

FOREST FIELDS NEIGHBOURHOOD CENTRE

69 WIVERTON ROAD
TEL 608456

FOREST FIELDS HANDBOOK

9909 F

*Typeset and Printed by 4 Sheets Design and Print.
52a High Pavement, Nottingham NG1 1HW. Tel 0602 590238.*

ABOUT THIS HANDBOOK

This handbook is meant as a guide to local centres, clubs, groups and organisations within the area. It is also meant as a guide to those living and working within Forest Fields on where to go to get advice and assistance. The handbook concentrates on organisations located in Forest Fields and its surrounds although there are some mentioned that are further afield because it was considered that a quite a few people within the area may want to use their services.

There are many more organisations across Nottingham which cater for a vast range of needs. There are other booklets available such as the Nottingham Help Directory (where to go for Advice-Information-Resources) and A Directory of Self Help Groups in Nottingham and District. Copies of these are available at the Neighbourhood Centre for people to look for the help they need.

Details in the handbook are correct to the best of our knowledge, but we apologise for any inaccuracies or organisations missing.

EXTRA COPIES

We aim to supply one free copy of this handbook to every household, shop and organisation within Forest Fields. If you would like additional copies they are available from the Neighbourhood Centre, price 50p

TRANSLATION

This handbook has initially only been produced in English because of financial restraints. Please contact us if you would like parts of the booklet translated into other languages and we will do our best to assist.

ACKNOWLEDGEMENTS

We are grateful to Nottinghamshire County Council's Local Economic Development Fund, Nottingham Health Authority, the Trustee Savings Bank, and Mansfield Road Baptist Church for their financial assistance in producing this booklet. Also thanks to Daniel Massey, Andrew Meredith, Rebecca Williams and Ros Verity for all their hard work in putting this handbook together.

WHAT WE CAN OFFER YOU

HELP ON ISSUES THAT CONCERN YOU: We can work with you to help get the things you want to improve the area — problems of housing, traffic, unemployment, rubbish or nowhere to play — for example we have supported new developments such as a bus service, health centre, day nursery and youth club.

SERVICES FOR LOCAL GROUPS: electronic and manual typewriters, photocopier with enlargement and reduction facility, computers-including desk top publishing facilities, printers and small quantities of stationary at reasonable prices to help you produce minutes, leaflets, small posters etc. It may also be possible for some typing to be done for members.

AN OFFICE BASE: We can offer a box number for correspondence, take telephone messages and it may also be possible to rent office space as and when available.

MEETING ROOMS: for discussion groups and committees, classes and coffee mornings as well as a fully equipped kitchen and playroom for children.

ADVICE SESSIONS: Advice Centre/ Asian Language Advice sessions/ Housing Advice/ Area caretaker/ Pregnancy testing.

HELP IN FINDING WORK: We have a jobs board and information on training courses. The Community Enterprise Development Project promotes among other things the local credit union and a range of co-operatives.

WHY NOT CALL IN: to find out more?

WE ARE OPEN:

Monday to Friday: 9.30-1.00
1.30-4.30

Weekends and evenings by arrangement.

یہ "بینر بک" فارسٹ فیلڈز کے قلموں، گروپوں، اور آرگنائزیشن پر مشتمل ہے۔ یہ آپ بہتر "لارینجا" بھی ہے کہ آپ مشورے کے لیے کیا ہر رجوع کریں۔

ریشین افراد کے مسائل کے لیے خصوصی طور پر کچھ جگہیں مخصوص ہیں جو کہ ویلفیئر سروسز، امیگریشن اور ریشینیشن، روزگار حاصل کرنے اور اس کے لیے ٹریننگ وغیرہ پر مشورے اور مدد دیتے ہیں۔ اس کے علاوہ سوشل، منرل، عورتوں اور لڑکیوں، نوجوانوں اور بزرگوں کے لیے گروپ ترتیب دیئے گئے ہیں۔

یہ "بینر بک" فنڈز کا کمیٹی وجہ سے ارتباطی طور پر صرف انگریزی میں پیش کیا گیا ہے۔ برائے میربانی اگر آپ اس کے ترجمہ کے لیے مدد دینا چاہتے ہیں تو ہم سے فیس ٹرینیشن پر ملیں۔ فارسٹ فیلڈز فیس ٹرینیشن علاقے میں رہنے والوں کے لیے ہاؤسنگ ٹریفک، روزگاری اور نوجوانوں کے مسائل کے لیے اپنی خدمات پیش کرتا ہے۔

آپ ریشین کیونٹی کریولینجٹ وکر سے جمعات کی درہس یا ریشین بے نیفٹ وکر سے پیر کی درہس کو اپنے مسائل کے لیے وقت لیکر مل سکتے ہیں۔ یہاں ریشین رضاکار اکثر درہس کو موجود ہیں۔ برائے میربانی اگر آپ سمجھتے ہیں کہ ہم آپ کی کسی بھی طرح مدد کر سکتے ہیں تو ہم سے ملیں:-

فارسٹ فیلڈز فیس ٹرینیشن، 69 ویو رین روڈ

فون:- 408254

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SERVICES FOR LOCAL GROUPS: electronic and manual typewriters, photocopiers with enlargement and reduction facility, computers including desk top publishing facilities, printers and email facilities of a standard to help you produce newsletters, small posters etc. It may also be possible for some typing to be done for members.

AN OFFICE BASE: We can offer a box number for correspondence, take telephone messages and it may also be possible to rent office space as and when available.

MEETING ROOMS: for discussion groups and committees, classes and coffee mornings as well as a fully equipped kitchen and playroom for children.

ADVICE SESSIONS: Advice Centre, Asian Language Advice sessions, Housing Advice.

HELP IN FINDING WORK: We have a job board and information on training courses. The Community Enterprise Development Project promotes finding other things the local credit unions and a range of co-operatives.

WHY NOT CALL IN: to find out more, or to find out more about our services.

WE ARE OPEN:

Monday to Friday: 9.30-1.00

Weekends and evenings by arrangement.

بیکر مل سٹریٹ پر۔ یہاں ایجنسیوں کے ساتھ ساتھ دیگر اداروں کے ساتھ بھی کام کرتے ہیں۔

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ACFT Education Centre
28 Beaconsfield Street
Hyson Green
NG7 6FD
Tel 706967

MATSEMELA

This is an Afro-Caribbean project which offers activities for children through to pensioners.

Contact:
Matsemela
Marcus Garvey Centre
Lenton Boulevard
Tel 780057

THE CRESCENT COMMUNITY CENTRE

Aims to create an environment that particularly encourages a positive attitude towards those who have experienced a mental health problem.

Members only times:
Mon-Fri 9.30-4
Tues & Thurs 5.30-9pm

Drop in:
Thurs 10-3pm
For those wishing to become members

Contact:
34 Waterloo Crescent
(Off Mount Hooton Road)
Tel 703250

AFRO-CARIBBEAN CENTRE

CENTRES & CLUBS

ADVICE & INFORMATION

CHILDREN & YOUNG PEOPLE

OLDER PEOPLE

WOMEN

EDUCATION

EMPLOYMENT & TRAINING

HEALTH

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CENTRES and CLUBS

AFRO-CARIBBEAN CENTRE

For advice on welfare rights, immigration and nationality problems etc.

