for adults focusing on mental health and self harm.

**t: 0115 880 0280
www.harmless.org.uk/**

KOOTH

Online Counselling for young people aged 11 - 25 years.

www.kooth.com/

MIND

Infoline open 9am to 6pm, Monday to Friday (except for bank holidays).

Helps and supports people at any age with mental health issues.

**t: (none urgent)
Infoline on 0300 123 3393
Email: info@mind.org.uk
www.mind.org.uk/**

NOTTINGHAMSHIRE TALKING THERAPIES

**Available Monday –Friday 8am – 8pm.
Saturday 9am - 12:30pm.**

Or use the online referral form.

They provide NHS therapies for adults to help with counselling issues such as low mood, stress and anxiety in Gedling. To access the service it is by referral only.

t: 0333 188 1060

e notts.iapt.admin@notts-talk.co.uk

www.notts-talk.co.uk

NOTTALONE

Helpline open 24/7.

Local mental health advice and help for people and their support network.

**Refer to website and follow on Twitter
Instagram, Tik Tok.**

<https://nottalone.org.uk>

OPENING DOORS MENTAL HEALTH

Main Street, Calverton, Nottingham
NG14 6FG.

**Every 2nd and 4th Wednesday of the month
2 - 3pm - Free**

They offer a friendly supportive space for people with mental health issues.the Armed Forces charity.

t: (0115) 965 6081

e: office@stwilfrids-church.co.uk

w: <https://stwilfrids-church.co.uk/>

PAPYRUS

24 Hours, 7 days a week (Weekends and Bank Holidays included)

They offer confidential support and practical advice. If you are having thoughts of suicide or are concerned for a young person.

t: 0800 068 4141

Text 07860 039 967

e: pat@papyrus-uk.org

PHENOMENAL FUTURES

Arnot Hill Park, Arnold, Nottingham
NG5 6LU

Free by appointment only. This is not a 24 hour service, contact between 10:00am and 4:00pm Monday – Thursday. Messages can be left on the mobile. - Free

They provide a range of therapeutic activities for individuals and families affected by trauma including (but not exclusively domestic abuse), and training for partner agencies on the impact of trauma on their clients.

t: 07960819259. e: hello@phenomenal-futures.org.uk. Or complete an online form via the website. If you are in need of crisis support call the Samaritans on 116 123. Call 999 if you or someone else is in danger.

SAMARITANS

Open 24 hours a day 365 a year

Listening service only.

**Call free anytime, from any phone,
on 116 123**

**[www.samaritans.org/scotland/
how-we-can-help/contact-sam](http://www.samaritans.org/scotland/how-we-can-help/contact-sam)**

SANEline

Open 365 days a year out of hours (4.30pm – 10.30pm every day).

Mental health support line offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.

t: (0300) 304 7000
w: www.sane.org.uk/

THE MIX

Helpline open 4pm - 11pm. Crisis Messenger Service Text line 24/7.

Essential support for under 25s.

Call the helpline 0808 808 4994.
Online 1-2-1 chat service, email using the online form, Crisis Text line open 24/7
Text:THEMIX: 85258.

SILVER LINE

Open 24/7 365 days a year.

A free confidential support line providing information, friendship and advice to older people.

t: (0800) 470 80 90
w: www.thesilverline.org.uk

YOUNGMINDS

Young People Text line open 24/7. Parents Helpline 9:30am - 4pm, Monday - Friday

Mental health support for young people up to the age of 25.

Young People: Use the Young Minds Text line for free, 24/7 mental health support.
Parents Helpline 0808 802 5544 from 9:30am - 4pm, Monday - Friday.
<https://www.youngminds.org.uk/>

TALK CLUB NOTTS

Robin Hood and Little John PH, 1 Church Street Arnold NG5 8FD.
Carlton Town FC Stoke Lane Gedling NG4 2QS.

Robin Hood and Little John. Last Tuesday of the month 7pm - 9pm

Carlton Town FC. Every 2nd Wednesday of the month 7pm- 9pm.

Free

A mental fitness community for men. No need to book just turn up.

e: notts.talkclub@gmail.com
<https://www.facebook.com/people/Talk-Club-Notts/61562863683475/>

Support for Vulnerable People

AGE CONCERN CARLTON

Behind the Age Concern charity shop at 352-356 Carlton Hill, Carlton, Nottm, NG4 1JB

The Mayfield Social & Activities Centre Tuesday to Friday, 10am-2:30pm

Lunch club 3 courses £10. Full day includes 3 course lunch socials, activities (e.g. games, quizzes, reminiscence) without transport £15. For socials and activities (including lunch) with transport is £25.00.

For the over 60s. Membership required for full day. Pre-booking required for lunch club and full day lunch and activities.

t: T: 0115 940 2246
**[www.ageconcern-carlton.co.uk/
what-we-do/](http://www.ageconcern-carlton.co.uk/what-we-do/)**

AGE UK NOTTINGHAMSHIRE

Call during office working hours.

