



# Safe Spaces for women- Community + Peer Support





# Where can I go to meet other women and find peer support?

Safe Spaces

Peer Support



Friendship

Community

Connection

# Nottingham Women's Centre

- ▶ **You don't need an appointment to visit the Centre.**
- ▶ Women are welcome to come and use our Welcome space and our library at any time during our opening hours.
- ▶ Come inside to:



Nottingham  
Women's Centre

30 Chaucer Street, NG15LP

Have a  
cuppa

Breast  
feed

Meet a  
Friend

Sit and feel  
safe

Chat

Read a  
book

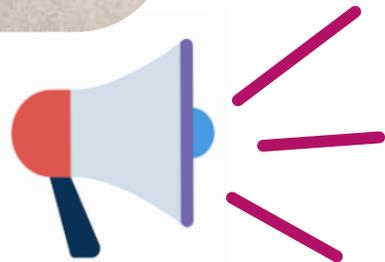
Relax

# We offer a safe and supportive space...

## Our Feminist Library



- Over **200+ books**, magazines, and articles by female authors
- Only one in East Midlands
- Anyone can visit our library but to take books out you will need to be a member. Our membership prices range from £2 (unwaged) to £10



**Calling all Feminist  
Book Lovers!**



# Workshops and Activities

We offer a range of **free** and **subsidised** courses and activities  
These are designed help women gain **skills** and **confidence**

Some gain you qualifications, and are based around training, education and employment- others are for wellbeing and enjoyment.  
Check out our **“What’s On Booklet”**



**COMPUTERS FOR BEGINNERS COURSE**  
A free introduction to the everyday use of computers and the internet in a relaxed and welcoming environment at Nottingham Women's Centre.



4 sessions, starting Tuesday 26 April from 10.30am-12.30pm



**NEW! SELF-DEFENCE CLASSES**



Join our free 3-week course starting Sunday May 23rd.  
Hosted by Gracie Barra studio.

All levels welcome!

Contact Reception:  
reception@nottinghamwomenscentre.com  
or 07930 825 030 to book a place.



**Life Coaching**

Wednesdays via Zoom or face-to-face



Work out your goals and how to obtain them, and put yourself in the driving seat for your future



**Feel Good Families**  
free parenting skills course

22nd April - 17th June - Fridays, 10am-12.30pm

Want to find out the 10 secrets of successful and enjoyable parenting? Feel Good Families is a FREE 8 week parenting skills course running from Nottingham Women's Centre.

Find out more at the link in our bio!



Nottingham Women's Centre



**FREE ESOL (ENGLISH AS SECOND LANGUAGE) COURSES IN READING, SPEAKING & LISTENING**



RUN BY THE WEA AND HOSTED AT NOTTINGHAM WOMEN'S CENTRE. USE THE CONTACT DETAILS BELOW TO FIND OUT MORE

CONTACT: EASTMIDLANDS@WEA.ORG.UK FOR MORE INFO



**Photo Art Group**  
starting 29th April, 1pm-3pm

Join our volunteer Paula for a weekly walk, taking photos in a fun, sociable and creative group.

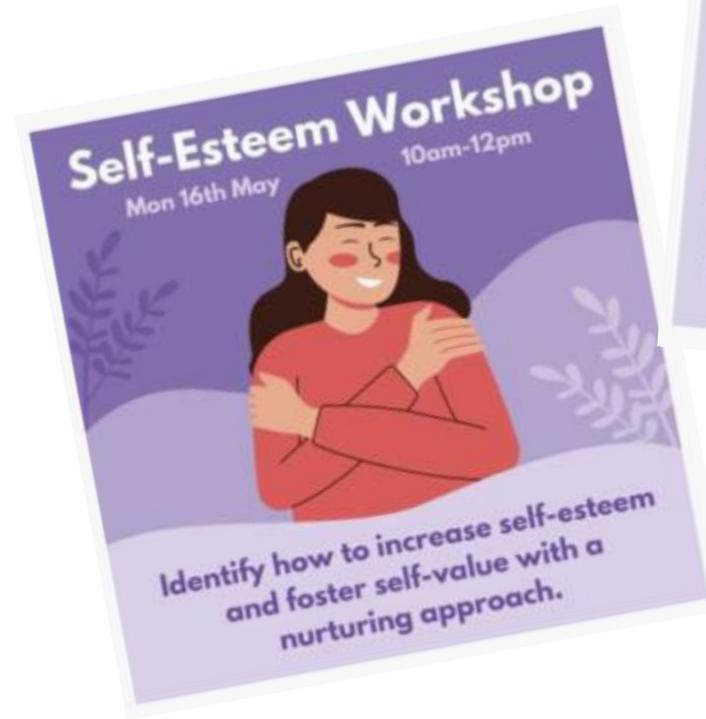
Equipment can be provided, all you need to bring is enthusiasm!

Find out more at the link in our bio.



# Mental Health and Wellbeing

- ▶ Lots of our activities and events are centred around mental health and wellbeing...
- ▶ We also run a number of **Talking Therapy Groups** which are only for our clients.
- ▶ These are wrap around support for our counselling services
- ▶ They allow our clients to engage in group work with other service users



# Crafty Club (Nottingham Women's Centre)



- ▶ **Weekly Craft and chat club**
- ▶ A friendly informal group, no special skills are needed, just come along and join in with some of the craft projects on offer.
- ▶ Have a chat, a coffee and meet new friends in a warm, welcoming environment.
- ▶ **When?** Every Thursday 1-3pm
- ▶ **Where?** Nottingham Women's Centre

# Women's Singing @ Nottingham Women's Centre



**'Let Your Voice Shine'**  
**vocal group**  
Starts 8th Sep, 10:45am-12:45pm

Unleash your singing potential in a safe, supportive group. Suitable for beginners and advanced singers.

♪

**Women's Voices Choir**  
Starts 5th Sep, 5:45-7:45pm

Come together with other women to sing a selection of empowering songs as part of a choir.

- ▶ These courses are FREE to those on low incomes or benefits (or £72 for everyone else).
- ▶ **Let Your Voice Shine**- Monday's 10:45-12:45am
- ▶ **Women's Voices Choir**- Mondays 5:45-7:45pm



Nottingham Women's Centre

# Coffee and Chat

- ▶ We have started running coffee and chat sessions to offer women a chance to meet and chat with other women
- ▶ It's a great time to find out about what we've got going on and to have a look inside the centre
- ▶ Look out for these on our social media



**COFFEE & CHAT**  
at Nottingham Women's Centre

**Tuesday 2nd August**  
**10:30am - 12:30pm**



**Drop in for an informal chance to meet & chat with other women, see the Centre, and find out what's going on here!**



# Recovery Room

- ▶ Recovery Room is a free, safe and supportive space for women who are looking to make new bonds and just 'be' away from anxiety.
- ▶ We're looking to build a sense of community, so come along and meet other women, enjoy creative mindfulness, and explore different techniques to combat anxiety.

## Recovery Room for anxiety

Every third Friday | 12:30-2:45pm

- Explore different techniques to combat anxiety
- Build resilience
- Enjoy creative mindfulness
- Be in a safe, friendly space with other women

- ▶ **When?** Every Third Friday 12:30-2:45
- ▶ **Where?** Nottingham Women's Centre



# Women Write at the Centre

- ▶ A friendly creative atmosphere, a safe space to have your say, where women are encouraged to explore their creativity to produce poetry, for all levels.
- ▶ We will also look at poetry structures; bring along your favourite published poems to discuss.
- ▶ There are no rules, just respect.
- ▶ The group meets using Zoom, so you will need to have Internet access and a quiet space to participate.



**When?** 4<sup>th</sup> Monday of the Month, 6pm  
**Where?** Zoom



# International Women's Day

- ▶ Every year, women from all walks of life and faiths come together to celebrate **International Women's Day** (8<sup>th</sup> March).
- ▶ There's always lots going on in the city for women during this time- check in with the Nottingham Women's Centre to see what's happening locally!
- ▶ **Website:** <https://iwdnottingham.com/>





# Reclaim the Night

- ▶ **Every year around Oct/ Nov women in Nottingham march to protest against all forms of male violence against women**
- ▶ It's a great time to come together as a collective voice and feel supported and empowered alongside other women
- ▶ **Website:**  
<https://reclaimthenightnottingham.wordpress.com/>



# Where can I go to meet other women and find peer support in Nottingham City?



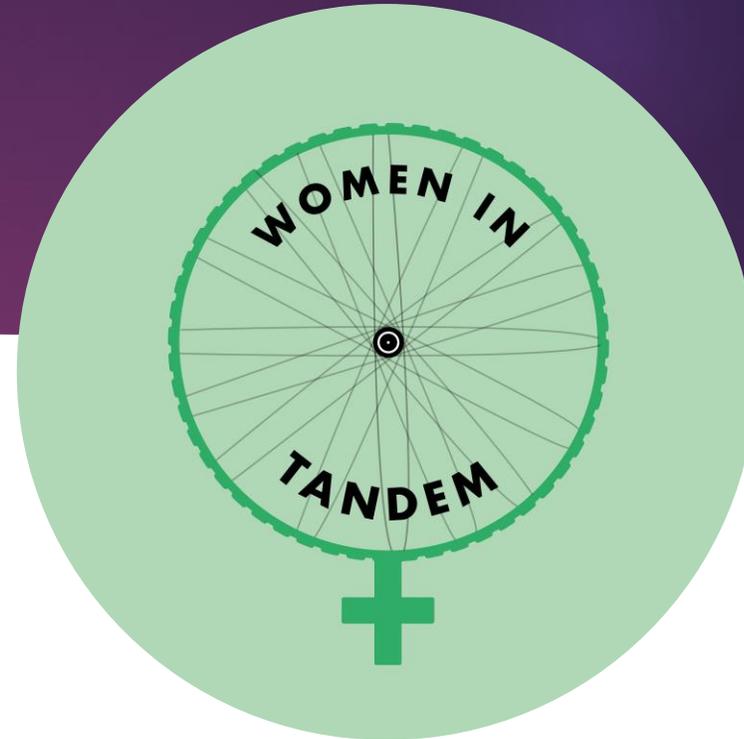
# Interest Groups and Activities



# Women in Tandem

- ▶ **Women led, Nottingham based bike collective to support women with all their bike needs.**
- ▶ 🚲 Bike servicing & repairs for all
- ▶ 🔧 Mechanic & cycle training for women
- ▶ 🚲 Group Cycling Events
- ▶ **Website:**
- ▶ **Facebook:**

<https://www.facebook.com/WomeninTandemNotts>

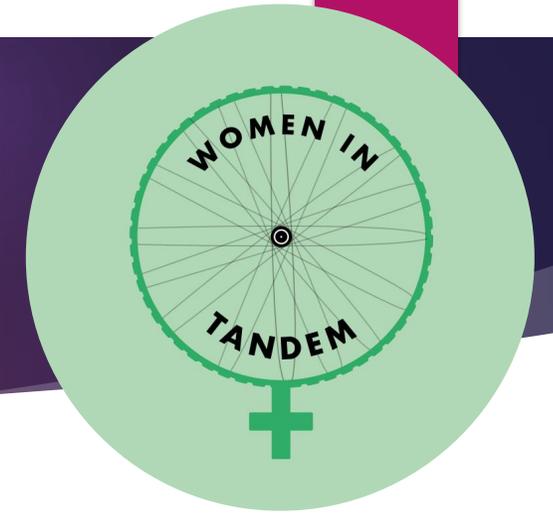


**Where?** Unit 8, Chaucer Street, Nottingham, NG1 5LP

**Email:** [hello@womenintandem.org.uk](mailto:hello@womenintandem.org.uk)  
**Tel:** 0115 958 4662

*They are our neighbours and based just around the corner!*

# Free Women Only Bike Rides



## FREE WOMEN-ONLY BIKE RIDES

Led by Women in Tandem & taking place on Wednesdays throughout August, September & October



