

THE RAINBOW CENTRE



180, MANSFIELD ROAD, NOTTINGHAM

NOTTINGHAM'S PEACE CENTRE

Shop, Library,
Display Areas, Rooms for Hire, Information.

Advice and Practical Help on
Education and Publicity Materials, Displays, Banner Making etc.

Open Mon - Sat 10 - 5

(0602) 585666

Listings 2 is produced entirely by voluntary labour, without state funding.

RAINBOW LISTINGS - 180 MANSFIELD ROAD, NOTTINGHAM

EVENT.....

WHERE.....

DATE..... TIME.....

ORGANISED BY.....

COST OF ADMISSION.....

TICKETS FROM.....

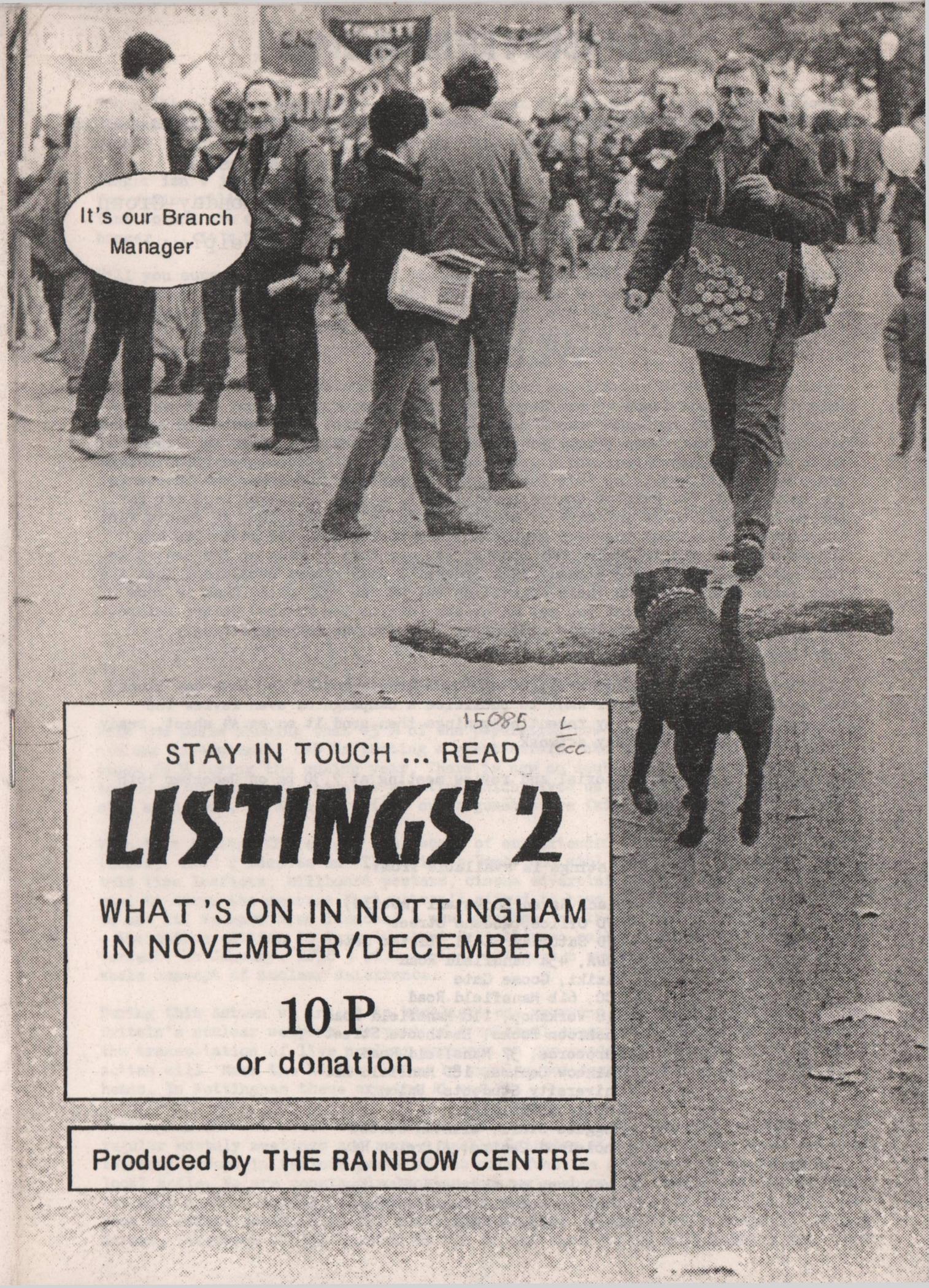
ACCESS FOR DISABLED YES/NO - Details.....

CHILDREN WELCOME YES/NO CRECHE YES/NO

CONTACT.....

ADDRESS.....

..... Tel.....