Contact:

Afro-Caribbean Centre
Hungerhill Road
St Anns
NG3 4NB
Tel: 691364

ASSOCIATION of CARIBBEAN
FAMILIES and FRIENDS
EDUCATION CENTRE

Offers a range of activities and events. Courses for children (7-14yrs) include steel band classes, African-Caribbean studies, pottery, music recorder, creative art, African-Caribbean dance. Courses for adults include African-Caribbean studies, creative writing and Swahili.

Contact:

ACFF Education Centre
28 Beaconsfield Street
Hyson Green
NG7 6FD
Tel 706967

MATSEMELA

This is an Afro-Caribbean project which offers activities for children through to pensioners.

Contact:

Matsemela
Marcus Garvey Centre
Lenton Boulevard
Tel 780057

NOTTINGHAM COMMUNITY ARTS

Nottingham Community Arts exists to promote creative work by individuals and groups from the diverse communities in the city. Activities are wide ranging and include courses in screen printing, batik and photography. Arts workers based at the Centre are available to run workshops etc in the community.

There is a membership fee for groups and individuals

Opening Times:

Tues, Wed, Fri 9.30am-5pm
Thursday 2-8pm

Contact:

Nottingham Community Arts Centre
Gregory Boulevard
Hyson Green
Tel 782463

THE CRESCENT COMMUNITY
CENTRE

Aims to create an environment that particularly encourages a positive attitude towards those who have experienced a mental health problem.

Members only times:

Mon-Fri 9.30-4
Tues & Thurs 5.30-9pm

Drop in

Thurs 10-3pm

For those wishing to become members

Contact:

34 Waterloo Crescent
(Off Mount Hooton Road)
Tel 703250

FOREST FIELDS COMMUNITY ASSOCIATION

Aims to provide community facilities in the Community Centre for social, educational and cultural activities. Lets rooms for meetings, receptions etc. The Association Management Committee meets on the last Wednesday of each month at 7.30pm.

Contact:
Arthur Sansom, Chairperson
111a Berridge Road
Tel 789087

FOREST FIELDS COMMUNITY CENTRE

Large hall, carpeted lounge, kitchen and two large meeting rooms. Lets rooms for meetings, receptions etc. The Centre has disabled access and induction loops for the hard of hearing.

Provides community facilities for a wide variety of social, educational and cultural activities:-

Credit Union, Parents & Toddlers Group, Police Surgery, Playgroup, Margaret Roberts School of Dance, Radha Saomi Satsung Club, Muslim Classes — after school, Creche Facilities, Asian Women's Lunch Club, Youth Club 13+, Aerobics for Asian Women, Sunday Worship Group, Bingo, Karate, White Tiger Judo Club. Also various educational classes for Asian Women.

Open:
9am-late evening

Contact:
Mohammed Yaseen
Community Development Worker
Forest Fields Community Centre
Sturton Street/Gladstone Street
Tel 780217

or

Arthur Sansom
Chairperson
111a Berridge Road
Tel 789087

FOREST FIELDS NEIGHBOURHOOD CENTRE

See front of handbook.
Disabled access.

Contact:
The Receptionist
Forest Fields Neighbourhood Centre
69 Wiverton Road
Forest Fields
Tel 608456

HYSON GREEN COMMUNITY CENTRE

Garden Project. After School Club.
Various social activities — all members of the public welcome.

Contact:
Hyson Green Community Centre
St Pauls Avenue
Tel 422543/783568

INDIAN COMMUNITY CENTRE

Provides a meeting/activity place for the Indian community in Nottingham. Runs an elderly day centre, youth club, women's and girls' sports, educational classes and sports for the unemployed.

Gives advice on immigration, nationality and welfare rights problems.

Times:
Monday-Friday 9am-5pm

Welfare Rights:
Wednesday and Friday only.

Contact:
Raj Jogia
Indian Community Centre
Rawson Street
New Basford
Tel 785985

ITALIAN CENTRE

Activities include community discos and events, live theatre, musical activities, jumble sales etc.

Facilities are available to the general public for hire at reasonable rates and include a large hall, licensed bar and catering facilities.

Contact:
Father Morone or Mr Pernacchia
Italian Centre
2 Vivian Avenue
Sherwood Rise
Tel 607577

JOHN CARROLL COMMUNITY CENTRE

Offers Welfare Rights advice, Housing advice (by Shelter) and Councillors surgeries. Runs many social, recreational and educational classes. Playgroup, parent & toddler group, after school group, youth club, aerobics, Bangladeshi community group, Caribbean lunch club, dressmaking classes.

Contact:
John Carroll Community Centre
Denman St
Radford
Tel 780458

MANSFIELD ROAD BAPTIST CHURCH

Aims to provide community facilities. For Young Children: Corner Playgroup on Monday and Friday mornings. Toddler Group on Tuesday mornings and Wednesday afternoon. For Older Children and Young People: Boys' Brigade, Girls' Brigade, King's Club, Sunday School, Church youth group. For Adults: Bible teaching and friendship groups, Women's Fellowship, Lunch Club for the Elderly.

Contact:
Mansfield Road Baptist Church
Sherwood Rise
Tel 604304 or 604523

NEW BASFORD COMMUNITY CENTRE

Various activities including a parent & toddler group, playgroup, after school club, youth club, Golden Years group and Sunlight Fellowship for older people.

Contact:
New Basford Community Centre
Zulu Road
Tel 703288

NOTTINGHAM INTEGRATED LEISURE

(Formerly Robin Hood Gateway) Social activities for people with learning disabilities. Tues, 7-9pm Forest Fields Community Centre Tues & Thurs, 7-9pm Forest Fields Neighbourhood Centre

Contact:
Dave or Tony
Tel 424122

PAKISTAN CENTRE

For advice on nationality, welfare rights and immigration problems etc.

Contact:
Pakistan Centre
163 Woodborough Road
St Ann's
NG3 1AX
Tel 582973

POLISH AIR FORCE ASSOCIATION WELFARE CLUB

Contact:
Polish Air Force Association
Welfare Centre and Club
(White Eagle Club)
"TRAFOI"
Pelham Road
Sherwood Rise
Tel 624815 (evenings only)

POLISH CATHOLIC CLUB

Contact:
Mr Ciepka
Polish Catholic Club
2 Sherwood Rise
Tel 624859

ST PAUL'S and ST STEPHEN'S FAMILY CENTRE

Meeting hall and kitchen. Many social and recreational groups available for all ages.

Contact:
Church House
St Paul's Avenue
Tel 780903

UKRAINIAN SOCIAL CLUB

Contact:
Ukrainian Social Club
30 Bentinck Road
Nottingham
Tel 789420

VIETNAMESE PROJECT

Provides practical support to Vietnamese people living in Nottinghamshire (eg interpreting, helping with health, housing, welfare rights, immigration and nationality and any other problems), helps to develop community activities and tries to find areas of possible employment or further education.

Times:
Monday-Friday, 9-5pm

Contact:
Anh Nghi
Community Worker
Vietnamese Project
30 Wiverton Road
Forest Fields
Tel 691289

ADVICE and INFORMATION

ADVICE CENTRE

Offers free, confidential advice on welfare rights, housing and Social Security benefits.

Contact:
Forest Fields Advice Centre
69 Wiverton Road
Forest Fields
NG7 6NU.
Tel: 626582.

Opening times:

Benefit Advice

Monday 2-4pm
available in Asian languages

Tuesday 10-12.30

Thursday 10-12.30

Thursday 2-4pm
Asian language session

Tuesday and Thursday afternoon sessions
no appointment needed.