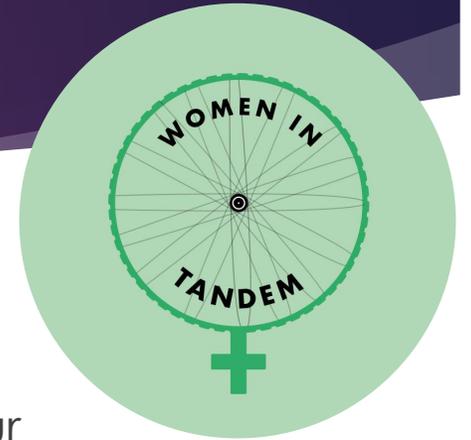
Bike rides: 11am-1pm  
Free coffee & cake at  
the Centre: 1-2pm

- ▶ Currently running Free Women only Bike rides
- ▶ **When?** Wednesdays 11-2pm (including coffee and cake at Nottingham Women Centre's)- throughout Aug, Sep Oct 2022



# Women Only Workshops

- ▶ Fortnightly Women Only Workshops
- ▶ Tinker with your bike using our professional toolboards, with female mechanics on hand to support
- ▶ All women welcome
- ▶ **When?** 5.30-8.30pm
- ▶ **Where?** Unit 8, Chaucer Street, Nottingham, NG1 5LP



# Estrandosas

- ▶ A local **Carnival band** for women, girls and non binary people to play drums, meet new people and make some huge noise for causes that matter.
- ▶ **Twitter:**  
<https://twitter.com/estrandosas>
- ▶ **Email:** [estrandosas@gmail.com](mailto:estrandosas@gmail.com)



# Women In Tech, Nottingham



- ▶ Aims to encourage more women and gender minorities into technology and act as a gateway to other meetups and events
- ▶ Organise monthly meetup for women from all areas of technology and those with an emerging interest in technology
- ▶ **Website:**  
<https://www.technottingham.com/wit-notts>
- ▶ **Facebook:**  
<https://www.facebook.com/WITNottingham/>

**Women**  
inTech



# Ladies Sports Sessions

- ▶ **Mojatu** are a local Charity group working to empower and support Black, Asian and minority ethnic (BAME) communities in Nottingham at risk from ongoing prejudice and whose needs are often overlooked.
- ▶ **They run a Weekly Women Only Sports Club**  
This is to improve these women's confidence and self-esteem and creating a safe area for them.
- ▶ The activities taken part include: self defense, Zumba, body combat and many more.
- ▶ **When?** Saturdays
- ▶ **Email:** [info@mojatufoundation.org](mailto:info@mojatufoundation.org)



## MOJATU LADIES SPORTS

Ladies Saturday sports is part of the Mojatu Foundation programs aimed for women & girls. The programs are on going & will offer classes in Zumba, self defense, body combat & other sports

ITS FUN | GREAT FOR WEIGHT LOSS | TONES YOU BODY | BOOST HEALTH | HELPS DESTRESS | IMPROVES COORDINATION | MAKES YOU HAPPY

EVERY SATURDAY



FOR MORE INFORMATION  
07759927671 | 0115 784 6666  
[info@mojatufoundation.org](mailto:info@mojatufoundation.org)  
<https://rb.gy/4d7snr>  
Address: Unit 6, Howitt Building,  
Lenton Boulevard NG7 2BY



Nottinghamshire  
POLICE & CRIME COMMISSIONER

**Website:** <https://mojatufoundation.org/>

**Facebook:**

<https://www.facebook.com/mojatu.foundation/>

# Evolve Nottingham CIC

- ▶ Are a not for profit community interest company providing Community based responsive projects.
- ▶ These include but are not limited to youth worth, sports, employment, activities for isolated, mindfulness and mental health.
- ▶ **Website:** <http://evolvenottingham.co.uk/>
- ▶ **Facebook:** <https://www.facebook.com/evolvenottinghamcic>
- ▶ **Email:** [evolvenottingham@outlook.com](mailto:evolvenottingham@outlook.com)



# FITNESS SESSIONS

ONLY  
**£1**

Lets a professional instructor safely guide you to learn:  
**Boxing inspired fitness sessions, learn new skills, get fit and have a laugh**

Classes  
**MON & WED**  
at 5:30pm - 6:30pm

@Strelley Social Club NG86JZ

**SIGNUP NOW**  
**07851292071**

Karen  
**Women Only**



**BEST FITNESS**

**Evolve**  
Nottingham CIC

**WE OFFER THE BEST FITNESS OPPORTUNITY**

Monday 9.30am Zumba  
Tuesday 9.30am Circuits  
Wednesday 9.30am Yoga  
Thursday 9.30am Boxfit

**CONTACT US**

📍 Karen  
📞 07851292071  
@Strelley Social Club NG86JZ

www.evolvefitness.com

- ▶ Evolve run a number of women only fitness sessions
- ▶ Boxing- Mon + Wed 5:30-6:30, Strelley Social Club
- ▶ £1 per session



# Monday Meet Ups

- ▶ **Evolve also organise women only meet ups...**
- ▶ **What?** Walking, making, laughing, support, wellbeing activities
- ▶ **Where?** Strelley Social Club
- ▶ **When?** Every Monday during term time, 11am

  
Nottingham CIC

# Breaking Barriers, Building Bridges

- ▶ Supporting young people to break free from marginalisation alongside a range of adult community groups -including ones just for women.
- ▶ Check their website for details
- ▶ **Website:** <https://4bbbb.org.uk/>
- ▶ **Facebook:**  
<https://www.facebook.com/BBBBNottm/>



# Soroptimist International Nottingham

- ▶ Sometimes we will have a speaker to educate and inspire us, whilst other meetings focus on activities we are involved in
- ▶ There is always time for members to catch up with each other, find out what everyone's been up to, and enjoy a coffee.
- ▶ **When?** Meetings are held at 19.30 on the 1st and 3rd Monday of the month.
- ▶ **Where?** Normally the 1st Monday is held on Zoom and the 3rd Monday is held in the Humanities Building at The University of Nottingham.



**Website:**

<https://sigbi.org/nottingham/>

**Facebook:**

<https://www.facebook.com/SINottingham/>

# Strong Young Women's Club (SEND Project)

- ▶ **When?** Every Monday 4:30-6:30pm
- ▶ **Where?** The Greenway Centre, Sneinton
- ▶ **Who?** Young women aged 13-25yrs (including young mums and their children under 3)
- ▶ **What?**
  - Sports and Games, Studio time, Arts and Crafts, Cooking and Baking, Wellbeing activities

## Email:

[info@sendproject.com](mailto:info@sendproject.com)

**Tel:** 0115 841 9208

**SYWC** KLUB SILNÝCH ŽEN

**SEND PROJECT** ENJOY CREATE ACHIEVE

**SYWC STRONG YOUNG WOMEN CLUB**

**EVERY MONDAY**

🕒 4:30PM-6:30PM 👥 13-25 YEARS OLD

*What we do*

SPORT & GAMES  
STUDIO TIME  
ARTS AND CRAFTS  
COOKING AND BAKING  
WELL-BEING ACTIVITIES

ALL YOUNG WOMEN WELCOME,  
INCLUDING YOUNG MUMS WITH  
THEIR CHILDREN (UNDER 3)

Facebook: **Send Project**  
Instagram: **SendProjectnottingham**

THE RENEWAL TRUST  
Helping communities grow

COMMUNITY

**Website:** <http://www.sendproject.com/>

**Facebook:** <https://www.facebook.com/SENDProject/>

# Healing and Wellbeing



# Brave Nottingham



BRAVE . NOTTINGHAM  
**BELONG TO YOU**

- ▶ **BRAVE• Nottingham CIC offers emotional, strengths-based peer support for those that are struggling with their mental health or wellbeing.**
- ▶ Peer support is giving and receiving support because we are all experts in our own lives.
- ▶ Brave use the work of Brene Brown to help us earn each other's trust. Because we need to trust and be vulnerable in order to learn, grow, build confidence, try new coping skills, and improve our wellbeing.
- ▶ Create community to recover from trauma and stress

**Website:**

<https://www.bravenottingham.com/>

**Facebook:**

<https://www.facebook.com/BRAVE.Notts.BelongToYou>

**Email:** [braving20@gmail.com](mailto:braving20@gmail.com)

07930305460 | 07396558763

**Share · Heal · Support · Grow · Empower**



**BRAVE . NOTTINGHAM**  
**BELONG TO YOU**

- ▶ **Community Emotional Peer Support**
- ▶ **Trauma Recovery**
- ▶ **Trauma Informed Training**
- ▶ **Art and Creativity**
- ▶ **1:1 support**
- ▶ **Advocacy**
- ▶ **Workshops- Braving and Belonging /Anger**
- ▶ **Coffee Afternoons**
- ▶ **Walking**

# Peer Support Groups



BRAVE . NOTTINGHAM  
BELONG TO YOU

- ▶ **When?** Meet every Wednesday, 1-3pm
- ▶ **Where?** Nottingham Women's Centre
- ▶ It is a safe, supportive and welcoming space and it is totally free to join.



Nottingham  
Women's Centre

- ▶ **When?** Meet the 2nd Friday of every month for connecting, learning, grounding
- ▶ **Where?** Tiger Community Hub, NG1 7DE
- ▶ This group aims to support ALL people no matter their background and identity and this drop-in is aimed at everyone.



# POhWER Advocacy Group

- ▶ **Fun, informal and supportive group teaching self-advocacy skills to people who face difficult issues and want to make their voice heard.**
- ▶ POhWER is a charity providing information, advice, support and advocacy to people who experience disability, vulnerability, distress and social exclusion.
- ▶ **When?** 3<sup>rd</sup> Friday of the month
- ▶ **When?** 1:30-3:30pm
- ▶ **Where?** Nottingham Women's Centre

## Website:

<https://www.pohwer.net/>

## Facebook:

<https://www.facebook.com/POhWER.net>

**Email:** [pohwer@pohwer.net](mailto:pohwer@pohwer.net)

Tel: 0300 456 2370



# Survivors and Friendship Empowerment (SAFE) Group



- ▶ Is a supportive and empowering friendship group for females who have survived relational abuse.
- ▶ Facilitate fortnightly meet-ups in the Bulwell area with support from experienced, qualified counsellors and psychotherapists.
- ▶ The confidential and SAFE location is only known to members.
- ▶ Also meet remotely.



**Tel:** 07784 710928

**Email:**

[Survivorsnottingham@gmail.com](mailto:Survivorsnottingham@gmail.com)

**Website:**

<https://survivorsnottingham.wordpress.com/safe-group-nottingham/>

**Facebook:**

<https://www.facebook.com/SAFEGroupNottingham/>

# This Woman's Space

THIS WOMANS  
SPACE

- ▶ **A not for profit organisation, committed to making wellbeing spaces, nourishing meals and inclusive community accessible to all women**
- ▶ Increase health, sense of connection and overall wellbeing through the ceremony of Circle and the ritual of Social Eating
- ▶ We gather in locations abundant in nature
- ▶ All of our meals are soulfully nourishing and plant based, with ingredients



## **Website:**

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

## **Instagram:**

<https://www.instagram.com/thiswomansspace/>

# Sugar Stealers

- ▶ **Sugar Stealers are a diverse collective of women, who are using their creative professions and community connections to combat inequality and disadvantage.**
- ▶ They offer a community space for all women and non-binary people to explore positive wellbeing while participating in creative activities
- ▶ **Website:** <https://www.sugarstealers.com/>
- ▶ **Instagram:** <https://www.instagram.com/sugar.stealers/?hl=en>



- ▶ **3 Fisher Gate Point, Nottingham, NG1 1GD**

# Wellbeing Workshops

Performance

SUGAR STEALERS

## Dandelion Project

- ▶ Currently running free creative and wellbeing workshops for women and non-binary people local to Nottingham's inner city areas.
- ▶ The workshops are ran on a weekly basis so you can enjoy 8 weeks of jam packed creative and stress-relieving activities!