They offer a range of support including social prescribing, advice and group activities E.g. Men/Women in Sheds, digital inclusion support. Visiting and Befriending service. Help with benefits, scams awareness, free energy checks, accessing financial help for essential house repairs and much more.

t: (0115) 844 0011
e: info@ageuknotts.org.uk.
Or fill in a contact form via the website.
**[www.ageuk.org.uk/notts/about-us/
contact-us/](http://www.ageuk.org.uk/notts/about-us/contact-us/)**

ALCOHOLICS ANONYMOUS

Sacred Heart Community Centre, 91 Carlton Hill, Carlton, Nottingham NG4 1FP

Saturdays 3pm - 5pm

They offer support to individuals stay sober and help the still suffering alcoholic achieve sobriety. The meeting is open to alcoholics, their families and anyone interested in solving a personal drinking problem or helping someone else. All AA newcomers are welcome just drop in The only requirement for membership of AA is a desire to stop drinking. To become a member go to the AA website.

**Call Diane Williams Church Admin
t: (0115) 9118266**
e: ccen@dioceseofnottingham.uk.
To join AA go to the website
**[www.alcoholics-anonymous.org.uk/
About-AA/Newcomers](http://www.alcoholics-anonymous.org.uk/About-AA/Newcomers)**

ALCOHOLICS ANONYMOUS NATIONAL HELPLINE

This service is not staffed round-the-clock. Time 8am - 12pm

They support people if they have a drinking problem or if your drinking has reached the point of where it worries you. They also support, families and friends, who have concerns about a relative or individual.

t: (0800) 9177 650
**e: help@aamail.org or use Live chat
on the website**
**[www.alcoholics-anonymous.org.uk
/Contact](http://www.alcoholics-anonymous.org.uk/Contact)**

ALLSORTS

Meetings are every 2nd Thursday in the month 7.30pm-9.30pm at various locations around Nottinghamshire.

Allsorts is a social group for young disabled adults between the ages of 18-40. Members are welcome with a physical, sensory or mild learning disability. Activities include eating out, theatre trips, cinema, ten pin bowling, boat trips. Activities are only undertaken if they are accessible to all.

Transport may be provided. Volunteers are also welcome to support the group.

**t: Jane Hawthorn 0115 914 6696
daytime and evenings.**

**Answer machine during office hours
www.allsortsnotts.org.uk**

BEREAVEMENT BUDDIES

Nottinghamshire Hospice 384 Woodborough Road, Nottingham, NG3 4JF.

Face to Face meetings are the 1st Monday of every month. And the 3rd Friday of every month. A Zoom meeting on the first Tuesday of every month, from 2pm until 3:30pm.

Bereavement Buddies is a social support group, with the emphasis on forming connections and friendships with others who are going through a bereavement. They are all drop in groups so no need to book. support, families and friends, who have concerns about a relative or individual.

**t: (0115) 9621222 e:info@nottshospice.org
Home Page - Nottinghamshire Hospice
(nottshospice.org)**

BI-POLAR LIFT

**Monday to Friday during office hours
9am - 5pm**

They help to make a positive difference to the lives of those living with Bipolar disorder, their family and friends in Nottinghamshire.

A county wide service providing a free telephone support service to those in need, and they provide free face-to-face meetings, offer advice and services on a wide range of issues.

**t: 07534 138512
e: support@bipolarlift.org
<https://bipolarlift.org/>**

BURTON JOYCE MACULAR SOCIETY

St Helens Church Centre, Church Road,
Burton Joyce, Nottingham, NG14 5DJ

**Third Thursday of the following months;
Jan, Mar, May, Jul, Sep and Nov
10:30am -12 noon**

They offer support and information to anyone living with or supporting someone with central vision loss.

They have a range of speakers who advise on: services available, low vision aids, and treatment.

t: Angela Nolan 07722 234809

CORNWATER EVERGREENS

Ravens Lodge, Main Road, Ravenshead,
Nottingham, NG15 9GS

Cornwater offer a selection of sessions for people over the age of 50.

Friendship Clubs:

Monday, Wednesday & Friday 10:00-14:30

Raven's Lodge, Ravenshead NG15 9GS

A wide variety of activities, a three course home cooked meal and some gentle exercise ensures members body, mind and heart are fed.

Transport is available to the Friendship and Brunch clubs for members living in Ravenshead, Blidworth and Rainworth, they can be collected from their homes by a Ravenshead Community Transport minibus.

Disabled friendly. There is a small charge for bus bookings made through the club. There are also a number of car schemes which members use; many also drive themselves to the club.

Sarah Ball t: (01623) 491159

e: clubs@cornwaterevergreens.co.uk

<https://cornwaterevergreens.co.uk/>

DANCE FOR PARKINSONS Nottingham (Parkinsons UK)

St Jude's Church, 405 Woodborough Road
Mapperley, Nottingham, NG3 5HE

Thursdays 11am - 12 noon

Aim: Focusing on controlling breathlessness and reducing anxiety. Helping to increase confidence, strength, flexibility and balance. Standing and seated exercises. Exercises tailored to the individual.