Housing Advice

Run by Shelter and volunteers.
Information will be available on your legal rights with regard to repairs, rent, tenancies etc for all types of occupation. If we cannot help you ourselves, we can advise you about where to go.

Monday 10-12
Asian Language interpreter available
Wednesday 5-6.30

AREA CARETAKER

Advice to residents and liaison with the City Council to improve facilities and clean up the area, with a major emphasis on safety, also arranges rubbish clearance.

Contact:
Derek Beardall
Area Caretaker
Forest Fields Advice Centre
69 Wiverton Road
NG7 6NU
Tel: 609443

CITY INFORMATION CENTRE

Information on City Council services. Includes allotments, street cleansing, drainage, refuse collection, transport etc.

Several languages spoken include:
English, Urdu, Hindi, Punjabi, Gujarati, Italian and Sign language.

Times:
Mon-Fri 8.30-5.00
Sat 9-5
Sun 10-4 (April to Oct)

Contact:
1-4 Smithy Row
off Old Market Square
Tel 470661

COMMUNITY ENTERPRISE PROJECT

Involved in starting and supporting community enterprises such as co-operatives and credit unions in the Forest Fields and Hyson Green areas. This includes helping people with enterprise/business ideas and the training required to develop the necessary skills and confidence to put these ideas into practice.

Contact:

Margaret Gardner
Forest Fields Neighbourhood Centre
Tel 608456

COUNCILLORS — CITY

Forest
John Taylor
3 Alexandra Mews
Alexandra Road
Sherwood Rise.
Tel: 625663 (home) 860627 (work).

John Taylor holds surgeries in the Neighbourhood Centre every second Monday of the month at 7.30pm.

Mohammed Ibrahim
5 Albany Road
Basford
NG7 7LX
Tel: 704399

Radford
Azad Choundry
Tel: 295972

Ron McIntosh
Tel: 790954

COUNTY COUNCILLOR

Mohammed P Aslam
Tel: 705591

COUNTY CONTACT

Nottinghamshire County Councils first One-Stop Shop for Information and guidance on the range of services and facilities it's Departments provide. Job Vacancies, Courses at Colleges.

Advice Sessions

Tues 2-4pm
Housing Advice

Wed 10-12
Welfare Rights

Wed 11-2
Courses for Training and Leisure

every other Wed 2-4pm
Trading Standards Advice

Thurs 9.30-12.30
Careers/Adult Guidance

Also, APL (Credit to You)
Crediting people with qualifications for their experiences.

Contact:

117-117a Radford Rd
Hyson Green
Tel 422456

FAIR GOOSE CREDIT UNION

A financial non-profit making co-operative which all people who live in the Forest Fields, Hyson Green and New Basford areas can join. Offering a convenient savings facility, cheap loans and an opportunity to own and control your money.

Wednesday 11 am-2 pm
Forest Fields Community Centre
Sturton St

Fridays 10.30-12.30
St Stephens Church
Bobbers Mills Rd

Contact:

Margaret Gardner
Forest Fields Neighbourhood Centre
69 Wiverton Road
Tel 608456

DEAFNESS

Hearing Services Centre
Tel 481100 ext 360

Society for the Deaf
Tel 700519

Social Workers for the Deaf
781554

FIRST ENTERPRISE

Business Advice to ethnic minorities and Inner City Residents

Mon-Fri, 9-5

Contact:

First Enterprise
90 Radford Rd
Tel 423772

GAINING GROUND

An organisation which offers help, support, advice and interaction between community groups in areas post coded NG7. It plans to set up a resource base for local groups. It holds a Forum meeting every three months where groups get together to discuss current issues and work together to improve the quality of life in this area.

Contact:

Gaining Ground
c/o Forest Fields Neighbourhood Centre
69 Wiverton Road
Tel 608456

House Decorating-COMMUNITY SERVICE

Part of Nottinghamshire probation Service Community Service by offenders offers a house decorating service to pensioners, those with disabilities and families in need (who have no-one else to help them and are unable to pay commercial rates).

Windbag Inflatable Project can also be contacted at this office and bookings taken for playschemes etc.

Times:

Mon-Fri 9-1, 2-5.30

Contact:

7 East Circus St
Tel: 413036

HYSON GREEN LIBRARY

Offers a wide range of books, records, cassettes, newspapers and magazines, with reference and loan facilities. Newspapers may be read on the premises. As well as English Language material (including large print) there is a selection of Asian language, Polish and Afro-Caribbean material. The library provides a diary for local events. Class visits can be arranged from local schools, toys are provided for under-fives for use in the library and children's activities are organised in the summer holidays. The library also provides children's comics and a loan facility of music and "talking books" for children.

Opening times:-

Mon, Wed, Fri 9.30am-8.00pm

Tues 9.30am-12.30pm

Saturday 9.00am-1.00pm

Contact:

Janet Fountain

Hyson Green Library

Gregory Boulevard

Tel 785495

M.P. (Member of Parliament)

John Heppell (Nottm East)

Surgeries are held every first and third Saturday of the month at:-

TGWU Office

259 Mansfield Road

Tel 858183

Opening times:-

10am-12pm

Or contact:

1 Talbot St

NG1 5GQ

Tel 799475

OXFAM DISTRICT OFFICE

Administration only

Times:

Mon-Fri, 9-5

Contact:

Oxfam

47 Gregory Boulevard

Tel 424324

POLICE

The following are the Sergeant and the relevant community police for the area.

Sergeant Stirland (Sgt.1013)

PC Afzal (PC 1604) Forest Fields

PC Fowkes (PC 1614) Whitemoor/Basford

PC Freeman (PC 1887) Hyson Green

Advice is available on crime prevention, property marking and Neighbourhood Watch.

Contact:

Radford Road

Police Station

Radford Road

Tel 706622 (open 24 hours)

POLICE SURGERY

People are invited to meet their Community Police Constable.

PC Sher Afzul

At: Forest Fields Community Centre

On: Wednesday, 10-12.30am

Tel 420999 ext 4549 or 4649

PC Roger Freeman

At: Hyson Green Library

On: Wednesday, 2.30-3.30pm

RACIAL HARASSMENT HELPLINE

For those experiencing racial attacks, graffiti, threatening behaviour or verbal abuse. The helpline offers support, guidance and advice in English, Urdu, Punjabi, Hindi and Gujarati.

Tel 856333

SOCIAL SECURITY

For help with Social Security problems and information.

Contact:

Benefits Agency

David's Lane

Tel 789231

Community Charge and Housing Benefit

Tel 483500

SOCIAL SECURITY FREELINE

Information and advice on all aspects of Social Security benefits

Tel 0800 666555 (free)

SOCIAL SERVICES

The office provides general help and advice to individuals or families with personal or family problems. They have information about places available at Day Nurseries for children under five and Day Centres for elderly people in the area.

In particular, they also arrange Home Helps for people who need practical support in order to cope at home, through age, disability or other reasons. There are two specialist Social Workers to ensure take up of services by people from Afro-Caribbean and Asian backgrounds. The Adult Care Team works with elderly people, adults with physical disabilities and people with learning difficulties; providing advice and guidance to them and those who care for them. The Team can help with coping in the community, arrange short term residential care, telephone installations, Welfare Benefits Advice etc.

General Enquiries:

The Duty Social Worker

126 Mansfield Rd

Tel 506211 ext. 228

or visit the office. Where necessary home visits can be arranged.