Poetry

Drawing

Dance

Creative Writing

Print Making

Photography

Textiles



# When Women Gather

- ▶ **A not-for-profit community group that prides itself on providing wellbeing enhancing opportunities that tackle loneliness and heighten a sense of community and unity.**
- ▶ Supporting the emotional, mental & physical health & wellbeing of women through the creative arts & inspiring talks.
- ▶ **Website:**  
<https://www.whenwomengather.co.uk/>
- ▶ **Facebook:**  
<https://www.facebook.com/whenwomengathernotts>



**Email:** [whenwomengather@aol.com](mailto:whenwomengather@aol.com)  
**Tel:** 07768 789668

# Free Wellbeing Sessions



Friday 2nd September - crafting

Friday 9th September - group singing

Friday 16th September - crafting

6:30-8:30pm

International community  
centre (NG1 3FN)



- ▶ **FREE WELLBEING-FOCUSSED SESSIONS** - Crafting & Group singing - a series of 3 meet-ups for all women to enjoy connecting and bring creative together
- ▶ **Sign up through Eventbrite**

# Tiger Community Enterprise CIC



- ▶ **Offers a welcoming, friendly space for people to come together.**
- ▶ We deliver a range of activities to support mental health and well-being.
- ▶ People are welcome to visit the shop and stay a while in the café
- ▶ **Check their website for upcoming events**
- ▶ **Website:**  
<https://tigerprojects.co.uk/>
- ▶ **Facebook:**  
<https://www.facebook.com/TigerCommunityEnterpriseCic/>

Coffee with Brave

Menopause Cafe

Sewing Clubs

Summer Family Activities

Refugee Roots  
Women's Meet Up

- ▶ **Email:** [communityenterprise@tigerprojects.co.uk](mailto:communityenterprise@tigerprojects.co.uk)

# Monthly Menopause café

- Whether you are peri-menopausal, postmenopausal or just menopause curious – come join for a chat, rant, share your experience or ask advice from other women.
- This is about peer support in a safe environment.
- It may be just what you need if you're unsure about whether to make an appointment with your GP.
- This session is free to attend with the opportunity to purchase items from the café



**When?** Last Wednesday of the month, 1-3pm  
**Where?** Tiger Community Enterprise CIC, 19-21 Listergate, NG1 7DE

## Menopause Café

@ **Tiger Community Enterprise CIC**

19-21 Listergate NG1 7DE



*Feeling low, emotional, hot, exhausted  
beyond belief, fuzzy with  
brain fog, irritable, unable to sleep  
and just generally grrrrrr?*

Whether you're perimenopausal, post menopausal or just menopause curious, we'd love you to come along and chat, rant, share your experiences or ask advice from other women.

Join us for coffee and cake in the Tiger café from 1-3pm on the last Wednesday of each month



**Evolve**  
Nottingham CIC

# BAC-IN



- ▶ BAC-IN, a Nottingham based, specialist drug and alcohol recovery support service for individuals, families and young adults from Black, Asian and Minority Ethnic communities.
- ▶ BAC-IN believe support from others who have been through addiction is one of the most effective and therapeutic route to recovery.
- ▶ They have a number of peer support forums and organise a Women only meeting 1pm-2:30pm

**Website:** <https://www.bac-in.org/>

**Facebook:** <https://www.facebook.com/bacinnottingham/>

**Email:** [admin@bacin.co.uk](mailto:admin@bacin.co.uk)

# Juno Women's Aid

- ▶ Juno have a range of weekly drop in advice sessions to support women



**Safety.  
Support.  
Strength.**



Safety.  
Support.  
Strength.

## WEEKLY ADVICE SESSIONS



Weekly Advice sessions at Bulwell Riverside, St Anns advice centre, Mary Potters and we also have Juno support workers based at Housing Aid at Loxley House



Call us on: **0115 947525** or **0115 947 5257**  
Email us: [citysass@junowomensaid.org.uk](mailto:citysass@junowomensaid.org.uk)  
or: [enquiries@junowomensaid.org.uk](mailto:enquiries@junowomensaid.org.uk)

Please call or email us to find out dates and times.

# Juno Women's Aid

24 hour freephone helpline  
0808 800 0340

- ▶ Juno also offer weekly advice drop in's 3 times at week at Nottingham Women's Centre



**Safety.**  
**Support.**  
**Strength.**

**NEED HELP?  
NEED SUPPORT?  
DROP IN AND VISIT US AT  
NOTTINGHAM WOMEN'S  
CENTRE.**

**Monday 9am - 5pm  
Tuesday 9am - 5pm  
Friday 9am - 4pm**

# Beyond Survival (Notts Sexual Violence Service)

NOTTS  
SVS  
SERVICES

- ▶ **Is a free eight-week course run for survivors, aged 18 and over, who have experienced rape, sexual abuse or any kind of sexual violence.**
- ▶ The aims of the Group are to gain self-acceptance, self-assertion, build trust in self and in others, to experience more fulfilling lives and to meet fellow survivors and share experiences.
- ▶ Session content includes themes such as:
  - Safety and strength
  - Self-care
  - Anger and empowerment
  - Trust and moving forward

LISTEN.

BELIEVE.

SUPPORT.

**Website:** <https://nottssvss.org.uk/>

**Facebook:**

<https://www.facebook.com/NottsSVSS/>

# Change Xtra Community (Menopause Support)

- ▶ **ChangeXtra is aiming to change the conversation about the menopause.**
- ▶ They have a free online women only facebook group “ChangeXtra community” – for people to connect with others who are experiencing menopause
- ▶ They offer menopause mentoring too (at a charge)



Change  tra

**Website:** <https://www.changextra.co.uk>

**Facebook:**

<https://www.facebook.com/groups/364800598658064>

# Right Mind (Notts County Foundation)



**Notts County  
Foundation**

- ▶ **Right Mind is a group for women of all ages who want to improve their overall wellbeing by getting involved in increased levels of physical activity, peer support and mental wellbeing workshops and discussions.**
- ▶ Sessions are delivered in a fun and comfortable environment
- ▶ The group helps women to build their self-esteem and confidence, meet likeminded people, build new friendships, become part of a positive support group
- ▶ **When?** Wednesdays 10-11:30am
- ▶ **Where?** Portland Leisure Centre, Muskham Street, NG2 2 HE

## **Website:**

<https://www.nottscountyfoundation.org.uk/>

## **Facebook:**

<https://www.facebook.com/NCFCFoundation>

# CHATs - Vanclaron CIC



- ▶ **Empowering individuals and communities to take control of their health.**
- ▶ Offer culturally competent and faith-sensitive mental health awareness training and 1:1 Mental Health First Aid for Black and Minoritised Ethnic individuals, Refugees and Asylum Seekers.
- ▶ Organise Trips out and group workshops, involve families

**Website:** <https://www.vanclaron.co.uk/>

**Facebook:**

<https://www.facebook.com/Vanclaron.cic/>

**Email:** [info@vanclaron.co.uk](mailto:info@vanclaron.co.uk)



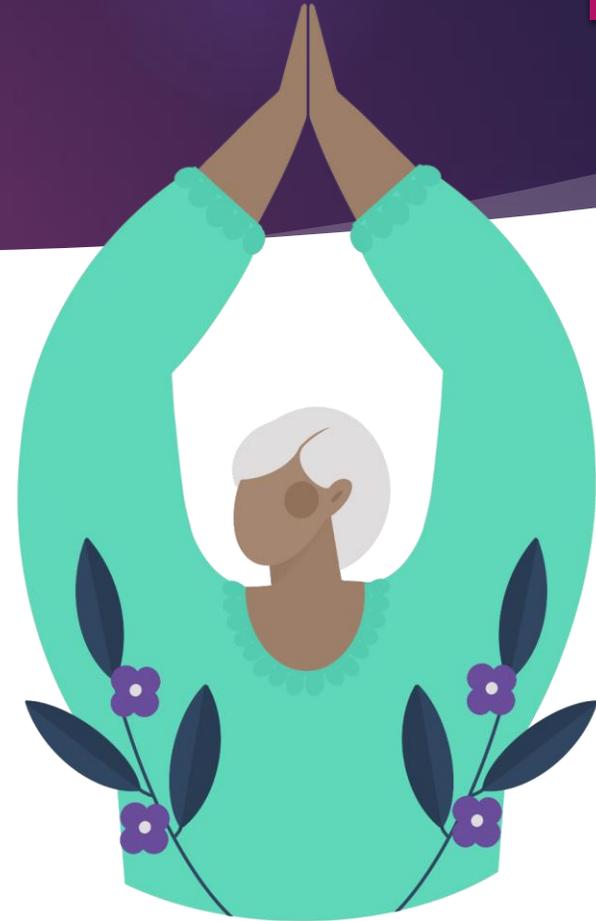
COMMUNITY HEALTH AWARENESS AND TRAINING SERVICE

# Khushi Self Help Group

- ▶ **Self help group for Asian women in Nottingham City with experience of mental health problems.**
- ▶ Offers the chance to meet other women, to share experiences, coping strategies and information.
- ▶ **Tel:** 0115 911 1661 for more details



**self help uk**



# Open House



- ▶ **For sufferers of postnatal depression across Nottingham and Nottinghamshire.**
- ▶ Offers maternal mental health awareness & peer support
- ▶ Passionate about breaking the taboo around mental ill health during the perinatal period.

**Open house**  
Bringing postnatal depression  
out into the open

**Tel:** 0115 919 6608, Sarah Brumpton

**Email:** [openhousenotts@gmail.com](mailto:openhousenotts@gmail.com)

**Facebook:**

<https://www.facebook.com/openhousenotts/>

# Jericho Road Project



JERICHO ROAD  
PROJECT

## Befriender Scheme

- ▶ **Jericho Road Project works in a variety of practical and personal ways with women who are affected by the sex industry.**

### **Website:**

<https://www.jerichoroad.org.uk/>

### **Facebook:**

<https://www.facebook.com/thejerichoroadproject/>

## Street Outreach

- Three evenings a week, meeting women working in the red light district.
- They provide a listening ear, along with a hot drink, food, warm clothing and prayer.

**Email:** [admin@jerichoroad.org.uk](mailto:admin@jerichoroad.org.uk)

**Tel:** (0115) 8453691

- Have a team of befrienders who meet with women on a regular basis for a chat, to combat loneliness and isolation.
- They often meet for coffee in a local cafe and can offer friendship, advocacy and support with building confidence in life skills.

# Jericho Road Project- Drop In's



JERICO ROAD  
PROJECT

## Drop In's

- ▶ **Where?** 1a Chestnut Grove  
Nottingham  
NG3 5AD
- ▶ **When?** Base is open from  
Tuesday to Thursday, 12pm to  
4pm, and at other times by  
appointment.
- ▶ **What?** This is for women who  
need somewhere safe to be,  
some practical help, some  
advice and support, or simply  
somewhere to come for a cuppa  
and a chat.

- Offer meals, laundry  
facilities, a shower room,  
access to clothing and  
toiletries, assistance  
making appointments  
and applications, safety  
advice and more.
- Drop-in also enables  
women to get involved in  
activities, learn new skills  
and grow in confidence.