For anyone with Parkinson's and their partners, friends and carers are welcome. The class is for all ages and abilities, you don't have to have done any dance before you come. Wear comfortable shoes and clothes you can move in. Bring a water bottle. At present booking is not required, it is helpful if we know you are coming, do just come turn up on the day.

Katie Kelsey t: 07824906317

e: ktclass1@gmail.com

DOUBLE IMPACT

**Telephone and Web chat Monday to Friday:
9:30am to 5pm. Out of hours leave message.**

Advice combined with support packages for people with alcohol and drug issues.

For adults aged 18 and over in Nottinghamshire.

**Call: (01623) 272838, use the web chat option, or fill in the online referral form.
w: www.doubleimpact.org.uk**

STRENGTH AND BALANCE CLASSES

Hope Nottingham's Carlton Community Hub:
Wednesday 10:45-12:15.

The Loco Centre, Netherfield:
Thursday 11.30 – 12:30pm and 1:30 – 3pm.

Strength and Balance class £6 per class.

Strength and balance classes are for people 55+. The classes aim to increase strength, balance, flexibility and confidence. Standing and seated exercises. 60-minute class followed by a 30-minute social session.

t: Chantelle Cliff 07442 729484
e: info@cchealthfitness and Carla De-Padova on 07709 809510
E: Carlamarie1997@hotmail.com for the 11:30 – 12:30pm Thursday class at the Loco centre.

FORCES IN THE COMMUNITY

Free.

They support ex-service personnel and their families to reach their full potential. They deliver tailored employment guidance, housing advice, mental health support and provides a supportive environment. They supports the clients and their families, who are often disadvantaged and at a point of crisis in their lives.

T: (0115) 9220320
E: support@forces.org.uk
or fill in an online contact form.
<https://www.forces.org.uk/>

FRIENDS FOR LIFE AYE UP MI DUCK DEMENTIA GROUP

Westdale Lane Community Centre, 368
Westdale Lane, Mapperley, Nottm, NG3 6ES

Every 3rd Thursday of the month
10:25am - 12:30pm

At present booking is not required, it is helpful if we know you are coming, do just come turn up on the day.

They offer support and information to anyone living with or supporting someone with central vision loss. They have a range of speakers who advise on: services available, low vision aids, and treatment.

Cynthia Litchfield t: 07807 446602
e: cynthialitchfield47@gmail.com

GEDLING MEMORY CAFÉ

Good Shepherd Church, Thackerays Lane
Woodthorpe, Nottingham

Every 4th Friday of the month
10:30am - 12:30pm

Free refreshments available

A friendly and welcoming place for anyone with dementia and their carers to gain practical information, emotional support or just a fun, sociable time together. The cafe is free, and there is free parking

Terry Beale t: 07881 816465
e: MandArotary@gmail.com

GEDLING CARERS SUPPORT GROUP

Gedling Methodist Church, Gedling Road,
Carlton, Nottingham, NG4 3EX

Every 2nd Tuesday of the month.

10:30am-12:30pm.

Free

Practical and emotional help, advice and support for those caring for others. Monthly guest speakers who talk on a variety of topics.

General number to book (0808) 802 1777.

e: carershubreferrals@carersfederation.co.uk.

w: <https://carershub.carersfederation.co.uk/>

HANDY PERSONS ADAPTION SERVICE

Monday to Thursday: 8:30am to 5pm

Friday: 8:30am to 4:30pm

They provide free of charge additional internal stair rail, Internal grab rails. External grab rails.

The Service provides help and support to keep you safe and independent in your home with free or low-cost, but high-quality, essential adaptations and small practical jobs.

It is available to people living in Nottinghamshire who are either aged 60 or over, and or disabled.

**Contact Nottinghamshire County Council
Customer Service Team t: (0300) 500 8080**

**If you are deaf or hard of hearing use the
Text relay service: 18001 (0115) 9774050.**

**Or contact via the online enquiry form
w: [www.nottinghamshire.gov.uk/care/
adult-social-care/help-living-at-home/
adapting-your-home/
handy-person-adaptation-service](http://www.nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/adapting-your-home/handy-person-adaptation-service)**

INDEPENDENT AGE

The support they offer includes a free helpline to talk about how they can help, or to arrange a call with one of our expert advisers.

The advice service is a free, impartial and confidential telephone service for older people, their families, friends, carers and health professionals.

They provide a wide range of other services to support people in later life. The team will give you information and guidance on how to access the support your needs.

Helpline team from Monday to Friday

9am to 5pm on (0800) 319 6789

E: helpline@independentage.org.

Or use the web chat – look for the yellow

Need help? Let's chat box on this

screen on the website

W: www.independentage.org/about/contact

JIGSAW HOMES MEMORY CAFÉ

St George's Centre, 91 Victoria Road,
Netherfield, Nottingham, NG4 2NN

Last Thursday of the month

2pm - 4pm

FREE

Come and share a cuppa and cake and meet other carers and people living with dementia.