Opening hours:

Mon-Thurs, 8.30am-5pm

Local Office

41 Gregory Blvd

Tel 780025

The Local office deals with children in care and children in need and Black social workers.

Opening hours:

Mon-Thurs, 8.30-1pm, 2-5pm

Friday, 8.30-1pm, 2-4.30pm

For emergencies out of hours

Tel. 622226

VOLUNTEER BUREAU

Aims to help to find volunteers for useful work that needs doing in the community and offer interesting and worthwhile opportunities for those with the time or skills to offer.

Times:

Mon-Fri, 9-5pm

Contact

Nottingham Council for Voluntary Service

33 Mansfield Road

Tel 476714

CHILDREN & YOUNG PEOPLE

CHILDMINDERS

For local vacancies

Contact:

Bet Leivers

Vacancy Secretary

33 Albany Rd

Sherwood Rise

Tel 607294

EKTA

Offers activities for young people including Karate classes, Girls group, Drama, Help with Homework, and a Junior and Senior Youth Club with sports facilities-badminton, football, pool, table tennis, board games and computer. Also arranges summer camps, trips and fund-raising events.

Times:

Mon, Tues & Fri 5-8pm

Contact:

Harbant Kaur

Indian Community Centre

Rawson Street

New Basford

Tel 785985

FOREST FIELDS COMMUNITY CENTRE

Offers educational and recreational activities for children and young people, including Parent & Toddlers group, After school club.

Contact:

1 Sturton St

Tel 780217

FOREST FIELDS PLAYCENTRE

Offers a range of activities for children both in term time and during the holiday period. Under-fives must be accompanied by an adult.

Opening Times (Term Time):

Tues-Fri 3.30-7pm

Sat 10am-12.30pm, 1.30-4pm

Opening Times (School Holidays):

Mon-Fri 10am-12.30pm, 1.30-4pm

Contact:

Forest Fields Playcentre

133 Russell Road

Tel 705711

FOREST FIELDS COMMUNITY PLAYGROUP

At Forest Fields Community Centre

Time:

Mon-Fri, 9-11.30am

Contact:

Karen Brailsford

Tel:780217

(Community Centre)

FOREST FIELDS YOUTH CLUB

All young people ages 10-16 welcome.

Meets Friday evenings 6.30 - 8.30 pm

At Forest Fields Community Centre
Sturton Street

Contact:

Forest Fields Community Centre

Tel 780217

or

Rachel Adams

Forest Fields Neighbourhood Centre

Tel:608456

THE GREEN YOUTH & COMMUNITY CENTRE

Offers activities for African-Caribbean young people aged 16-25 through the Team Resources for Youth (TRY) organisation. TRY is involved in issue and developmental work, working in collaboration with other agencies on issues such as racism, homelessness and suspensions from school. It provides advice and counselling to young people and their families.

4.30 Group — for young people, including discussion, arts, dancing, music, youth exchanges, residential courses and conferences.

Opening Times:

Mon-Thurs 9am-5pm

Fri 9am-4.30pm

Contact:

The Green Youth and Community Centre

Gregory Boulevard

Tel 700896

MANSFIELD ROAD BAPTIST CHURCH

Provides many groups for children of all ages. Corner Playgroup, Parent & Toddler Group, Boys' Brigade, Girls' Brigade, King's Club, Sunday School, Church Youth Group.

Contact:

Mansfield Road Baptist Church

Sherwood Rise

Tel 604304 or 604523

PROJECT PEHCHAN

Aims to meet the needs of young Asians living in the City. Youth Club every evening, including sports, educational and social trips, girls group. Resource Centre available to groups and individuals. Outreach work to schools and colleges.

Contact

Sneinton Youth and Community Centre

Beaumont Street

Sneinton

NG2 4PJ

Tel 410104

SHAMMA GIRLS GROUP

Offers social and cultural activities as well as recreational activities such as sport, dressmaking and cookery. Meets at the Muslim Women's Organisation

Time:

Saturday 1-3pm

Contact:

Sultana Syed

Muslim Women's Organisation

165a Ilkeston Road

Tel 420590

ST PAUL'S & ST STEPHEN'S FAMILY CENTRE

Offers a range of clubs and activities for children and young people including Brownies, Girl Guides, Cub Scouts, Parent & Toddlers Group, Asian Mothers & Toddlers

Contact

St Paul's & St Stephen's Church Office

St Paul's Avenue

Hyson Green

Tel 780903

OLDER PEOPLE

AGE CONCERN

Deals with benefits, housing problems and anything relating to the elderly. They make home visits and can arrange for painting and decorating and gardening to be done for the cost of the materials only.

Contact:
Tel 475892/411437

FAMILY CENTRE TUESDAY LUNCH CLUB

Provides company and a meal in pleasant surroundings for the those who (mainly) live alone, and are of pensioner age. Activities include occasional outings, Christmas party and occasional holiday trips. Meets at the Family Centre on Russell Road. The Lunch Club is organised by St Paul's and St Stephen's Church. Prior booking is essential.

Time:
Tues 11.30am-2pm

Contact:
Mrs Mavis Marriott
St Paul's and St Stephen's Church Office
St Paul's Avenue
Hyson Green
Tel 780903

MANSFIELD ROAD BAPTIST CHURCH LUNCHEON CLUB

Provides a cooked meal for elderly people, meeting at Mansfield Road Baptist Church.

Contact:
The Church Office
Tel 604304

MUSLIM WOMEN'S LUNCHEON CLUB

Times:
Fri 11-3pm

Contact:
Muslim Women's Organisation
Tel 420590

SALVATION ARMY OVER 60'S LUNCHEON CLUB

Meets at "The Gables", Sherwood Rise, on Thursdays for a low cost hot meal and companionship. No Church membership or referral needed. Followed by over 60's meeting.

Times:
Thurs 12pm Luncheon Club
1.45pm Over 60's meeting

Contact:
Resident Captain "The Gables"
Tel 784384

SILVER BIRCHES DAY CENTRE FOR THE ELDERLY

Based at Zulu Road, New Basford. Social Services Day Centre for elderly people from Forest Fields and surrounding area. Attendance by referral only, transport provided.

Contact:
Social Services North East Area Office
126 Mansfield Road
New Basford
Tel 506211

WOMEN

45 COPE STREET

A place where young mums and pregnant women can meet together. Free Creche

Drop In
Wednesdays 10.30-12.30

Phone other times:
Mon-Fri, 9-5

Contact:
45 Cope St
Hyson Green
Tel: 420411

ASIAN WOMEN'S PROJECT

Offers information, help and advice on welfare rights, as well as offering varied group activities, interpreting schemes, training and employment initiatives, luncheon club, cultural awareness training, letter writing service and creche facilities.

Present sessions include Welfare Rights, English and Urdu language, luncheon club, cookery, sewing, aerobics.

Times:
Mon-Fri, 9.30-5pm

Contact:
Parveen Mirza
Asian Women's Project Manager
1 Sturton Street
NG7 4HH
Tel: 783945

ASIAN WOMEN'S SELF HELP GROUP

Discussion group and activities such as keep fit classes.

Contact
Kaneez Saddique
Forest Fields Neighbourhood Centre
Tel 608456

FRESH FIELDS

Domestic Violence Support Group for women who have suffered violence or are in a violent relationship. Self Help group offering support and advice in a safe environment. Creche and help with transport available.