## One to One Appointments

Can also arrange  
1:1 appointments  
at their drop in  
centre by calling  
0115 845369

# POW Nottingham



- ▶ **POW Nottingham Ltd is a non-profit, voluntary organisation supporting the rights of sex workers and those at risk of being exploited**

- The service provides a diverse range of health and well-being services via drop-in and outreach provision 3 nights a week to those involved in, wishing to leave or at risk of becoming involved in sex work.
- Also run peer support sessions

## Drop In's

- ▶ **Where?** 16 Independent Street, Nottingham, NG7 3LN
- ▶ **When?** Monday 1pm – 3pm, Thursday 1pm 3pm
- ▶ **Who?** anybody who is a current or past sex worker, including anybody who has been affected by sex work.
- ▶ **Also offer pre- booked appointments for Tuesdays 1pm-3pm.**

**Website:** <http://pow-advice.org.uk/>

**Facebook:** <https://www.facebook.com/POWnotts/>

**Email:** [admin@pow-advice.co.uk](mailto:admin@pow-advice.co.uk)

**Tel:** 0115 924 9992

# Drop-in services include:



- 1-2-1 support sessions
- Free harm minimisation supplies (condoms, lubricant, foil, rape alarms etc.)
- Advice on staying safe while working
- National Ugly Mug information
- Benefits, welfare and debt advice
- Housing support and advice
- Clothes bank
- Showering and laundry services
- Access to a confidential space to discuss emotional wellbeing with one of our drop-in workers
- Needle exchange
- Advice on progression, education and training
- Specialist clinics (sexual health, drugs, physiotherapy etc.) For more information please [click here](#).
- Advocacy
- Referral for counselling services
- Contraception advice
- Holistic craft sessions

# Skills share and Networking



# Skilled Hands Organisation

- ▶ Local charity set up to empower unemployed Nottingham women, stay at home mum's and women on low income through artisan craft workshops, to start small businesses of their own.
- ▶ It provides a space for women to meet & unwind, acquiring skills over a cuppa
- ▶ **Website:**  
<https://www.skilledhandsorganisation.org/>
- ▶ **Facebook:**  
<https://www.facebook.com/skilledhandsorg/>



**Tel:** 07432 440997

**Email:**

[skills.hands.org@gmail.com](mailto:skills.hands.org@gmail.com)

# Skilled Hands Organisation

**Free but Quality Dressmaking workshop for Nottingham women. Learn to sew for yourself and your little girls 😊**



Empowering women through artisan craft workshops.  
[www.skilledhandsorganisation.org](http://www.skilledhandsorganisation.org)

- ▶ Run a number of **free creative workshops** and put on fashion shows, exhibitions and fairs to present the accessories and clothes

**Free jewellery making workshop for Nottingham women. Learn to do this and more. Tuesdays 9:30am to 12:00pm**



Empowering women through artisan craft workshops.  
[www.skilledhandsorganisation.org](http://www.skilledhandsorganisation.org)



**RED CARPET EVENT**

Date: 30th July, 2022  
Venue: New Arts Exchange  
Time: 11:45am to 12:45 (Exhibition)  
1:00pm to 3:00pm (Fashion show & Award ceremony)



**VIP TICKET £8 (SPECIAL SEATING, A GLASS OF PROSECCO AND A RAFFLE TICKET).**

**SAVE THE DATE!!!**

SKILLED HANDS ORGANISATION



# Skilled Hands Organisation



- ▶ **Are running FREE:**
- **Jewellery making**
- **Bag making**
- **Dress making workshops**
- **When?** From 19<sup>th</sup> Jan- 31<sup>st</sup> March 2023.
- 9:30am-12:00pm
- Term Time Only

SKILLED HANDS ORGANISATION

16.5cm

**All our FREE but QUALITY craft workshops begins again from the 19th of Sept, 2022**

**Absolute Craft**  
New Jewellery Making, Bag Making & Dressmaking Workshops starting this month. From the 19th of January through to the 31st of March, 2023. Term time only.

**Price FREE**

**Benefits**

- ✓ Meet & Make new friends
- ✓ Learn a new craft skill
- ✓ Start a small business
- ✓ Unwind from the pressures of life

**Time**  
9:30am - 12:00pm

**Venue**  
Castle Cavendish Enterprise,  
63-67 St Peter's Street, NG7 3EN, Nottingham

Contact Us 074 32 44 0997 skills.hands.org@gmail.com www.skilledhandsorganisation.org

# Skills Share and Coffee Morning

- ▶ **Mojatu Foundation** hold a weekly Women's Skillshares and Coffee Morning- with different activities every week and refreshments provided
- ▶ **When?** Every Thursday 10am-1pm
- ▶ **Who?** All Women and Children welcome



## WOMEN SKILLSHARES & COFFEE MORNINGS



Time: 10 am-1 pm

Come in for a chat/ learn a new skill

Refreshment provided.

ALL WOMEN & CHILDREN ARE WELCOME!



Location:

Unit 7, Howitt Building, Lenton  
Boulevard, Nottingham  
NG7 2BY

For more information please contact:

Saida: 07759927671 or  
Paula: 07442542971



# Empowered Women UK



- ▶ A Nottingham-based community group, created by and for women, to come together for friendship and life skills training, to become happier and more empowered
- ▶ Based in Netherfield
- ▶ Look out for their events on social media
- ▶ **Website:**  
<https://empoweredwomenuk.org/>
- ▶ **Facebook:**  
<https://www.facebook.com/womanempowerereduk/>



# Equipped2Succeed



- ▶ **Equipped 2 succeed run programmes to help people develop their skills to achieve and improve wellbeing**
- ▶ Most of their courses are entirely free
- ▶ They have women only groups and also offer free crèche and cover transport costs
- ▶ They run monthly **network meet ups** for current and past participants in the E2E programme to support one another and celebrate successes
- ▶ They support **second chance learners**; those facing personal challenges and held back or set back by disadvantage.

- ▶ **Website:**  
<https://www.equipped2succeed.co.uk/>
- ▶ **Facebook:**  
<https://www.facebook.com/equipped2succeed/>
- ▶ **Email:**  
[connect@equipped2succeed.co.uk](mailto:connect@equipped2succeed.co.uk)



# The My Way Project

THE MY WAY  
PROJECT CIC 

- ▶ The My Way Project exists to assist women in evaluating and pursuing the work and entrepreneurship pathways most suited to them.
- ▶ They facilitate equal access to career and self-employment opportunities for women across Nottingham and beyond.
- ▶ They currently run two programmes “Find My Way” and “My Business My Way” and support meet up events for participants

**Website:**

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

**Contact:**

<https://www.themywayproject.co.uk/contact>

# Mother's Voices

- ▶ **Mother's Voices is a social enterprise set up to give emotional and practical support and advice for families in Nottingham and Nottinghamshire.**
- ▶ We work to prevent children and young people from becoming victims and/or perpetrators of violent crimes, provide support for mothers (parents/carers/ grandparents), who are facing challenges of raising children and young people.
- ▶ **Website:** <https://www.mothersvoices.co.uk/>
- ▶ **Facebook:** <https://www.facebook.com/ledbyparents/>



**Email:**

[mothers.voices@outlook.com](mailto:mothers.voices@outlook.com)

**Tel:** 07503 223536

# Mothers Voices- Services

- ▶ **Strengthening Families Strengthening Communities (SFSC) Course**
- ▶ **Go Girl Exercise Courses-** group walks, hikes and self defence classes.
- ▶ **Befriending, Mentoring + Advocacy** - support, care and provide professional mentorship for those in need.
- ▶ **Mummas Munchkins-** provide nappies, wipes, milk and other baby essentials that are necessity to every parent and their infant(
- ▶ **Food Distribution**
- ▶ **Walkabout-** woodland exploration and countryside rambling with take away receipe cards



# Small Steps Big Changes

- ▶ **SSBC offers lots of activities and groups for children 0-4yrs who live in Aspley, Bulwell, Hyson Green, Arborteam and St Ann's- and they're all completely FREE!**

- ▶ Look on their website and social media for their activities and event calendars



## Website:

<https://www.smallstepsbigchanges.org.uk/>

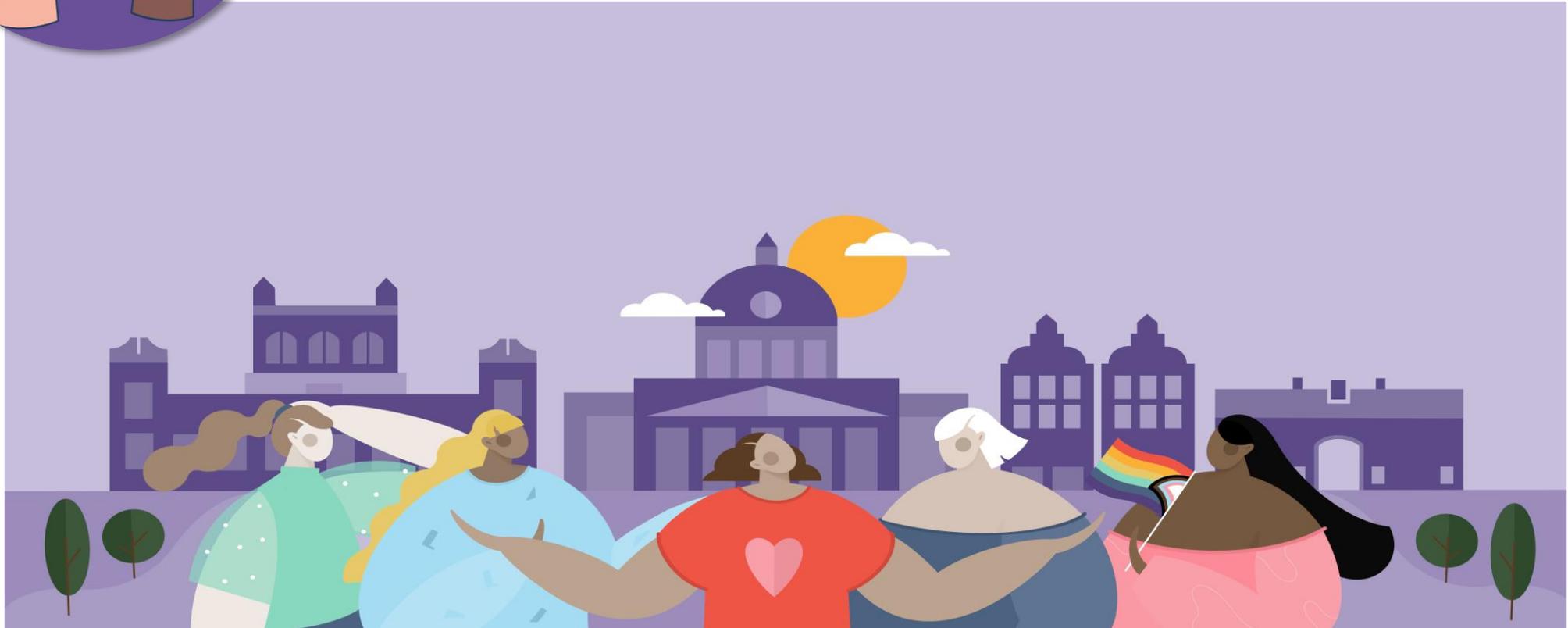
**Email:** [ncp.ss.bc@nhs.net](mailto:ncp.ss.bc@nhs.net)

**Tel:** 0115 883 6741

## Facebook:

<https://www.facebook.com/SmallStepsBigChanges/>

# Support from diverse groups of women



# Diversify Education and Communities

- ▶ **Is a community organisation that provides support with Educational, Community, Social and Inclusion matters.**
- ▶ Primarily focused on celebrating and promoting African and Caribbean Cultures and Traditions, as well as bringing communities together
- ▶ Based in Broxtowe area
- ▶ **Website:** <https://diversify-education.ueniweb.com/>
- ▶ **Facebook:** <https://www.facebook.com/letusuniteasone/>



**Email:** [admin@diversifyeducation.co.uk](mailto:admin@diversifyeducation.co.uk)  
**Tel:** 07492 759779

# Services:



- ▶ African and Caribbean Cultural Awareness sessions for schools
- ▶ Advocacy support; schools, education, crime, SEN, social services
- ▶ Free food parcels from NG3 office
- ▶ Community Bookshelf
- ▶ Caribbean and African Monthly Book Club
- ▶ Youth Projects
- ▶ Women's group
- ▶ Community Café
- ▶ Hot meals

## STREET LIBRARY BOXES

Our Street Library Boxes have arrived! Ready to be installed on the streets of Broxtowe and Strelley. Much thanks to the Cllrs Graham Chapman, Carole McCulloch and Patience Uloma Ifediora for supporting this fantastic project.