Martin Curtis t: 07900 951867

e: Martin.Curtis@jigsawhomes.org.uk

MEN IN SHEDS - CARLTON

Back of St. Paul's Church, 5 Church Street,
Carlton, Nottingham, NG4 1BJ

**Tuesday and Thursday
mornings
9am - 12 noon**



Free Activities.
Nominal cost for refreshments.
£1 for tea, coffee plus cake etc.

Supports older men who want to
get together, share and learn new skills -
all in the welcoming space of a shed.

**e: paulhoward81@outlook.com
t: Paul Howard: 07827 2917725**

MOVE IT OR LOSE IT

At various locations

**Tuesdays: Arnold United Reformed
Church 2:30pm- 3:30pm
Fridays: Calverton Village Hall
10.30-11.30am.**

Cost vary please enquire.
Classes can be done seated or standing
and are designed to help you stay active
and independent for longer. Great music
and a warm welcome awaits. Free first
class!.

**To book a place call Julie Rose
T: (0115) 841 0319 or 07985 205769
E: julie.rose@moveitorloseit.co.uk**

MY SIGHT NOTTS

26-28 Heathcoat Street
Nottingham, NG1 3AA.

**Walkie Talkie Wednesday Group.
They meet at various locations in
Nottingham/ Nottinghamshire including
Bestwood and Gedling Country Park.
Every 1st and 3rd Wednesdays of the
month, 10:30am start.**

My Sight Notts continued..

They provide support and advice for
people with sight loss including aids and
equipment, IT support, sighted guides,
peer support. They offer a variety of social
and group activities including Walkie Talkie
Wednesdays. Walks end with a cafe or pub
meal. Meeting places vary depending on
travelling to the walk location. Guide dogs
are permitted on these walks.

**t: (0115) 970 6806
e: info@mysightnotts.org.uk
www.mysightnotts.org.uk/**

NETHERFIELD SENIOR CITIZENS CLUB

Bethesda Community Hall, Forester Street,
Netherfield, Nottingham, NG4 2LJ.

**First Friday of every month. 1.30pm for
2pm start - 3:30pm.**

Entry cost is 50p. Membership costs £6.00
per year. Refreshments available on arrival.

Open (and close) meetings with a hymn
and announcements. Activities: Speakers,
musical entertainment, bingo. Four day trips
a year at reasonable cost per person. Two
parties per year, providing a plated lunch.

**Gwen and Allan Woolley
t: (0115) 911 3045 Mobile: 07747196808
e: gwen_1948@hotmail.com**

NOTTINGHAM CARDIAC GROUP

54 Front Street Arnold, Nottingham, NG5 7EL

**Meet on the last Tuesday evening of the month
from 7-9pm and via Zoom 7:30pm start.**

They are a patient and carers group
providing moral support and friendship for
those impacted by heart disease of any
type.

**Sam Dixon T:07810 185268
E:secretary@heartsupport.co.uk**

NOTTS LGBT+ NETWORK

Call Monday - Friday 7pm - 9:15pm to enquire and chat

They offer information and support to Gay, Lesbian, Bi and Trans. Information is on the resource hub and includes locations to meet people in the community, events, how to meet people, legal issues, coming out, health issues, Support is there if people just need to talk to access the support your needs..

t: (0115) 934 8485. Text 07481 344040
e: info@nottslgbt.com or chat online via the website
www.nottslgbt.com/contact-us/

POWER

Rock Church, 13-15 Wellin Lane,
Edwalton, NG12 4AS.

Monday - Friday 9am - 5pm.
FREE

They provide statutory Independent Advocacy services including Mental Health, Mental Capacity and Care Act advocacy. This includes help for people experiencing severe and multiple disadvantages, people with both Autism and Learning Disability, and NHS Complaints Advocacy. To make a referral go to the website.

t: (0300) 456 2370.
<https://www.pohwer.net/nottinghamshire>

NEWARK AND SHERWOOD CVS COMMUNITY LIVING ROOM FRIENDSHIP GROUP

Killisick Community Centre, Tavill Field,
Community Room, Kilnbrook Avenue,
Killisick Nottingham, NG5 8DA

Mondays 10am - 12 noon

Free refreshments are provided.

Everyone is welcome to chat, have a cuppa and meet new people in a safe friendly environment.



e: info@nandscvs.org
t: 07469 818 564
www.nandscvs.org

NOTTINGHAMSHIRE COUNTY COUNCIL: GOLDEN NUMBER

Customer service opening hours:
Monday to Friday: 8:30am to 5pm

If you have a concern about an adult or child that is an emergency or risk to life, call 999.

Nottinghamshire County Council:
Customer Service Team (0300) 500 8080.

NOTTINGHAMSHIRE FIRE SERVICE SAFE AND WELL VISITS

Fire Service advice line open during working hours. For those who are deaf, deafened, or hard of hearing the service also offers a text service. A response will be typically issued within 24 working hours. Or make a referral online.