Thurs 4-6pm
talk in confidence and find out meeting times. Answerphone at other times

Contact:
Tel 856516

MOTHERS' UNION

Meets at Russell Road Family Centre

Aims:
Promotion and advancement of Christian religion in marriage and family life.

Time:
1st Tues monthly at 2.15pm

Contact:
Mary Humphreys
Tel: 786207

MUSLIM WOMEN'S ORGANISATION

(formerly Ladies' Circle)

Aims to specifically cater for the needs of Muslim women, young mothers and girls. Provides advice and guidance on rights, health issues, welfare and education as well as bringing socio-cultural awareness. Organises cultural and social trips, school and educational help and advice, sports activities for girls, Easter and Summer playschemes.

Times:

Mon-Fri, 9.30-3.30pm

Contact:

Muslim Women's Organisation
The Lodge
165a Ilkeston Road
NG7 3HF
Tel 420590

WOMEN'S FELLOWSHIP

Mansfield Rd Baptist Church.

Times

Mon 2.15-3.15

Contact:

Mrs L Goddard
120 Harcourt Rd
Tel: 703217

THE WOMEN'S CENTRE

Provides a safe and welcoming place to all women offering information, advice, informal counselling, practical assistance, workshops and social activities.

Contact:
The Church Office
Tel 604304

Contact:

30 Chaucer Street
Nottingham
Tel 411475

Also based there

Lesbian Centre

many groups and activities especially for lesbians

Tel 859028/411475

Lesbian Line

Mon & Wed, 7-9pm

Tel 410652

Rape Crisis Centre

counselling, support and advice for women who have been sexually assaulted.

Tel 410440

Roshni

Nottingham Asian Women's Aid
Tel 476490

Themba Salama

African-Caribbean Women's Group
Tel 411475

Women's Aid Advice and Support Group

for women who are suffering or who have suffered violence.

Tel 476490

EDUCATION

BENTINCK SCHOOL (PRIMARY AND NURSERY)

Contact:

Mrs A.J Traska
Headteacher
Alfreton Rd
Nottm
Tel 784705

BERRIDGE INFANT AND NURSERY SCHOOL

Admission limit:
55

Contact:

Mrs J.R North
Headteacher
Bobbers Mill Road
Hyson Green
Tel 420757

BERRIDGE JUNIOR SCHOOL

Contact:

Mr C.R Terry
Headteacher
Berridge Rd West
Hyson Green
Tel 783212

CARRINGTON PRIMARY SCHOOL (5-11 YEARS)

Contact:

Mrs D.M Payne
Headteacher
Carrington Primary School
Jenner St, Carlton
Tel 604796.

CLAREMONT PRIMARY SCHOOL AND NURSERY (3-11 YEARS)

Children on roll:
450 approx

Admission limit:
50

Contact:

Mr Trevor Williams
Headteacher
Claremont Primary School
Claremont Road
Sherwood Rise
Tel 624619

FOREST COMPREHENSIVE SCHOOL (11-16 YEARS)

Capacity:
750 pupils

Contact:

Mr A.E Lawton
Headteacher
Forest Comprehensive School
Gregory Boulevard
Tel 787847

FOREST FIELDS PRIMARY SCHOOL

Contact:

Mrs M.E Newby
Headteacher
Bradgate Rd
Forest Fields
NG7 6HJ
Tel 783096

GOVERNMENT TASK FORCE
Government Inner City Initiative

GREENFIELDS NURSERY

There are a limited number of low cost nursery places for children, 2-5yrs.

Times:

Mon-Fri, 8am-6pm

Contact:

Greenfields Nursery
139 Russell Road
Tel 785336

**MANNING GIRLS SCHOOL
(11-16 YEARS)**

Admission limit
150

Contact:

Mrs Barbara Maddison
Headteacher
The Manning School
Robin Hoods Rd
Aspley
NG8 3LD
Tel 299401

**MELLERS PRIMARY SCHOOL
(PRIMARY AND NURSERY)**

Contact:

Mrs E.M Tiplady
Headteacher
Norton St
Radford
NG7 3AU
Tel 785994

MUSLIM AFTER SCHOOL CLASSES

At Forest Fields Community Centre

Contact:

Mr Rafiq
Tel 700333

MUSLIM EDUCATIONAL TRUST

Offers religious and social education. The Trust offers mother tongue classes and specialist teaching in Urdu in preparation for GCSE's and A levels for girls. The trust also offers interpretation and translation services, free of charge, in all manner of situations. Legal work and hospital work are all undertaken.

Contact:

Mr I Khan
Chairperson
Tel 290474

or

Mr I A Syed
Secretary
The Muslim Educational Trust
The International Community Centre
Mansfield Road
Tel 419842

**SCOTHOLME PRIMARY SCHOOL
AND NURSERY (3-11 YEARS)**

Contact:

Mr M. Palmer
Scotholme Primary School
Fisher St
New Basford
Tel 781968

EMPLOYMENT & TRAINING**BERRIDGE CENTRE**

Opening times:

Mon-Fri 9am-5pm

Adult Education

Contact:

Liz Barnes
The Berridge Centre
Stanley Road
Tel 470003/4

Adult Basic Education

Main responsibilities are adult literacy and numeracy. Provides individual tuition and tuition in small groups. Volunteers are welcomed to help as tutor training courses are provided.

Contact:

Julia Holt or Mike Wilson
Tel 780942

**English for Speakers of Other Languages
(ESOL)**

Classes in English are held at the Berridge Centre, and volunteer tutors are available to give home tuition. Training courses are run at the Berridge Centre for volunteer tutors.

Contact:

Patsy Jackson
ESOL Organiser
Tel 470004

BESTCO

Provides training for employment. Participants must be registered unemployed for a certain time. Supervised work experience in many areas.

Contact

32 Russell Street
Radford
Tel 708811

CHILDMINDERS GROUPS

Support Groups and information for existing childminders, advice about how to become a registered childminder and full list of available childminders.

Meetings

Forest Fields Community Centre

Contact

Bet Leivers
Vacancy Secretary
Tel 607298

CLARENDON COLLEGE

Offers a wide selection of courses. For example, English for speakers of other languages, Asian dressmaking, assertiveness for black women, Urdu A'Level for women, music, drama and dance, catering, office skills, basic reading, writing and number skills and many more. At the college and other venues.

All enquiries regarding courses contact:

Student Services Centre
Clarendon College
Pelham Ave
Mansfield Road
NG5 1AL
Tel 607201

GOVERNMENT TASK FORCE

Government Inner City Initiative

Times:
Mon-Fri, 8.30-5pm

Contact:
2-4 Radford Road
Tel 421565
Tel 420173

GREENFIELDS TRAINING CENTRE

Offers various courses at different times including office and computer training, Women Stepping Out and childminding. Ring for details

Times:
Mon-Fri, 9am-5pm

Contact:
Greenfields
139 Russell Rd
Tel 784488

HENRY BOOT TRAINING

Bench Joinery up to Level 2 NVQ

Contact:
Henry Boot Training
St Paul's Avenue
Tel 424021

INNER CITY EMPLOYMENT TEAM

Offers information on jobs, training and enterprise opportunities, setting up a business and becoming self-employed. They offer support for the long-term unemployed in the area through the Into Work initiative.