**IF YOU ARE A RESIDENT/BUSINESS/ORGANISATION OF BROXTOWE OR STRELLEY AREA, TELL US WHERE YOU WOULD LIKE TO SEE A LIBRARY BOX PLACED ON YOUR STREET OR ESTATE BY EMAILING ADMIN@DIVERSIFYEDUCATION.CO.UK**

## TEA, CAKES AND ART WORKSHOP

Diversify Education and Communities CIC in Conjunction with Notts Refugee Forum presents

**When?**  
Date: 14/5/2022  
Time: 11am to 1pm

This event is open to individuals and as well as families including children, who come from a Refugee and Asylum seeking background.

**Come along!**  
..and enjoy a selection of delicious cakes and teas in addition to some cultural canvas painting activity.

**Where?**  
Hill View Community Centre  
Ransom Road, Nottingham  
NG3 3BP

**REGISTRATION:**  
Registration is essential via eventbrite. For further information contact admin@diversifyeducation.co.uk

## PHOTOGRAPH and PODCAST workshop

Diversify Education and Communities CIC presents the Youth Empowerment

For youths from the Black African and Caribbean heritage on the 7th May 2022. This event is aimed at youths who reside in the Seinton and St Anns area of Nottingham.

Youths are encouraged to wear and/or bring along empowerment themed props to take part in a professional photo shoot session carried out by Lucy E Warner Photography services.

This event is the second part of our series of Youth Empowerment Workshops for youths from the Black African and Caribbean heritage. This workshop is supported by the Renewal Trust.

Registration is required. For further details contact admin@diversifyeducation.co.uk

## HOT MEAL FRIDAY!

Friday 29th July 2022  
Sweet and sour chicken with rice

Thanks to funding support from the NCVS (Nottingham Community and Voluntary Service) we are pleased to announce that the Hot Meals project is back!

Friday 29th July 2022, we have a hot meal service available and consisting of Sweet and Sour Chicken with Rice, Can drink/Water. Both delivery and collection is available.

This is a free meal, if you know of anyone who could benefit from this service please get in touch either by email admin@diversifyeducation.co.uk or phone 0752318652. This meal is particularly open to less fortunate persons including those affected by the Covid-19 pandemic. An e-form must be completed for food allergies and dietary requirements purposes.

Nottingham Community and Voluntary Service

# Current Projects:



## Monthly women's meet up

Different activities each month for women to socialise and try new things including trips out, group lunches and taster sessions



## Parent Support Group

Supporting Black African and Caribbean parents of young black males who present with special educational needs



FREE 12 week **Women's Sewing Entrepreneurial project** starts in September. This project will take place at the Sheila Russell Community Centre, NG8 3AR.

# Blue Mountain Group



- ▶ Local community group made up of women from Caribbean and African backgrounds, which organises awareness seminars on women's health, and other women's related issues
- ▶ Quest for educational, historical, political and economic sustainability – locally, nationally and globally.
- ▶ **Website:**  
<https://www.bluemountainwomen.org/>

**Email:** [bluemountainwomen@gmail.com](mailto:bluemountainwomen@gmail.com)

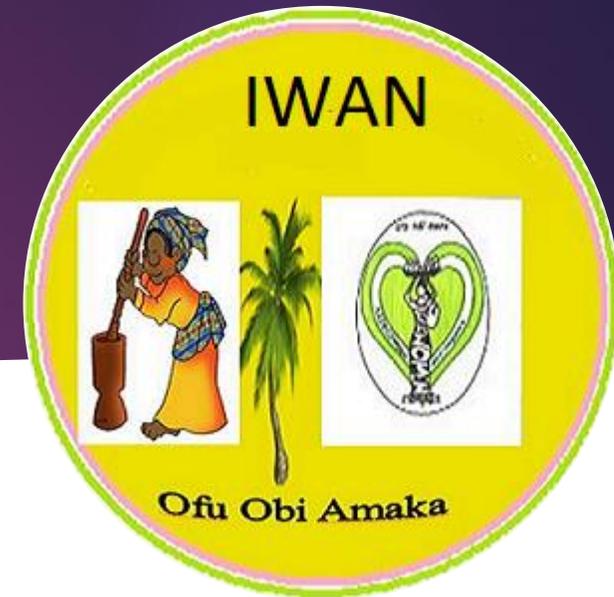
**Tel:** 07550 371 810

# Mojatu Foundation

- ▶ Local Charity group working to empower and support Black, Asian and minority ethnic (BAME) communities in Nottingham at risk from ongoing prejudice and whose needs are often overlooked.
- ▶ **They are** transforming communities through training, media, community engagement and health initiative especially tackling female genital mutilation.
- ▶ **Website:** <https://mojatufoundation.org/>
- ▶ **Facebook:**  
<https://www.facebook.com/mojatu.foundation/>
- ▶ **Tel:** 07759 927671
- ▶ **Email:** info@mojatufoundation.org



# IGBO Women's Association Nottingham (IWAN)



- ▶ A members organisation which exists for social welfare purpose to promote and support IGBO culture, with the opportunity to learn about ways to improve their health and ways to live better in the local community
- ▶ Put on demonstrations to showcase ethnic foods. Dance is used to interact socially, to relax, to improve health, to learn and show to other elements of IGBO culture.
- ▶ **Meeting Days:**  
**When?** 2nd Sunday on the month.  
Time: 3pm to 6pm

**Where?** St. Augustine of England Catholic Church  
Westville Gardens, NG3 4QF

**Website:** <https://i-wan.org/>

**Facebook:**  
<https://www.facebook.com/iwan.igbo.5>

**Tel:** 07737388529

**Email:** iwannott20@gmail.com

# African Women Empowerment Forum (AWEF)

- ▶ Supports African women to integrate in the society in which they live in meaningful ways; whether it might be through contributing to their educational, social or economic needs
- ▶ Provide a holistic approach in delivering culturally tailored services
- ▶ **Who?** For women and children of African origin affected by poverty and COVID.
- ▶ **Website:** <http://www.awef.org.uk/>
- ▶ **Facebook:** <https://www.facebook.com/awefinternational/>



**Tel:** 07425 580561

**Email:** [info@awef.org.uk](mailto:info@awef.org.uk)

# African Women Empowerment Forum (AWEF)

## The benefits to member Organisation

- Business setup and Support
- Business Development and Strategy
- Policy Development and Operations
- Biding, Fundraising Strategies and Procurement
- Tailored Training, Support and Mentoring
- Online Presence and Networking
- Membership to prestigious AWEF Hub
- Events Management, Capacity Building and Workshops
- Website, Print and Design
- Discounted Business Services & Events, Workshops and Conferences
- Free Newsletter, Magazine

## The benefits to individual members

- Part of AWEF Networking Hub
- Advise and support on Immigration issues
- Support with Community Integration Processes
- Empowerment and Unlocking Individual's Potential
- Wellness Recovery Action Plan from Ethnocentric approach
- Health Programmes including Mental Health and Counselling
- Mentoring, Advocacy, Support and Signposting
- Business, Social Enterprises, Community Groups and Charities Development
- Training, Mentoring, Career Development & Life Coaching
- Discounted Entry to Events, Workshops and Conferences
- Free Newsletter, Magazine



# Isolation Support

- ▶ Currently running an Isolation Support programme
- ▶ **Who?** People who need to isolate or need support after hospitalisation
- ▶ **Welfare Checks**
- ▶ **Weekly Shopping**
- ▶ **Pick and drop prescriptions**
- ▶ **Support with Childcare**
- ▶ **Transport children to and from school**



African Women Empowerment Forum

**ISOLATION SUPPORT PROGRAMME**

**Need To Isolate?**

*Do You Need To Isolate Or Need Support After Hospitalisation? Our Volunteers Can Help And Our Services Are Free!*

- ★ *Welfare Check*
- ★ *Weekly Shopping*
- ★ *Pick and Drop Prescriptions*
- ★ *Support with childcare*
- ★ *We will Take Your Children To School And Pick The Up*

All Our Volunteers are DBS Checked. All our services are monitored and tracked in line with our Safeguarding policy

For Support  
Call Us Now On: 07880205598 or 07425580561  
Email Us At: [info@awef.org.uk](mailto:info@awef.org.uk)

# Global Widows Empowerment Foundation

- ▶ A non-profit organisation based in Nottingham UK, founded by Patricia Aboyeji, and group of women who share same experiences.
- ▶ **Who?** Works with widowed women, Lone mothers Single women and widowers.
- ▶ Established to promote social inclusion
- ▶ **Facebook:**  
<https://www.facebook.com/globalwidowsempowermentfoundation/>



'Helping To Bring Light In Dark Times'

**GLOBAL  
WIDOWS**  
EMPOWERMENT FOUNDATION

**Tel:** 07939 012671

**Email:**

globalwidows.empowerment1@gmail.com

# Nyasa Daughters of Nottingham

- ▶ **Who?** For Malawian women and children in Nottinghamshire.
- ▶ The main aim of the group is to support and empower families by challenging domestic violence, tackling poverty, increasing awareness of mental health and social inclusion.
- ▶ **Website:**  
<https://nyasadaughtersnottingham.weebly.com/>



**Email:** [admin@nyasadaughtersnottingham.org](mailto:admin@nyasadaughtersnottingham.org)

**Tel:** 07909 257 891

# Angolan Women Voice Association UK

- ▶ Local women's organisation driven to elevate, encourage and empower Angolan women.
- ▶ Connect women from Portuguese speaking nations
- ▶ **Organise live morning workouts online**
- ▶ **When?** Every day, 7-8ma
- ▶ **Where?** Online

**ANGOLAN  
WOMEN  
VOICE**

**ASSOCIATION  
UK**

## **Website:**

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

## **Facebook:**

<https://www.facebook.com/AngolanWomenVoiceAssociationUK/>

# Gracious Women International



Gracious Women International

- ▶ Community-based organization whose aim is to champion, support and promote the interest and well-being of individuals and families of African, Caribbean's and of mixed heritage communities living in Nottingham.
- ▶ Aimed at addressing the social, economic and cultural aspects of elderly women of mixed heritages, targets women over 50 years
- ▶ Have monthly awareness and advice sessions every other Wednesday via Zoom
- ▶ **Facebook:**  
<https://m.facebook.com/pg/graciouswomeninternational/>

Delivered by:  
Gracious Women



**ARE YOU FEELING ISOLATED?**

**GRACIOUS WOMEN IS PROVIDING:**

- One to One online support.
- Weekly Shopping.
- Picking and Dropping Of Prescriptions.
- Childcare Support.
- Checking of Welfare.