They offer free home safe and well checks to residents in Gedling. In addition to fire safety, the visit is tailored to an individual's needs relating to their health and lifestyle choices.

t: 0115 838 8100
Text service: 07766 299 999 for deaf people during working hours. or make a referral online.
w: notts-fire.gov.uk

NOTTINGHAMSHIRE POLICE SERVICE ONLINE ADVICE ON CYBER CRIME AND FRAUD

For free online advice and information on fraud and digital scamming on mobile phones and computers go to the National Crime agency website. If you think you might have been a victim of cyber crime, report it. Contact Action Fraud via the website or call them.

t: (0300) 123 2040.

**W: <https://www.met.police.uk/advice/advice-and-information/fa/fraud/action-fraud/w>: notts-fire.gov.uk
www.ncsc.gov.uk/section/information-for/individuals-families**

OUR DEMENTIA CHOIR

Contact us for more details about locations on the website.

Refer to website links to join the choir.

Our Dementia Choir. People attending must have diagnosed with dementia by the NHS to attend. Families, carers partners and friends must apply online to join.

w: www.ourdementiachoir.com/join-us

PARKINSONS SUPPORT GROUP

The Bonington Club 79 High Street,
Arnold, Nottingham, NG5 7DN

Tuesdays 12 - 3pm

For people with Parkinson's, their family's, friends, and carers. Make new friends and get involved in activities. Free. Tea, coffee and biscuits.

**t: Pete Wilding 07782 113841
e: puk.nottingham@gmail.com**

PHOENIX FARM MENTAL HEALTH & WELLBEING CAFÉ

Wollaton Avenue, Gedling,
Nottingham, NG4 4HY

Mondays. 11am - 2pm

Free. Donations are welcome.

Everyone is welcome for a chat, rest, friendship, games and a safe space.

Games, soup and a roll, tea and coffee

**Deacon Helen Snowball
t: 07916 625928**

RE-ENGAGE RAINBOW CALL COMPANION SERVICE

Short form to apply for yourself or make a referral to join Re-Engage.

Rainbow call companions is a free service for older LGBT+ people, who are lonely, isolated or in need of companionship and feel they would enjoy a friendly phone call every week or two with a volunteer who is also LGBT+.

Short form to apply for yourself or make a referral to join Re-Engage.

Call companions is available to anyone aged 75+, who would benefit from a regular friendly chat over the phone with a friendly volunteer.

**To apply for yourself or make a referral for someone else t: 0800 716 543
e: info@reengage.org.uk.
Or complete an online form.
www.reengage.org.uk/refer/**

RE-ENGAGE CALL COMPANION SERVICE

Short form to apply for yourself or make a referral to join Re-Engage

Call companions is available to anyone aged 75+, who would benefit from a regular friendly chat over the phone with a friendly volunteer.

**To apply for yourself or make a referral for someone else t: 0800 716 543
e: info@reengage.org.uk.
Or complete an online form.
www.reengage.org.uk/refer/**

RAVENSHEAD MEMORY LANE GROUP

St Peters Community Centre, Sheepwalk Lane, Ravenshead, Nottingham, NG15 9FD

**Every 1st Wednesday of each month.
1:45pm - 3:45pm**

The group is for those living with dementia and their family/carer.

They offer friendship, support, various activities / guest speakers, a sing song . They have outings on different Wednesdays. The group welcomes people from all areas around Ravenshead.

**Margaret Moore t: 07488 320618
e: tandmbrook@aol.com**

RE-ENGAGE TEA PARTIES IN GEDLING

Certain areas in Gedling borough.
Find out more information on the website

Tea parties are held every month on a Sunday

The tea parties are free monthly social groups open to people aged 75 +. They offer a chance for a change of scenery, regular afternoons of conversation and laughter with friends of all ages. Transport is provided.

**To apply for yourself or make a referral for someone else t: 0800 716 543
e: info@reengage.org.uk.
Or complete an online form.
www.reengage.org.uk/refer/**

RUSHCLIFFE COMMUNITY & VOLUNTARY SERVICE

Telephone Befriending Service.

People can talk to a befriender about anything, a shared hobby or interest, memories, what's in the news or an issue they need help with.

Vulnerable and isolated people are directed to us by friends and family, GPs and social services. But if people are not going out and feel they could benefit from a comforting chat.

They can ask to use the service, as loneliness can affect us all at any time in life.

**t: (0115) 969 9060
e: admin@rushcliffecvs.org.uk.
Or complete an online form
w: <https://rushcliffecvs.org.uk/contact/>**

SSAFA NOTTINGHAMSHIRE

3 Amelia Court, Swanton Close,
Retford, DN22 7HJ

Tuesday & Thursday 9am - 1pm

They provide lifelong support to those who are serving or have served in the British Army, Royal Navy, Royal Marines or the Royal Air Force, and to their families. They are the Nottinghamshire branch of SSAFA, the Armed Forces charity.

**Contact via main number T: 020 4566 9114
or E: eastmidlands.region@ssafa.org.uk
www.ssafa.org.uk/nottinghamshire-1/nottinghamshire**

SHELTER

**Helpline Monday to Friday, 8am - 8pm
Weekends and bank holidays, 9am - 5pm**

Advice support services and help with housing issues and homelessness.