Opening times:-

Employment & Training
Mon-Thurs 9.00am-4.30pm
Fri 10.00am-4.30pm

Contact:
The Inner City Employment Office
39/41 Radford Road
Tel 420173

Also based there:

JOB CLUB

Mon-Thurs, 1-4.30pm

Tel 422042

INTOWORK

Mon-Thurs, 9-4.30pm

Tel 413313

PROJECT RAHNAMA

Asian Employment and Training Forum

Times:
Mon-Fri, 9-5pm

Contact:
Project Rahnama
199 Berridge Road
Tel 791052

INTOWORK

... JOBS ... SKILLS UPDATE ...
TRAINING ... BENEFITS ... CAREER
CHANGE ...

Counsellor available to meet unemployed people who want free advice and help with any of the above. Asian Language Interpreter available No appointment needed

Times:
Weds 2-4pm

Contact:
Jerry Prevatt
Forest Fields Neighbourhood Centre
69 Wiverton Road
Freephone Intowork 0800 220683

HEALTH

ASIAN LINK WORKERS

Sherwood Rise Health Clinic

Offer interpreting service:
Shangara Singh Gahonia

CHEMISTS

P. Biant
72 Gregory Blvd
Tel 704294

Boots
85-89 Radford Rd
Tel 785221

L. Mountford
37 Beech Ave
New Basford
Tel 604483

Wilben Chemists
74 Gregory Blvd
Tel 789029

CHILD HEALTH CLINICS

Mary Potter Health Centre

Baby Clinics and Welfare foods-
Tues P.M., Weds A.M., Fri A.M.

Children's Hearing Tests-
Thursday P.M.'s.

CHIROPODISTS

F.W Bestwick
96 Gregory Blvd
Tel 787410.

Mary Potter Health Centre
Gregory Blvd.
Tel 787824.

Miss A. Shone, Miss S Stone.

COMMUNITY TEAM FOR THE HOMELESS

Sherwood Rise Health Centre
Mike Lynch
(Community Liason Nurse)
Caroline Thompson
Sue Walters (Health Visitor)
Pipa Mackeith (Midwife)

ACORN DAY CENTRE

Day Centre for people with physical disabilities.

Times:
Mon-Fri, 9.30-2.30

Contact:
Acorn Day Centre
Dalkeith Terrace
Tel 700558

MARY MAGDELEN FOUNDATION DAY CENTRE

Treatments for alcohol abuse problems

Times:

Mon-Thurs 9.30-4.30

Fri 9.30-12.30

Contact:

Mary Magdalen Foundation

588 Radford Road

Tel 423384

DENTISTS

Brown and Lacey

75 Gregory Blvd

Tel 785250

D.D.O'Hanrahan

174 Gregory Blvd

Tel 784262

G. Desai and P. Patel

26-28 Gregory Blvd

Tel 785335

R.F.M. Twist

Beech House

First Ave

Sherwood Rise

Tel 625444

Mrs A. Rae

334 Mansfield Rd

Tel 622882

Mrs L. Gardiner & Mrs B. Longman

Mary Potter Health Centre

Tel 787284

DISTRICT NURSES

Mary Potter Health Centre:

Mrs B. Proctor

Mrs N. Bee

Mr A. Johnson

Mrs H. Coxsen

Mrs H. Bandhu

Mrs L. Clifford

B. Oldham

C. Ridley-Booker

S. Herod.

Sherwood Rise Health Clinic:

Jeanne Charly

Sue Bailey

Ann O'Malley

DOCTORS (GENERAL PRACTITIONERS)

Mary Potter Health Centre:

Dr B.I Bruce

Dr H. Parkin

Dr A. Howson

Dr E. Gillespie

Dr D.L. Watkin

Dr S. Rudrashetty

Dr Rao

Dr Z. Khan

Dr J.M Twomey

Dr O.P Sharma.

Sherwood Rise Health Clinic:

Ring for details

Sherwood Rise Surgery

31 Nottingham Rd

Sherwood

NG7 7AD

Tel 622522.

Dr Qureshi

Dr Topping

Medical Centre

91 Hartley Rd

Radford

NG7 3AQ

Tel 422622

Dr Verma

FAMILY PLANNING CLINICS (INCLUDING CERVICAL SMEAR TESTING)

Mary Potter Health Centre

Tuesday mornings, Wednesday

afternoons

Cytology in clinics

MARY POTTER HEALTH CENTRE

Gregory Blvd

Nottm

Tel 787824

Administrator:

Mrs A. Topley

Services include:

Baby clinic, child assessment, child hearing tests, chiropody, cytology, dentistry, district nurse, doctors surgeries, family planning, speech therapy, treatment room, welfare foods, relaxation. Mary Potter Health Centre is a Nottingham Community Trust.

SHERWOOD RISE HEALTH CLINIC

Offers a range of services including Asian link workers, Community team for the homeless, Young adult community handicap team, doctors, nurses and therapists.

Nottingham Road

Tel 692277

HEALTH VISITORS

Mary Potter Health Centre:

Mrs S.Girling

Mrs S.Regel

Mrs J.Wright

Mrs M.Abbott

Sherwood Rise Health Clinic:

Christa Brewer

Rosie Dowlan

MIDWIVES

Mary Potter Health Centre

Mrs V. Hardy

Mrs S. Perera

Sherwood Rise Health Centre

Val McKeon

Vicky Hardy

Sue Perera

OPTICIANS

C.A Akor

16 Radford Rd

Hyson Green

Tel 783888

Melson Wingate Ltd

201 Radford Rd

Hyson Green

Tel 785557

PREGNANCY TESTING

Friendly and Confidential. Information on contraception, pregnancy and women's health.

Saturday 11 am-1 pm

At:
Forest Fields Neighbourhood Centre
69 Wiverton Road
Tel: 608456

SCHOOL NURSES

Sherwood Rise Health Centre:
Ann Hayes
Jackie Bracey
Sue Howe

Audiomedician (Hearing):
Margaret Watson

SPEECH THERAPY

Mary Potter Health Centre:
Ring for details

Sherwood Rise Health Clinic:
Kamini Gadhok
Penny Benford
Angela Augustus

Asian Co-workers:
Narinder Johra
Manmohan Samia
Perveen Riaz
Shah Nazaziz

YOUNG ADULT HANDICAP TEAM

Sherwood Rise Health Clinic:
Specialist Health Visitor:
Joan Sharlot

Physiotherapist:
Brenda Sissons

Speech Therapist:
Jeff Bauldwin

HOUSING

BASERA HOUSING

Sheltered housing for Elderly Asian People

Mon-Fri 8.30am-5pm

Contact:
Basera Housing
1 Bobbersmill Rd
Tel 787017

DISABILITY ADAPTIONS AGENCY

Provides grants for people with a disability to improve accessibility of their homes.

Contact:
Basford Office
Nottm City Council
67 Silverdale Road
Basford
Tel 422632

FAMILY FIRST TRUST

The Trust's main work has always been to provide rented accommodation — particularly for single parent families. They currently own over 250 properties. The Trust also has 33 hostel bed spaces (separate rooms) for young, vulnerable and single homeless people, there are also 6 emergency bed spaces for lone mothers with babies or pregnant women.

Contact:
The Croft
Albert Road
Alexandra Park
Tel 606117

GLENSTONE COURT

Sheltered housing for Elderly and Disabled people.

Contact:
Glenstone Court
Metropolitan Housing Trust
Tel 792824

METROPOLITAN HOUSING TRUST

Provides accommodation for people in greatest housing need (one bedroom flats, two and three bedroom houses).