For more awareness and advice:  
Join our zoom meetings every other Wednesday of the month

zoom

Funded by:  
Nottingham City Council  
&  
CVS

Nottingham City Council

Nottingham Community and Voluntary Service

**GET IN TOUCH**

Gracious Women  
+44 7888 530659

Mrs Evelyn Pachawo  
+44 7533 301247

**Email:** [graciouswomeninternational@gmail.com](mailto:graciouswomeninternational@gmail.com)

# Fly Girl

- ▶ Community of like minded women focused on amplifying the voices and experiences of local women of colour.
- ▶ LGBTQ+ inclusive.
- ▶ Hold Nottingham-based events work to uplift, motivate and support local business women of colour by offering creative support in the Arts, practical advice, financial guidance and access to funding pathways
- ▶ **Website:** <https://www.fly-girl.co.uk/>
- ▶ **Facebook:** <https://www.facebook.com/FlyGirl.UK/>



**Where?** 1 Fisher Gate Point  
NG1 1GD

# Yana (You Are Not Alone)

- ▶ **Local Iranian foundation**
- ▶ **Aim to** create a supportive network of single mothers to help and support the members and their children specially Farsi speakers
- ▶ They empower women and girls by helping them achieve their potential at every stage of their lives such as school, work, home and in retirement.
- ▶ Organise the workshops and cultural events- see website for details



**Website:** <https://www.yanacommunity.co.uk/>

**Facebook:**

<https://www.facebook.com/yanacommunitynotts/>

**Email:** [info@yanacommunity.co.uk](mailto:info@yanacommunity.co.uk)



The Place Activity 2A Melrose St  
Sherwood Nottingham NG5 2JP



Nottingham  
Women's Centre  
come on in

# Women Only Conversation Group

*Language café group*

BY  
YANA COMMUNITY

**WOMEN ONLY**

**ENGLISH CONVERSATION GROUP**

FROM FRIDAY 12/08/2022 AT 5 PM

THE PLACE ACTIVITY CENTRE NOTTINGHAM

2A MELROSE ROAD. NG52JP

- ▶ **Hold fortnightly Women Only Conversation groups**
- ▶ **Where?** The Place Activity Centre
- ▶ **When?** Friday's at 5pm

**YANA**  
COMMUNITY

# Nergiz Kurdish Women's Group

- ▶ **Local volunteer community group to support Kurdish women of Nottingham and their children**
- ▶ Aims to promote independent skills for local Kurdish women, build confidence and provide them with opportunities to showcase their creative talents, and help expand knowledge and gain new skills
- ▶ **Facebook:**  
<https://www.facebook.com/groups/670894223365488/>



# Heya

- ▶ **Aim to empower women in Nottingham, improve integrity and build a stronger community.**
- ▶ **Who?** This group is for all Arab Women who have recently moved to the UK and lack personal and social networks, resulting in social isolation.
- ▶ **Facebook:**  
<https://www.facebook.com/HeyaNottingham/>



**Email:** [heyanottingham@gmail.com](mailto:heyanottingham@gmail.com)

**Tel:** 07597 168926

# Heya- Support Service



*We are here  
for you to  
support you*♥

Do you need  
social, emotional or  
practical support?  
We are here to help you  
If you are Nottingham  
residents who may need  
support due to covid19.  
We support everyone  
No judgment, no  
questions  
We will help you no  
matter what

**TALK TO US**

**0 7597 168926**



**Nottingham  
City Council**

**Nottingham  
Community  
and Voluntary  
Service**



- ▶ **Social, emotional and practical support for Nottingham residents**



# Women Together In This



## WOMEN TOGETHER IN THIS

- ▶ Support women of faith facing crisis through personalised counselling that fits their specific needs; **culture, faith** and **gender**
- ▶ Offer training to Faith leaders, mental health first aiders and also special courses for seniors
- ▶ **Website:** <https://womentogetherinthis.co.uk/>
- ▶ **Facebook:**  
<https://www.facebook.com/Women-Together-in-This-106485025255700>
- ▶ **Where?** All Souls Community Centre, Ilkeston Rd, Nottingham NG73HF

**Email:**

[info@womentogetherinthis.co.uk](mailto:info@womentogetherinthis.co.uk)

**Tel:** 0115 978 1612

# Workshops for Women of Faith in crisis



WOMEN  
TOGETHER  
IN THIS

Supporting Women Of Faith Facing  
Crisis

This is What we do....

WORKSHOPS

- Look at faith beliefs and domestic abuse
- Encourage conversations on the use and misuse of Scriptures with regard to domestic abuse
- Migrant women of faith facing domestic abuse

Equipping the elderly facing social anxiety

- ▶ Look at faith beliefs and domestic abuse
- ▶ Conversations about the use of scripture and domestic abuse
- ▶ Migrant women of faith facing domestic abuse
- ▶ Support for elderly people facing social anxiety

# Group Discussions- Faith and Domestic Abuse



**WOMEN TOGETHER IN THIS..**

  
WOMEN  
TOGETHER  
IN THIS

 Reminder: Wednesday's in August from 11:30 to 12:30 

Join us on **Zoom** for our on-going, lively, informative and interactive conversations on the use and misuse of Scriptures on domestic abuse and much more.

ZOOM ID:  
**7658112070**

Passcode: **prospects**

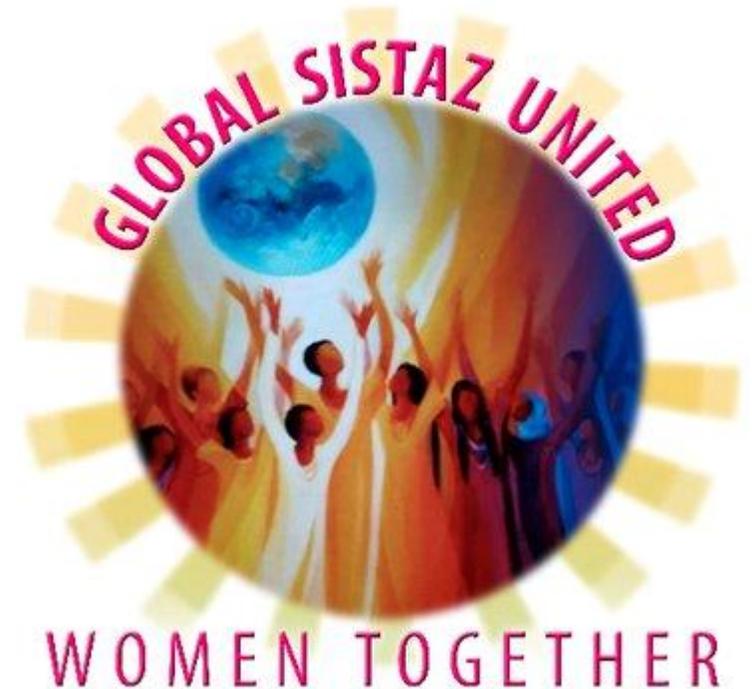
 **COMMUNITY FUND**

[WWW.HTTPS://WOMENTOGETHERINTHIS.CO.UK/](http://WWW.HTTPS://WOMENTOGETHERINTHIS.CO.UK/)

- ▶ **Weekly zoom sessions on the use and misuse of Scriptures on domestic abuse**
- ▶ **When?** Wednesdays, 11:30-12:30
- Where?** Zoom

# Global Sistaz United

- ▶ **A group for women only, mainly refugee and asylum seekers.** All migrants welcome, including those in isolation or with little or no English
- ▶ **Meetings:** fortnightly on Fridays (term time only), 11.00am - 2.00pm, Playworks, Alfred Street North, Nottingham NG3 1AE
- ▶ **Email:** [globalsistaz@mail.co.uk](mailto:globalsistaz@mail.co.uk)
- ▶ **Twitter:** <https://mobile.twitter.com/globalsistaz>



# Refugee Roots



- ▶ Refugee Roots is a Christian charity that helps asylum seekers and refugees build relationships and navigate the complexities of building a new life in the UK.
- ▶ They have a weekly Women's Group that meets for peer support and English language conversation and skill
- ▶ **When?** every week on Tuesday's 10:30-12:30
- ▶ **Where?** Tiger Community Hub, NG17DE

Art Classes

English Sessions

- ▶ **Website:** <https://www.refugeeroots.org.uk>
- ▶ **Facebook:** <https://www.facebook.com/RefugeeRoots/>
- ▶ **Tel:** 07307857879
- ▶ **Email:** [info@refugeeroots.org.uk](mailto:info@refugeeroots.org.uk)

# Notts Refugee Forum- Women's Group "Pamoja Women Together"



- ▶ Welcomes women from diverse backgrounds to exchange skills, ideas and opportunities to learn from each other.
- ▶ **Who?** For female asylum seekers, refugees and those with a migration background.
- ▶ **When?** Meet every Friday during term time from 10 til 12 pm,
- ▶ **Where?** The Sycamore Centre, 33a Hungerhill Road



**Email:** [info@nottsrefugeeforum.org.uk](mailto:info@nottsrefugeeforum.org.uk)  
**Tel:** 0115 960 1230

# Sisters of Noor

- ▶ **Sisters of Noor is a local community organisation supporting Muslim widowed or divorced single mothers.**
- ▶ Aim to provide emotional, moral and spiritual support to these mothers and children.
- ▶ They run a number of events and activities throughout the year- follow their social media to stay updated



## **Instagram:**

<https://www.instagram.com/sistersofnoor/>

**Email:** sistersofnoor@outlook.com

# An Nisa Network

- ▶ Volunteer led charity in Nottingham
- ▶ **Their mission is to Connect, Inspire and Empower muslim woman to progress morally, spiritually and socially.**
- ▶ Want to create sisterhood in Nottingham, making sure no women feels isolated or alone.
- ▶ Organise services in Mosques for women influencing cultural change across all mosques making them accessible, warm and welcoming to women



**Website:**

<https://www.annisanetwork.org/>

**Facebook:**

<https://www.facebook.com/An-Nisa-Network-The-Womens-Network-690627607668630/>



## Coffee Mornings

**AN NISA NETWORK  
@NINJA FUN FACTORY**

**3RD FRIDAY  
OF EVERY MONTH  
9.30am - 11.30am**

[www.annisanetwork.org](http://www.annisanetwork.org)  
07899882385

**Women & Children get FREE exclusive access to the Centre Facilities**

**Unit 3 Leaworks House, 10 Ronald Street, Radford, Notts NG7 3GY**

**NINJA FUN  
FACTORY**

**AN NISA  
NETWORK**

**M  
DANIYAAL'S  
LADIES ARTS - GALLERY  
SCHOOL OF EXCELLENCE**

Hot drinks & food available  
to purchase at the venue.

**AN NISA  
NETWORK**



### **Services:**

- ▶ Coffee Mornings
- ▶ Events (Community, Social Action, Volunteering)
- ▶ Women's Empowerment Activities
- ▶ Spiritual Connection

# Nottingham Muslim Women's Network

- ▶ **Grassroots community organisation ensuring Muslim women's voices are heard and their needs are met**
- ▶ Exist to help all Muslim women to succeed in Nottingham by empowering Muslim women and girls by challenging attitudes that hold them back
- ▶ Have regular advocacy drop-in sessions and legal surgeries to ensure community members have the knowledge they need to access support, and organise a range of events for social support and inclusion



**Website:**

**Facebook:**

<https://www.facebook.com/nottinghammuslimwomensnetwork/>



# Free Legal Advice



faMily law  
GROUP

## Free Legal Advice

- Family law
- Domestic abuse
- Honour based abuse
- Forced marriage & divorce
- Children (contact & residency)

DUE TO COVID-19, ALL MEETINGS WILL BE HELD VIA TELEPHONE APPOINTMENTS

To book an appointment:  
Call 0115 837 2627  
Mobile 07826 464722  
Email [enquiries@nmwn.co.uk](mailto:enquiries@nmwn.co.uk)

- Nottinghammuslimwomennetwork
- NottinghamMWN
- nmwnetwork

WOMEN ONLY

9am-12.30pm

First Tuesday of every month

MARY POTTER CENTRE  
CHILDREN'S CENTRE  
GREGORY BOULEVARD  
NOTTINGHAM NG7 5HY

[www.nmwn.co.uk](http://www.nmwn.co.uk)



- ▶ **Legal Advice Clinics with the Family Law Group**
- ▶ **When?** 9am- 12:30pm
- ▶ First Tuesday of every month
- ▶ **Where?** Mary Potter Centre, Gregory Boulevard, Nottingham



# Free Women's Only Yoga



## YOGA SESSIONS IN THE PARK

JOIN US FOR WOMEN'S ONLY YOGA  
WITH AN EXPERT YOGA INSTRUCTOR

Join us for a welcoming, sociable and gentle outdoor yoga session.  
We'll be stretching our bodies, calming our minds and taking our  
time to enjoy nature.