**Emergency Helpline (0808) 800 4444
<https://england.shelter.org.uk/>**

TOGETHER@WAINMANS TRUST GROUP

The Eagles Nest Community Centre, Gedling Road, Arnold, Nottingham, NG5 6NZ.

Mondays and Thursdays 10am - 3pm

The clubs aim is to combat loneliness and promote improved health and well-being, both physical and mental. Members learn new skills, and are able to remain independent for longer, enjoying a better quality of life. There is a waiting list.

**Olwen McGlade t: 07957 316012.
e: olwenmcglade@wainmantrust.co.uk
w: <https://wainmantrust.co.uk/together/>**

WAYFINDER BEIRENDING SERVICE

Organisations can make a referral, and individuals can self-refer too via email or online 24 hours a day.

Or self refer or refer other people online.

Wayfinder is for individuals who are at risk of homelessness. They aim to support people as they develop the skills to live independently, and help them to integrate into the local community. Trained volunteers are matched with participants and meet with them in their local area on a regular basis. The volunteer will provide a listening ear, alongside basic support with practical tasks.

**Contact Katie Stanning E: katie@transformingnottstogether.org.uk . Or fill in an online form. W: <https://transformingnottstogether.org.uk/wayfinder-referral-form>
www.facebook.com/profile.php?id=100086525592595**

Domestic Abuse

EQUATION

Helpline Monday to Friday from 9.30-4.30. A 24/7 confidential answerphone service.

Offers discreet advice for men experiencing domestic abuse.

**For men aged 18 or over living in Nottinghamshire Helpline: 0800 995 6999
Or use the online referral form.
w: www.equation.org.uk/service-for-men/domesticabuse/**

JUNO WOMEN'S AID

Helpline available 24/7. Email response with in 5 working days.

They ensure women and children are safe, offer information and support to individuals, and those who have concerns about someone else.

**Helpline 0808 800 0340
e: helpline@junowomensaid.org.uk
9 am - 9 pm. It is not an emergency service.
Call 999 if you are in danger or someone else is in danger.**

NATIONAL CENTRE FOR DOMESTIC VIOLENCE (NCDV)

Refer to website.

Specialises in offering a free, fast legal and emergency court injunction services.

**t: 0207 186 8270 or 0800 970 2070
(and press Option 1).
Text: 'NCDV' to 60777 e: office@ncdv.org.uk**

NOTTINGHAMSHIRE SEXUAL VIOLENCE SUPPORT SERVICES

Self referrals

Monday - Friday 10am -1pm

Saturday - Sunday 4:30 - 7:30pm 10am-1pm.

Or leave an answerphone message.

Helpline available 24/7.

They offer a range of support options to all adult survivors of sexual violence and abuse and understands the needs of different survivors including age, gender, or whether a person is BAME or LGBT+. This includes anyone who has been affected by sexual violence, now or in the past. They support friends, family or partners of survivors of sexual violence too.

Self referrals t: (0115) 941 0440.

Helpline t: 0808 800 0340.

Use online self referral form.

w: <https://nottssvss.org.uk/>

REFUGE

Helpline or chat option available 24/7

Offer information and support to women children, individuals, and those who have a concern about someone else .

Helpline 0808 2000 247 open 24 hours.

Or use the online chat option.

Call 999 if you are in danger or someone else is in danger.

SUPPORT FOR SURVIVORS CHARITY

Woodthorpe House, Sherwood Community Centre, Mansfield Rd, Sherwood, Nottingham NG5 3FN.

**Open Monday to Friday. 9:30am - 5:30pm.
Donations are welcome.**

Support for Survivors Charity continued..

They support all male and female, LGBTQ+ BAME, Gypsy, Roma & Traveller, those with physical disabilities and those with learning disabilities victims and survivors aged 18 and over who have experienced sexual, emotional, physical, or incest abuse, as well as rape, facing domestic abuse, trafficking, slavery, or financial abuse.

t: (0115) 622722.

e: hello@supportforsurvivors.org

w: <https://supportforsurvivors.org/>

VICTIM SUPPORT

**Helpline or chat option available 24/7.
365 days a year**

Emotional practical and confidential support 24 hours a day, for people affected by crime and traumatic events.

**Use the online form for support and advice.
The team make contact within
three working days (Mon to Fri).
Call the free 24/7 Support line
t: 0808 1689 111 or use the
online chat option.**

GEDLING BOROUGH COUNCIL SERVICES AND OUTREACH

GEDLING BOROUGH COUNCIL CUSTOMER SERVICES OUTREACH SESSIONS

Calverton Core Centre based at The
Calverton Working Men's Club,
Collyer Road, Calverton, NG14 6JX

Thursdays. 9am - 3pm

Book for an appointment at the centre. They offer a wide range of help with Housing and Council Tax benefit. Housing support and housing conditions. Support and issues paying council tax. Environmental Health issues, Anti – social behaviour issues and much more.

t: (0115) 901 3901

**w: [https://www.gedling.gov.uk/resident/
contactus/](https://www.gedling.gov.uk/resident/contactus/)**

GEDLING BOROUGH COUNCIL CUSTOMER SERVICES OUTREACH SESSIONS

Carlton Methodist Church Main Street
Methodist church, on the corner of Carlton
Hill and Cromwell street, NG4 1EE