Times:
Mon-Fri 9.15-1pm, 2-5.15pm

Contact:
Metropolitan Housing Trust
Hazelmount House
11 Gregory Boulevard
Tel 856012

NOTTINGHAM COMMUNITY HOUSING ASSOCIATION

Provides housing for rent for families and single people in greatest housing need.

Opening Hours:
Mon-Thurs 9am-1pm, 2-5pm
Friday 11am-1pm, 2-5pm

Contact:
NCHA
209 Berridge Road
Forest Fields
Tel 422177

OPEN DOOR

Housing Association

Mon-Fri 9.30-1.30

1 Holland Street

Tel 793611

**RENOVATION GRANTS SECTION
CITY OF NOTTINGHAM HOUSING
DEPARTMENT**

Housing Action Area Team. Administer home renovation grants and provide advice and information on home improvements.

Times:

Mon-Fri 8.30-12.40, 1.40-4.50

Contact:

Housing Area Action Office

77 Radford Boulevard

Radford

Tel 702825

SAFE AS HOUSES

Offers advice and information on home security in the area. Also helps residents who have been victims of burglaries by fitting new locks etc. A free service is offered up to an amount of £40.00.

Contact:

Darryl Dudley

Safe as Houses

Tel 244949

TUNTUM HOUSING ASSOCIATION

Contact:

50 Beech Ave

New Basford

NG7 7NB

SPORT & LEISURE**AEROBICS for ASIAN WOMEN**

At Forest Fields Community Centre

Time:

Mon, Tues & Fri, 12-1pm

Contact:

P Mirza

Tel 783945

NOEL STREET LEISURE CENTRE

Facilities include a swimming pool, multigym, sports hall and sunbeds.

Activities include public swimming, private baths, parent and toddler swimming, keep fit classes, adults only sessions, 50+ activities, step aerobics, under 5's swimming.

Women only activities for which a creche is provided include badminton, swimming and gym activities.

Children's parties: pool, bouncy castle and remote control cars are available for hire.

"Passport to Leisure" scheme in operation.

Contact:

Noel Street Leisure Centre

Noel Street

Hyson Green

Tel 787161

BINGO

At Forest Fields Community Centre

Time:

Sun 7.30-9.30pm

Contact:

J Simpson

Tel 701763

**BLACK DRAGON SOCIETY
MARTIAL ARTS**

At Forest Fields Community Centre

Times:

Fri 8-10pm

Contact:

Sean Simpson

Tel 780217

HYSON GREEN YOUTH CLUB

Offers a range of courses and sports activities (squash, basketball, badminton, multigym, football, snooker etc) during the day and in the evening. Has a women only evening on Tuesday and courses in such subjects as computing, interviewing skills, car maintenance. Also available is a free creche and a canteen. A small charge is payable for the use of sports facilities.

Contact:

Hyson Green Youth Club

Terrace Street

Hyson Green

Tel 783764

JOHN CARROLL LEISURE CENTRE

Provides a range of sports facilities - sports hall(badminton, volleyball, basketball, football, netball), 25m Swimming pool and small pool, weights room, outdoor courts(tennis, football, netball), trim trail(obstacle course).

Open:
7.40am-10pm

Contact:
John Carroll Leisure Centre
Denman Street Central
Radford
Tel 780061

WHITE TIGER JUDO

At Forest Fields Community Centre

Times:
Mon 7-9pm Juniors (5-12yrs)
Weds 7-9pm Seniors (12yrs+)

Contact:
Paul Keeton
Tel 704662

RELIGIOUS ORGANISATIONS

MANSFIELD ROAD BAPTIST CHURCH

Offers many activities for people of all ages — Boys' and Girls' Brigades, Women's Fellowship, an elderly luncheon club as well as normal services and worship.

Time:
Sun 10.30am Family Worship
6.30pm Evening Worship

Contact:
Mrs Lisa Goddard
Tel 703217

or
Rev Brian Nichols
Mansfield Road Baptist Church
Tel 604304 or 604523

NICHIREN DAISHONIN'S BUDDHISM

Those who practice this Buddhism work towards creating a peaceful world by chanting the invocation Nam Myoho Renge Kyo, which activates their Buddhism — the wisdom, compassion, courage and life force — inherent in all human beings. Regular meetings held locally

Contact:
Penny Kimmins
Tel 847294

NOTTINGHAM BUDDHIST SOCIETY

The Society are non-sectarian and meditative. At meetings there is a meditation in silence for half an hour. This is followed by a cup of tea. Participants are asked to gather between 8-8.20pm after which there is no further interruption.

Times:
Mon 8pm

At the home of:
Alan MacCormack
26 Millicent Road
West Bridgford

ST JOHN THE EVANGELIST CHURCH OF ENGLAND

Offers, as well as services, prayer services, pram services (on the last Wednesday of each month. Confessions by appointment. Bookings for baptisms, baby blessings and marriages can be made on Thursday evenings 6.30pm-7pm at the vicarage. Mass every day — Phone for details of times

Contact:
Rev Andrew Burnham
Carrington Vicarage
6 Watcombe Circus
Carrington
Tel: 621291

ST PAUL'S AND ST STEPHEN'S CHURCH OF ENGLAND

Aims to promote the Christian gospel throughout the area. Activities are provided for all sections of the community. Creche facilities are provided during services.

Times of Worship:
Sunday 10.30am 6.30pm

Contact:
Rev Graham Burton
18 Russell Road

Or:
St Paul's and St Stephen's Church Office
St Paul's Avenue
Hyson Green
Tel 780903

FOREST FIELDS COMMUNITY CENTRE

Sunday Worship (1st Sunday)
10.30-11.30am

'J' Club (ages 5-11; every Sunday)
10.30-11.30am

Contact:
FFCC
Tel 780217

HEBRON CHURCH

Times:
Sunday Family Service 6pm

Contact:
Hebron Church
Shipstone Street
Hyson Green
Tel 705390

RADHA SAOMI SATSUNG

At Forest Fields Community Centre

Times:
Sun 12-3pm

Contact:
S S Nijran
Tel 785058(home)/783096(work)

MADRASSA KARIMIA

Islamic Centre with Arabic language classes for children 3-12yrs (Mon-Fri, 4-5.30pm) and for adults. Also bookshop with literature and tapes on Islam and the Islamic religion.

Open:
Mon-Sat 10-6pm
Sun 10-4pm

Contact:
Madrassa Karimia
141 Berridge Road
Tel 422228

NOTTINGHAM SYNAGOGUE

Office open for information
Mon-Fri, 9-12am

Contact:
Shakespeare St
Tel 472004

ITALIAN CATHOLIC MISSION

Times:
24 hrs

Contact:
Italian Catholic Mission
2 Vivian House
Sherwood Rise
Tel 607577 (Priest)

JAMEAH FATIMIA

This is a Muslim organisation looking after the religious and welfare needs of the Muslim Community. It provides a service to Muslims all over Nottinghamshire.

Open:
five times a day during prayer times. Also there is a bigger congregation on Fridays

Children's classes are held every evening from 4pm onwards and on Sundays where children learn the Islamic way of life and Urdu.

Contact:
The Chief Imam
Mr Z H Syed
Tel 790956/0831 188994

or
Mr Bhatti
Secretary General
Tel 786006

or
Jameah Fatimia
118A Berridge Road East
Forest Fields
Tel 244004

MADNI MASJID

Aims to promote the values of Islam in the community. Provides a place for meeting and prayer for Muslims. Activities include Qur'an classes, mother tongue teaching, an elderly luncheon club for Muslims and a Resource Centre. The centre will offer activities for Muslim women in the very near future. Madni Masjid is based at the Muslim Education Centre.