(NO EXPERIENCE REQUIRED. BEGINNERS ARE WELCOME)

THURSDAY  
8, 14 & 22 SEPTEMBER  
1.30-2.30 PM

Forest Recreation Ground  
Gregory Boulevard  
Nottingham

**BOOK NOW**

☎ 0115 837 2627 / 07826 464 722

✉ [enquiries@nmwn.co.uk](mailto:enquiries@nmwn.co.uk)

[www.nottinghamsmuslimwomensnetwork.co.uk](http://www.nottinghamsmuslimwomensnetwork.co.uk)

- ▶ **Sociable, gentle outdoor yoga sessions**
- ▶ **When?** Thursdays
- ▶ 1:30-2:30pm
- ▶ **Where?** Forest Recreation Ground
- ▶ No experience required, beginners welcome

# Muslim Women's Organisation (MWO)

- ▶ To offer Muslim Women and girls of Nottingham the recreational, cultural, religious traditional and education activities they need including education, health, cultural, religious, emotional and recreational.

- ▶ **Website:**

<https://mwoilkeston.wixsite.com/website>

- ▶ **Facebook:**

<https://www.facebook.com/Muslimwomen098/>

**Tel:** 0115 970 4047

**Email:**

[mwoilkeston@gmail.com](mailto:mwoilkeston@gmail.com)

*165 Ilkeston*

*Road Nottingham, England,  
NG7 3HF*



# LGBTQ+ Community



# Kairos- Nottingham Lesbian Immigration Support Group

- ▶ Kairos offers support to lesbian and bi women in Nottingham who are seeking asylum.
- ▶ All members and supporters are lesbian or bi.
- ▶ Offer help and support through the asylum process and a supportive safe social network
- ▶ Run a volunteer-recruitment program and group wellbeing sessions to help with anxiety and depression.
- ▶ **Facebook:** <https://www.facebook.com/Kairos-1898790527043600/>

**KAIROS**

**NOTTINGHAM LESBIAN  
IMMIGRATION SUPPORT  
GROUP**



Social and support group for women seeking asylum who identify as lesbian or bi. We offer help and support through the asylum application process.

**Email:**  
lisg.nottingham@gmail.com

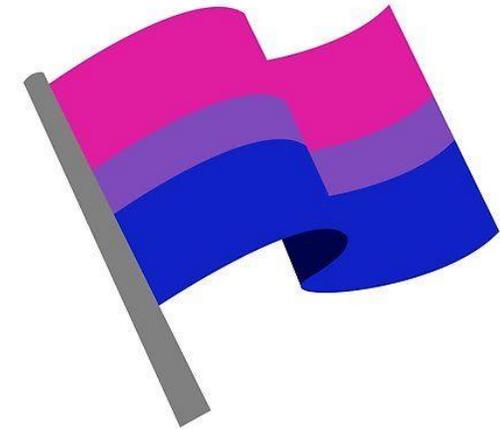
# LiNK (Lesbians in Nottingham Konnected)

- ▶ Setup in 2006 for women in Nottingham and the surrounding area who identify as lesbian or bisexual, who would like to LiNK up with other women for on and off-scene group activities.
- ▶ This group is not a chat or dating group, but a place where people can arrange to meet up and share social activities and relevant local information.
- ▶ **Facebook:** <https://www.facebook.com/linknotts/>
- ▶ Contact via social media for details



# Nottingham Bisexual Women's Group

- ▶ The group welcomes women who identify as bisexual, or who recognise attractions to more than one gender or who are questioning their sexuality.
- ▶ The Group co-ordinates social events, such as walks, films and a 'sewing circle', via an email discussion list.
- ▶ No longer meeting regularly but contact to be added to the emailing list
- ▶ **Website:** <http://www.uncharted-worlds.org/bi/nbwg/>



**Tel:** 0115 956 8810  
(Margaret)  
**Email:** nbwg@bi.org

# Rainbow Vision

- ▶ Group created for women identifying as Lesbian, bi-sexual, queer or still questioning their sexuality, who are living in Nottingham/ UK and surrounding areas.
- ▶ It's also for women who want to talk to other women with similar interests.
- ▶ Aim is to bring together the women's in our LGBTQ+ community, promoting social meetings, a safe place to share our stories, to expand our Network and to make our city more inclusive.
- ▶ Contact for details



**Email:** [info@nottslgbt.com](mailto:info@nottslgbt.com)

**Facebook:**

<https://www.facebook.com/groups/5851570444913173>

# Women's Midweek Book Group

- ▶ The group meets in Nottingham to discuss books. Read a set book and then join in with the discussion group. To be added to the group's e-mail list
- ▶ **When? Contact for details**
- ▶ **Where?** VAT and Fiddle 12 Queensbridge Rd, Nottingham NG2 1NB
- ▶ **Email:** [info@nottslgbt.com](mailto:info@nottslgbt.com)



# Nottingham LGBT Ladies 20/30s

- ▶ Private Facebook group for meetups and drinks. A safe space for LGBT people to meet, chat, and make friends.
- ▶ New people join all the time, so don't feel nervous about coming along for the first time.
- ▶ We're a friendly bunch and there's usually a couple of first-timers at each meet up. Looking forward to meeting you all!
- ▶ **Facebook:**  
<https://www.facebook.com/groups/nottinghamLGBT20sand30s>





# Women with Disabilities



# Deaf-initely Women

- ▶ Deaf-initely Women is a charity run and governed by deaf, deafblind and hard of hearing women. Deaf-initely Women serves all deaf and hard of hearing women in Derby, Derbyshire, Nottingham, Nottinghamshire and beyond.
- ▶ Offers free events for all deaf & hearing loss women. Supported by BSL interpreters & subtitles.
- ▶ **Website:**  
<https://www.deafinitelywomen.org.uk/>
- ▶ **Facebook:**  
<https://www.facebook.com/deafinitelywomen/>

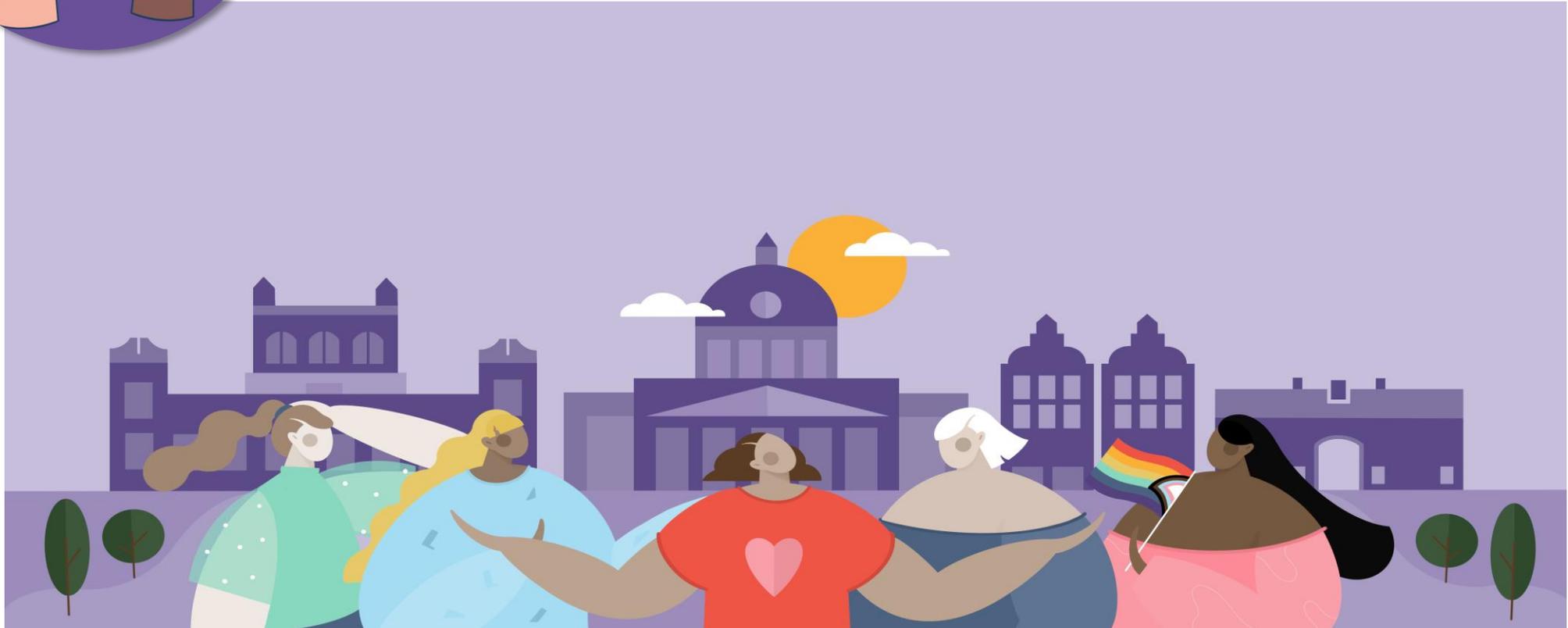


**Telephone:** 01773 828233

**Email:**

info@definitelywomen.org.uk

# Older Women



# Wonderous



- ▶ **A group of Older Women, alive and kicking - discovering creative approaches to doing and being Wondrous!**
- ▶ A space where women's voices can be heard, their stories told and vibrant connections can be made.
- ▶ **Who?** For any woman who considers herself to be 'older', in Nottingham and Nottinghamshire.
- ▶ Meet regularly in Nottingham organise activities, events and adventures

**Email:**

[wondrousnottingham@gmail.com](mailto:wondrousnottingham@gmail.com)

Tel: 0115 911 1661

**Website:**

<https://wondrousnottinghamolderwomen.wordpress.com/>

# Asian Ladies Association

- ▶ **Who?** For Asian women (50+ years) in Wollaton and the surrounding areas (Nuthall, Radford, Bramcote and Beeston).
- ▶ Women's group that organises physical and social activities on a regular basis.
- ▶ The focus is on physical, mental and social health and well-being.
- ▶ **Where?** Meetings: Tuesdays, 12.15pm-3.15pm, St Leonard's Community Centre, Bramcote Lane, Wollaton, Nottingham, NG8 2ND

▶ **Contact:**

0115 925 2498, Manjit Kaur-Jones, Monday-Friday, 10.00am-4.00pm  
0115 916 3848, Mrs Kulwant Dhaliwal, Monday-Friday, 10.00am-4.00pm

**Cost:** £20 for 6 months membership

# Where can I go to meet other women and find peer support in Nottingham County?



# Women's Therapeutic Support Group- Lady Brook Community Centre

- ▶ The Lady Brook Community Centre in Mansfield runs a number of activities and groups for people to find support, friendship and connection
- ▶ Activities are run by the **Help at Hand** Team
- ▶ **Website:** <http://ladybrookcommunitycentre.co.uk/>
- ▶ **Email:** [helpathandmansfield@gmail.com](mailto:helpathandmansfield@gmail.com)
- ▶ **Tel:** 07923 664 504
- ▶ **Facebook:**  
<https://www.facebook.com/ladybrookenterprises/>
- ▶ **Address:** Ladybrook Lane, Mansfield, NG18 5JJ



# Weekly Activities at Ladybrook Community Centre

## Coffee and Chat Group

At Ladybrook Community Centre

Our coffee and chat group provides an opportunity for people to drop into the community centre, enjoy a cup of tea or coffee and chat to other members of the community and our team.

**Every Thursday Afternoon  
Between 3 and 5pm  
At Ladybrook Community Centre  
Mansfield, NG18 5JJ**

The group is free to attend with no booking required. Pop in and join us anytime during the two hour slot for some company and a cuppa.

**Drinks just 50p each!**

The session runs alongside our Help at Hand information and support drop in and staff are on hand if you need support, signposting or want to find out more about our activities and services.



Help at Hand Mansfield is a Project of Ladybrook Enterprises Ltd. A local Charity Improving Lives in Mansfield and District  
Ladybrook Community Centre, Ladybrook Lane, Mansfield, Nottinghamshire, NG18 5JJ  
Registered Charity No: 1142473 Company No: 7419706



## Craft, Create & Chat

Join us for our weekly arts & craft session where you can try out a number of different activities. No need for experience, just come along and give it a go! The group is friendly and accessible to all and is led by our team of staff and volunteers. There will be someone on hand to support you each week as well as opportunities to chat, share a coffee with others and meet new people.