Tuesdays. 11am - 3pm

Appointments available or just drop in. They offer a wide range of help with Housing and Council Tax benefit. Housing support and housing conditions. Support and issues paying council tax. Environmental Health issues, Anti – social behaviour issues and much more.

t: (0115) 901 3901

**w: [https://www.gedling.gov.uk/resident/
contactus/](https://www.gedling.gov.uk/resident/contactus/)**

GEDLING BOROUGH COUNCIL CUSTOMER SERVICES OUTREACH SESSIONS

Bestwood Miners Welfare, Park Road,
Bestwood Village, Bestwood, NG6 8QT

Wednesdays 10 – 4pm

Just drop in. They offer a wide range of help with Housing and Council Tax benefit. Housing support and housing conditions. Support and issues paying council tax. Environmental Health issues, Anti – social behaviour issues and much more.

t: (0115) 901 3901

**w: [https://www.gedling.gov.uk/resident/
contactus/](https://www.gedling.gov.uk/resident/contactus/)**

GEDLING BOROUGH COUNCIL CUSTOMER SERVICES ADVICE

Civic Centre, Arnot Hill Park, Arnold,
Nottingham NG5 6LU

**The Civic Centre is open to the public
during office hours.**

t: (0115) 901 3901

**w: [https://www.gedling.gov.uk/resident/
contactus/](https://www.gedling.gov.uk/resident/contactus/)**

GEDLING BOROUGH COUNCIL - COMMUNITY CENTRE ROOM HIRE

Arnot Hill Park, Arnold,
Nottingham NG5 6LU

Providing quality venues in the Arnold,
Carlton, Mapperley and Gedling areas.

t: 0115 901 3901

**Contact Monday - Friday
during normal office hours**

GEDLING BOROUGH COUNCIL SUPPORT IN GEDLING WEBPAGE

Refer to website.

Local online directory which highlights and signposts you to agencies, groups and charities, across the borough, to help support you with the cost of living.

Refer to website

w: <https://www.gedling.gov.uk/resident/contactus/>

ARNOLD LEISURE CENTRE

Awarded the CredAbility Kite Mark for accessible facilities

High Street, Arnold, Nottingham, NG5 7EE

**Monday, Wednesday, Thursday & Friday
7am - 10pm**

Tuesday 7am - 9pm

Saturday 8am - 3.30pm

Sunday 8am - 6pm

Facilities: 25 metre swimming pool and 12 metre learner pool.

Activities include many different types of swimming sessions.

Group and private swimming lessons, virtual aqua aerobics.

Swimming lessons for all ages and abilities, from babies and toddlers to adults.

t: (0115) 901 3690.

e: Arnold@gedling.gov.uk

www.gedling.gov.uk/leisure/ourcentres/arnoldleisurecentre/

CARLTON FORUM LEISURE CENTRE

Awarded the CredAbility Kite Mark for accessible facilities

Coningswath Road, Carlton,
Nottingham, NG4 3SH

**Monday, Tuesday, Thursday & Friday
6.30am - 10.45pm**

Wednesday 6.30am - 10pm

Saturday 7am - 6.30pm

Sunday 7am - 8.45pm

Facilities:

25 and 12 metre pools

Gym, sports hall, sauna and steam room.

Activities: swimming lessons and various swimming sessions. Gym with 75 fitness stations, courts for badminton, squash and table tennis. You can hire facilities to hold children's parties in the sports hall or swimming pool, all with fun inflatables.

t: (0115) 901 3660

e: carlton.forum@gedling.gov.uk
www.gedling.gov.uk/leisure/ourcentres/

CALVERTON LEISURE CENTRE

Awarded the CredAbility Kite Mark for accessible facilities

Flatts Lane, Calverton, Nottm, NG14 6JZ

Monday to Friday 7am - 9pm

Saturday and Sunday 8am - 5.30pm

Facilities: 18 metre swimming pool. Gym with 75 fitness stations and sports hall. An all weather football 3G pitch, which can be hired. Activities: huge range of exercise classes. Pilates, Kettlefit, Group Cycle, facilities' for badminton, squash and table tennis. You can hire facilities for children's parties in the sports hall or swimming pool, all with fun inflatables.

t: (0115) 901 3800

e: calverton@gedling.gov.uk
www.gedling.gov.uk/leisure/ourcentres/calvertonleisurecentre/

REDHILL LEISURE CENTRE

Awarded the CredAbility Kite Mark for accessible facilities

Redhill Road, Arnold, Nottm, NG5 8GX

Leisure centre:

Monday to Friday 6.30am - 9pm

Saturday & Sunday 8am to 5.30pm

All weather football pitch

Monday to Thursday 7am - 10.00pm

Friday 7am - 8pm and all day at weekends

Facilities: Gym with 75 fitness stations. You can hire an all weather football 3G pitch. They offer huge range of exercise classes including Pilates, Kettlefit, Group Cycle and you can book a court to play badminton, much more.

t: (0115) 901 3690

e: redhill@gedling.gov.uk

**www.gedling.gov.uk/leisure/ourcentres/
calvertonleisurecentre/**

BONINGTON THEATRE

Awarded the CredAbility Kite Mark for accessible facilities

High Street, Arnold, Nottingham, NG5 7EE.