Times:
Mon-Sun
Winter 1.30-9pm
Summer 1.30-11.30pm

Muslim Resource Centre
4.30-7pm

Elderly Luncheon Club
Sunday 12.30pm

Contact:
Raza ul Haq
287 Gladstone Street
Tel 783233 (evening)

or
Madni Masjid
Muslim Education Centre
Gladstone Street
New Basford
Tel 692566

SHERWOOD METHODIST CHURCH

Times of worship:
Sunday 10.30am Morning Worship and Junior Church
6.30pm Evening Worship
7.45pm Young Peoples' Fellowship

Contact:
John Ingyon
28 Wensley Road
Woodthorpe
Tel 269368 (home)
622616 (church)

NOEL STREET METHODIST MISSION

Times:
Weds 7.30pm
Home Fellowship — open to all
Fri 9.30pm
Coffee and Chat — open to all

Contact:
Liz Dandridge
Community Pastor
Tel 789313

POLISH ROMAN CATHOLIC CHURCH OF OUR LADY OF CZESTOCHOWA

Time of worship:

Sunday Mass
9.30am, 11am, 6.30pm

Weekdays
9.30am, 7.30pm

Saturdays
8.30am, 7.30pm

Holidays of obligation
11am, 7.30pm

The church opens half an hour before the service.

Contact:
The Church
2 Sherwood Rise
Tel 623713 (priest)

QUAKERS (RELIGIOUS SOCIETY OF FRIENDS)

Meetings for Worship each Sunday
10.30-11.30am

At
Friends Meeting House
Clarendon Street

Nottingham Contact:
Cynthia Howell
Tel 0636 814619

ST MARY'S ROMAN CATHOLIC CHURCH

Times of Worship:
Sat 6.30pm Vigil Mass

Sun 9.30am Sung Mass
11am Sung Mass

Holidays 9.15am, 6.30pm, 7.30pm Vigil Mass

Contact:
The Presbytery
35 Belton Street
Hyson Green
Tel 786473

SIKH TEMPLE (NOTTINGHAM ROAD)

Aims to promote the Sikh religion in the area. Activities include ladies' prayers and meditation on Guru Granth. The Sikh Temple is available for weddings on weekends.

Time:
Mon-Sun 10pm

Contact:
A Sanghera Chairperson
1 Walebly Avenue
Lenton
Tel 474458

or:
Sikh Temple
26 Nottingham Road
Tel 622132

GURU NANAK SATSANG GURDWARA SIKH TEMPLE (FOREST ROAD)

Aims to promote the Sikh religion in the area. Open to all.

GREGORY BOULEVARD UNITED REFORMED CHURCH

Aims to spread the gospel of Jesus Christ in the area. The basement of the church operates as the Bridge Centre Coffee Bar where all are welcome.

Times:
Sunday Services
11am & 6pm

Prayer and Bible Study
1st & 3rd Tues of the month

Coffee mornings
Weds 11am-2pm
Friday 11am-2pm

Contact:
Rev Enid Slater
United Reformed Church Manse
110 Grassington Road
Aspley
Tel 295068

or
Mr P Walker
102 Ribblesdale Road
Tel 268546

OTHER USEFUL CONTACTS

118 WORKSHOP

Resource and research centre for Trade Unions and Community Groups. Provides printing facilities for groups/individuals.

Contact:
118 Mansfield Road
Tel 582369

ADVOCACY IN ACTION

A group of people (with and without disabilities) who speak up for themselves and train other people, locally and nationally in understanding issues affecting those with disabilities.

Contact:
Advocacy in Action
Old Knows Factory
St Anns
Tel 500537

AFRO CARIBBEAN AND ASIAN FORUM NOTTINGHAM HELPLINE

Gives support, guidance and advice to victims of racial attacks, graffiti, abuse etc.

Contact:
35 Edbury Road
Sherwood Rise
Tel 856333

ANIMAL SERVICES

Animal Accident Rescue Unit
Tel 626999

Dead Animal Collection Service
Tel 861797

PDSA Peoples Dispensary for Sick

Animals

Dunkirk Road

Dunkirk

Tel 785787

RSPCA Royal Society for the Protection of Cruelty to Animals

137 Radford Road

Tel 784965

COMMUNITY HEALTH COUNCIL

Provides information about local health services and assists people with any problems they have which relate to the National Health Service. The service is confidential.

Contact:
319 Mansfield Road
Carrington
Tel 602206

GAY & LESBIAN SWITCHBOARD

The switchboard gives help, information and advice on matters relating to gay men and lesbians.

Times:
Mon-Fri 7-10pm

Tel 411454

or write
c/o 33 Mansfield Rd
Nottingham

NOTTINGHAM AND DISTRICT CITIZENS ADVICE BUREAU

Provides a free and impartial and confidential service on all topics ranging from debt counselling to tribunal representation.

Contact:
Castle Gate House
24-30 Castle Gate
NG1 7AT
Tel 585280

NOTTINGHAM COUNCIL FOR VOLUNTARY SERVICE

Provides information and advice to voluntary organisations, community groups and individuals in the fields of voluntary work, funding and relationships with statutory organisations.

Contact:
33 Mansfield Road
Tel 476714

RACIAL EQUALITY COUNCIL

Promotes racial equality and the elimination of racial discrimination.

Contact:
67 Lower Parliament Street
NG1 3BD
Tel 586515

RAINBOW CENTRE

Provides resources for local groups and individuals, campaigning for human and animal rights, on environmental issues and for peace and co-operation worldwide. Services include shop, rooms for hire, display areas, pigeon hole service, recycling scheme and a library of books, magazines and videos.

Contact:
180 Mansfield Road
Tel 585666

RELATE

Counsels people who are experiencing difficulties within their relationships.

Contact:
96 Mansfield Road
Tel 507836

THE SAMARITANS

The Samaritans are available by telephone 24 hours a day for those who feel the need to talk about difficult feelings which may be related to many sorts of problems. For visits, call between 9.am and 9.30pm every day.

Contact:
18 Clarendon Street
NG1 5HQ
Tel 411111

THE SELF HELP TEAM

Provides information about and services for self help groups in Nottingham.

Contact:

20 Pelham Road
Sherwood Rise
Tel 691212

TRENT HEALTH LINE

Information can be provided on a minicom system for people with hearing impairments and in written languages other than English, large print and Braille.

Information available includes local health services — hospitals, clinics, GPs, community services, waiting times for operations, information about any disease or condition in non-medical language and also about self help groups who can provide support and further advice and local charter standards set for health services. Suggestions can be made on how to maintain and improve your health and how to complain about health services.

Contact:

35 Edbury Road
Sherwood Rise
Tel 556333

ANIMAL SERVICES

Animal Accident Rescue Unit
Tel 628999

Tel 0345 678300 (local rates)
answerphone out of hours

Write to:

Trent Health Line
Freepost
Nottingham
NG1 1BR

or visit

Trent Health Line at:
The Victoria Health Centre
Glasshouse Street
Nottingham

Contact:

18 Clarendon Street
NG1 5HQ
Tel 41111

Times:

Mon-Fri 7-10pm

Tel 411454

or write

c/o 33 Mansfield Rd
Nottingham

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