**Every Wednesday Afternoon 1.30-3pm**

**£3.50 per week including all materials and refreshments.**

To book your place call 07923 664504 or email us at: [helpathandmansfield@gmail.com](mailto:helpathandmansfield@gmail.com)



# Creative Activities at Ladybrook Community Centre

## CRAFTING WITH FRIENDS

**Mondays 10-11.30am**

Bring along your own projects and resources and chat with other crafters in our friendly, social craft session.

**Group costs £2.50 to attend and includes a drink**

To book call us on 07923 664 504



## Machine Sewing Sessions

Would you like to learn to recycle existing clothes & fabrics into something brand new?

Have you never used a sewing machine but always fancied giving it a go?

Why not sign up for our brand new machine sewing sessions?

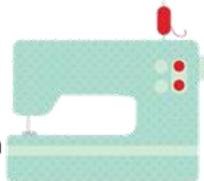
**Wednesday evening from 6-7.30pm**

Groups will be small with lots of support available & tailored to what you want to learn. Whether you are brand new to sewing or an expert that wants to share skills and craft with others we would love you to join us!

**Sessions cost just £5 per week if you have your own machine or £7 if you would like to hire one of ours.**

Price includes support and tuition, light refreshments and a variety of materials and equipment for you to practice on.

To book your place or find out more, contact our help at hand team on 07923 664504 or email us on [helpathandmansfield@gmail.com](mailto:helpathandmansfield@gmail.com)



## Counselling Service

At Ladybrook Community Centre

Moving Forward

Knowing Yourself

Learning Skills

Feeling Heard

Improving Life

Low Cost Counselling at £15 per hour now available

Free Assessment & No Waiting Lists

Self Referrals Welcome and All Issues Covered

Take the first Step now call our Help at Hand Team on 07923 664 504

or email us on [helpathandmansfield@gmail.com](mailto:helpathandmansfield@gmail.com)

Our Counselling Service is Part of Our Help at Hand Mansfield Project which can also support with signposting to specialist services, telephone befriending, training and therapeutic support groups for anyone living within Mansfield and District. Please contact our team to find out how we can help you!



**Ladybrook Enterprises Ltd**

Ladybrook Community Centre, Ladybrook Lane, Mansfield, Nottinghamshire, NG18 5JJ Registered Charity No: 1142473 Company No: 7419706



# Social Eating at Ladybrook Community Centre



**Monday Brunch Club**  
**Monday Mornings 11.30-1pm**  
Join us for our new session where you can enjoy brunch and a cup of coffee and chat with others. A Light menu will be available each week in a friendly environment where you can relax & meet others  
**£3.50 per session including Brunch and a Drink**  
To book your place call us on 07923 664504

**Time for Tea and Me**  
**Thursday Tea Time 4.30-6pm**  
Enjoy eating your tea with other members of the community. A selection of sandwiches, crisps, cake and fruit each week served with a drink and a smile! Great for those that live alone and miss eating with others.  
**£3.50 per session including a Light Tea and a Drink**  
To book your place call us On 07923 664504



# Physical Activities at Ladybrook Community Centre

## Choose To Move

A Gentle Sports & Activity Group



Choose to Move is a fun, friendly activity session that is designed for those that are new to sports and exercise as well as those that need a more gentle session due to injury or ongoing health conditions. It is a great opportunity to develop new friendships and get a little, gentle exercise.

Each week we do a different sport or physical activity as chosen by the members. Activities might include seated archery, table tennis, skittles, stretching or ball games but will always be suitable for complete beginners and those that might need extra support to be active.

**Every Monday Afternoon 1.30-3pm**

**At Ladybrook Community centre, NG18 5JJ**

The group includes a 45 minute activity session and free drink and chat opportunity at the end of each week. No need to book just come along and give it a go!  
**£3.50 per session Pay on arrival by card or cash**

Help at Hand Mansfield is a Project of Ladybrook Enterprises Ltd.  
A local Charity Improving Lives in Mansfield and District  
Ladybrook Community Centre, Ladybrook Lane, Mansfield, Nottinghamshire, NG18 5JJ  
Registered Charity No: 1142473 Company No: 7429706



## PURE STRETCH & STRENGTH

THURSDAYS @ 9.30AM

A LOW IMPACT FITNESS CLASS, SUITABLE FOR STANDING & SITTING. EXERCISES TO IMPROVE STRENGTH, FLEXIBILITY, MOBILITY, BALANCE, COORDINATION, POSTURE AND RELIEVE TENSION IN THE SPINE, NECK & SHOULDERS.

SILHOUETTE

HEALTHY BODY AND MIND

Just Ed, Glasgow Ave Hill at Ladybrook Community Centre, NG18 5JJ  
Find us on FB @silhouettehealthybodyandmind or Contact Natalie on 07903449038

## DANCEFIT

DANCE · SWEAT · TONE · BURN  
JOIN THE PARTY TODAY!

MONDAY @ 7PM

TUESDAY @ 10.15AM & 6PM

WEDNESDAY @ 7PM

THURSDAY @ 10.15AM & 6PM

AN AMAZING DANCE FITNESS CLASS THAT WILL HAVE YOU SWEATING AND HAVING FUN!

£4 Per Class @ Ladybrook Community Centre, NG18 5JJ  
FB: silhouettehealthybodyandmind or contact Natalie on 07903449038

SILHOUETTE

HEALTHY BODY AND MIND



## Zumba with Kathy at KM Fit

Mondays and Wednesdays 6-6.45pm

Come & join this awesome workout, dance to great music with great people and burn a ton of calories without realising!

£4 per class

Places must be booked in advance : Call Kathy on 07502 131 278



Step out with  
*Compassionate Voices*  
each month

LADYBROOK COMMUNITY CENTRE  
LADYBROOK LANE, MANSFIELD NG18 5JJ  
EVERY 3RD TUESDAY OF THE MONTH 6:30PM - 8:00PM

Compassionate Voices is a women's only wellbeing and empowerment community.  
[www.acompassionatevoice.co.uk/events/step-out-at-ladybrook-community-centre/](http://www.acompassionatevoice.co.uk/events/step-out-at-ladybrook-community-centre/)



**Email:** [info@acompassionatevoice.co.uk](mailto:info@acompassionatevoice.co.uk)

# Compassionate Voices

*a  
Compassionate  
Voice*

- ▶ Monthly Women's Only Sessions each month exploring a different topic
- ▶ Creating a more compassionate society through encouragement of good mental health, openness and better understanding of each other
- ▶ **Where?** Lady Brook Community Centre, Mansfield
- ▶ **Website:** <https://www.acompassionatevoice.co.uk/>

# Beeston Women's Group

- ▶ Weekly group is for women of all ages with varying levels of mental health issues to come together with others that understand.
- ▶ Group aims to reduce feelings of isolation and give members something to look forward to
- ▶ Has fun and interesting activities and occasional outings
- ▶ **When?** The group meets every Wednesday, 10.30am - 11.45am
- ▶ **Where?** Middle Street Resource Centre, Beeston, Nottingham NG9 2AR.

**Tel:** 0790 8408596

**Email:**

beestonwomens@yahoo.co.uk

MIDDLE

STREET

RESOURCE

CENTRE

# Aurora Wellbeing

**AURORA**  
Wellbeing Services



- ▶ **Aurora is a local charity providing free cancer support at centres and online in Bassetlaw, Doncaster and Mexborough.**
- ▶ They can help you with
- ▶ **Support-** help and information, join a workshop or support group, book a beauty therapy – and make coping with cancer easier.
- ▶ **Classes-** Run a number of gentle exercise classes for your mind and body.

**Where?** The Old Library Building, Memorial Avenue, Worksop S80 2BP

**Website:**

<https://aurorawellbeing.org.uk/>

**Tel: 01909 470985**

**Email:**

[admin@aurorawellbeing.org.uk](mailto:admin@aurorawellbeing.org.uk)

# Breathe Café (Shaw Mind)



- ▶ **When?** Every Tuesday 3-4pm
- ▶ **Where?** Beanblock Café, Newark
- ▶ Access resources on mental health and wellbeing, signposting to mental health services and our network of volunteers who are there to listen.

**BEANBLOCK**

# La Leche League of Nottingham

- ▶ **Who? For women, in Nottingham and Nottinghamshire, who want to breastfeed their babies.**
- ▶ Information and support; telephone counselling for women with breastfeeding problems.
- ▶ Mother-to-mother help, written information and lending library available to anyone attending meetings.
- ▶ Meetings: Monthly meetings, toddler meetings and occasional coffee mornings



# Nottinghamshire- Local Groups

▶ **La Leche League, West Bridgford**

**When?** Meetings in are generally on the 3rd Monday of the month, 10-11:30am

▶ **Where?** Lady Bay Scout Hut, 53 Mona Road, Lady Bay, West Bridgford, Nottingham, NG2 5BU.

▶ **La Leche League, Newark**

▶ **When?** Second Saturday of each month, 2-4pm

▶ **Where?** London Road Congregational Church Hall, Newark NG24 1TH

**Email:** [lllnottingham@hotmail.co.uk](mailto:lllnottingham@hotmail.co.uk) / [lll.nottingham@laleche.org.uk](mailto:lll.nottingham@laleche.org.uk)

**Website:** <https://lllnottingham.wordpress.com/>

**Facebook:** <https://www.facebook.com/groups/350723804978204>



# Bingham Breeze Riders

- ▶ A group for women in Bingham and surrounding villages that enjoy participating in Breeze rides.
- ▶ Our aim is to help more women feel confident and comfortable about going on a ride.
- ▶ **Contact** via Let's Ride to request more info about upcoming rides  
<https://letsride.co.uk/groups/bingham-breeze-riders>
- ▶ **Facebook:** <https://www.facebook.com/HSBC-UK-Breeze-Nottingham-150580021680608/>



# Useful Directories



There are a number of great local directories that can help you find activities and support..

▶ **Ask Lion-** for residents in **Nottingham City**



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

▶ **Notts Help Yourself-** for residents in **Nottinghamshire County**



<https://www.nottshelphyourself.org.uk/>

# Self Help UK

- ▶ For information on **local self help groups**
- ▶ **Self Help UK is the leading specialist organisation in promoting, supporting and encouraging Self Help Groups, both locally in Nottinghamshire and nationwide**
- ▶ They are all about empowering self care through mutual support

0115 911 1661

Monday-Friday, 9.00am-5.00pm

info@selfhelp.org.uk



**self help uk**

**Website:** <https://www.selfhelp.org.uk/>

# Places of Welcome

- ▶ **Places of Welcome-** for information on **places where you can come for a safe space, cup of tea and a chat** includes *churches, community centres, libraries, mosques, temples and other community group*



**PLACES OF  
WELCOME**

**Website:**

<https://transformingnottstogether.org.uk/areas-of-work/places-of-welcome>

# Social Eating

## NOTTINGHAMSHIRE SOCIAL EATING NETWORK

- ▶ Social Eating Network are **an informal network of not-for-profit social eating spaces spread across Nottinghamshire**
- ▶ They promote eating together in groups, food sharing, the use of surplus food, community cohesion and collaboration over food
- ▶ **You can use their website to find out where there are local social eating projects near you:**
- ▶ **Website:** <https://www.socialeatingnetwork.org/find-a-social-eating-space.html>
- ▶ **Facebook:** <https://www.facebook.com/groups/181863272447679>



# Green Space



- ▶ **GreenSpace**, is all about improving people's mental health through connecting people with community groups and **nature-based activities**, green groups, projects and schemes.
- ▶ Look on their website to find out what green space projects are happening near you:
- ▶ **Website:**
- ▶ <https://www.nottinghamcvs.co.uk/voice-and-partnerships/greenspace/want-to-try-nature-based-activities>
- ▶ **Email:** [greenspace@nottinghamcvs.co.uk](mailto:greenspace@nottinghamcvs.co.uk).