Box office opening times

**Monday-Friday
9.30am-5.30pm**

Saturday 10am-4pm

Closed on Sundays and bank holidays.

**The box office will be open 1 hour before
films starts**

The cinema has ample car parking and a box office online booking service.

They offer a low cost young persons membership for 16-25 age group, which gives money off tickets. There are films for a £5 on certain days.

Bonington Theatre continued..

The theatre offers a wide programme of: amateur and professional performances, jazz, folk and popular music gigs, drama, dance and more traditional community-produced drama and is home to the Bonington Players, Prospect Players, Nottingham Organ Society, Flying High Youth Theatre and Jazz House.

Box Office t: (0115) 901 3640

e: bonington.theatre@gedling.gov.uk

**w: www.boningtontheatre.co.uk/
about-us/contact-us/**

RICHARD HERROD CENTRE

Awarded the CredAbility Kite Mark for accessible facilities

Foxhill Road, Carlton
Nottingham, NG4 1RL

Open 8:15am - 9pm 7 days a week

RHC is a multi-functional community hub for live events, socialising, indoor bowls (check availability to play bowls with the Indoor Bowls Club) and much more. Plenty of free parking is available.

They put on live entertainment shows, special family nights and host regular events such as the Armed Forces Breakfast Club. The Bar hours are 10.30am-9pm every day for hot and cold drinks and bar snacks and show Sky Sports on the big screen for all the major matches. They have facilities to hire out perfect for business meetings, conferences, birthday parties and wedding receptions.

t: (0115) 9612949

e: richard.herrod@gedling.gov.uk

Indoor Bowls club

t: (0115) 9617 623

**e: gedling.bowls@btconnect.com
www.gedling.gov.uk/leisure/ourcentres/
richardherrodcentre/**

COMMUNITY TRANSPORT

CT4N TRANSPORT EASYLINK (DIAL A RIDE)

Sherwood Bus Garage, Mansfield Road,
Sherwood, Nottingham, NG5 2JN

Easy Link Booking line open 8:30am- 12noon. Monday to Friday.

Fully accessible minibus service, subject to meeting the eligibility criteria. Supporting passengers who find the main bus and tram network difficult to use. Journey availability 08:30am - 4:00pm, bar weekends BH's.

**Call: 0115 969 1801
Press 1 for Transport
Text: 07889 661950**

**CT4N Easy link (Dial A Ride)
www.ct4n.co.uk/charity/easylink**

RUSHCLIFFE COMMUNITY & VOLUNTARY SERVICE: TRANSPORT

The Cotgrave Hub, Rivermead, Cotgrave,
Nottingham, NG12 3UQ

The voluntary transport service is for those who have difficulty getting out due to issues such as lack of transport, disability, ill health or don't have access to public transport.

**t: 0115 969 9060. Press 1 for Transport.
Monday to Friday 9am - 4pm.
Rushcliffe CVS Community Transport
<https://rushcliffecvs.org.uk/>**

Gedling Seniors Council

Are you aged 60 or over? Would you like to have your say on issues affecting us as we grow older in Gedling borough? If you would, come and join Gedling Seniors Council.

What is Gedling Seniors Council?

We are older residents, voluntary groups and charities serving older people, all working together for older people in the borough.

We are supported by Gedling Borough Council but we are independent from it.

What does the Seniors Council do?

- It helps to improve services and support for older people.
- It influences policies affecting older people.
- It represents all the older people living in our community.

The Seniors Council meet five times a year, on Fridays from 10.30 to 12.30pm. The meetings are at the Gedling Borough Council Civic Centre offices in Arnold, unless otherwise advised.

**For more information, contact Gedling Borough Council on 0115 9013901
or email communities@gedling.gov.uk**

Gedling Youth Council

Are you a young person living in Gedling Borough? Do you want your voice to be heard and contribute to positive changes in your community? Look no further – come and join Gedling Youth Council.

What is Gedling Youth Council?

The Gedling Youth Council is a fantastic opportunity for young individuals aged 11 to 19 to get involved in local decision-making and have a real impact on the issues that matter most to them.

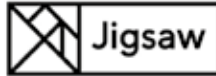
What does the Youth Council do?

As a member, you'll have the chance to voice your opinions, share your ideas, and work together with other passionate young minds to shape a better future for our borough. Joining the Youth Council means more than just being heard; it's a chance to gain valuable leadership skills, develop teamwork abilities, and enhance your understanding of how local government operates.

Being a part of the Youth Council can also bolster your CV and further education applications. It shows that you're proactive, committed, and dedicated to making a positive change.

**For more information, contact Gedling Borough Council on 0115 9013901
or email communities@gedling.gov.uk**

working together with:



Jigsaw Homes Midlands



The King's Church
Arnold