It's our Branch Manager

15085 L/ccc

STAY IN TOUCH ... READ

LISTINGS '2

WHAT'S ON IN NOTTINGHAM
IN NOVEMBER/DECEMBER

10 P
or donation

Produced by THE RAINBOW CENTRE

CONTENTS

- | | |
|----------------------------|-----------------------------|
| 3 - Hungry for Change | 8 - Tools for Self-Reliance |
| - CND Public Info Campaign | 9 - Green Issues Ad |
| 4 - About Rainbow | 10 - Women's Monday Group |
| 5 - Food for Thought | 11 - Can You Help? |
| 6 & 7 - Events Diary | |

WELCOME

This is the second issue of the Rainbow Listings, to be printed on a bi-monthly cycle. A thousand copies of the first issue were printed and distributed and the reaction so far has been pretty positive. We still feel that there is a need to bring together information about open meetings, demonstrations, benefit evenings and other social events so that duplication of meetings and other public events can be avoided. The Rainbow Centre is willing to act as a central register for groups but needs to be informed of events to add to the register. An events form is printed on the back page for groups willing to register and advertise any future event in the following two months. You may like to ring up the centre to find out which dates have already been 'booked'. Some groups complained that the last issue didn't include their activities but we can only print what we know about - so make sure that you get an events form to the Rainbow Centre before the deadline for the next issue - December 16th for the January/February listings.

Listings also has space for articles on local groups and if you have any items you would like published or want to publicise a campaign or even review the success or otherwise of any recent happenings then send it on an A4 sheet, ready typed and laid out with any artwork.

There will be an open editorial and review meeting at 7.30 pm on December 16th at the Rainbow Centre.

Listings is available from:-

- Black Raven Bookstall (mobile)
- CND Office, Queens Street
- CND Saturday Stall, Lister Gate
- CODA, 45a Mansfield Road
- Hiziki, Goose Gate
- ICC, 61b Mansfield Road
- 118 Workshop, 118 Mansfield Road
- Mushroom Books, Heathcote Street
- Ouroboros, 37 Mansfield Road
- Rainbow Centre, 180 Mansfield Rd.
- University Students' Union, Portland Building
- Veggies Stall, Clinton Street
- Wholefood Centre, Alfreton Rd.

Do you know of anywhere else to act as an outlet? Phone Rainbow Centre, Nottm 585666.

HUNGRY FOR CHANGE

700 million people are hungry today. Next year it will be millions more, unless Governments act now. The will of the people in this country is clear, but Live Aid cannot 'feed the world' alone ... Sport Aid cannot 'run the world' alone.

Hunger isn't just about the third world - it's about us too. For every £1 we gave for famine relief in Africa in 1985, the West took back £2 in debt payments. It's time to end the debt crisis. It's time for fair trade. Time for aid that PREVENTS hunger ... it's time to become part of the solution, not part of the problem.

Will you support OXFAM by taking part in the Hungry for Change Fast? The sponsorship money you raise could make all the difference to hungry people: supporting Oxfam-funded projects in the Third World which help the poor to improve their own lives. Your fast is equally important in expressing the will of the people, calling on our government to act now to end the CAUSES of hunger.

What to DO Get a sponsorship form from your local Oxfam office. Get as many sponsors as possible. Even if you can't, fast anyway and give what you would have spent on food to the Hungry for Change campaign. Fit people can fast for around 24 hours. Check with your doctor if in doubt about your own ability. Be sure to keep up your fluid intake and blood sugar level by drinking water, fruit juice, milk with honey, or barley water.

In many places events will have been organised around a group fast. Don't forget to tell people the reason why you are fasting...

For more information - contact Nottingham Hungry for Change Groups:- Alan Smith 623679, Nicky Bradbury 229599, or Narinder Sharma 701932

CND Public Information Campaigns

by Ann Kestenbaum of Nottm CND

With the polls showing that 45 % of the population now support independent British nuclear disarmament, CND is putting a great effort into raising that proportion above 50 % during the coming year. There is now no doubt that defence is going to be the major issue of the next election which gives us at most 18 months, but probably much less, to make sure that our arguments are fairly heard.

With that in mind CND enters the second of our Extended Public Information Campaigns (EPICs). EPIC 2 focuses on 'The British Bomb' and will last until December. During this time leaflets, billboard posters, cinema advertising and other methods will be used to carry the message that we can't afford to have it and we could never afford to use it. We have also launched a new magazine for the public - 'Radioactive Times' - the Autumn edition is largely about Britain's so-called 'independent' nuclear deterrent. In January, EPIC 3 will begin, will last 6 months and will question the whole concept of nuclear deterrence.

During this Autumn we intend to highlight one worrying but unpublicised aspect of Britain's nuclear weapons. As part of a national campaign we will draw attention to the transportation of live nuclear warheads on our roads. On November 29th, a day of action will 'Mark the Routes' taken by regular but secret convoys of Polaris warheads. In Nottingham these are the A1 and M1.

Nottingham CND has about 1600 members, produces a monthly members' bulletin, holds regular monthly meetings and runs a weekly Saturday stall at Lister Gate. Its neighbourhood groups in various parts of the city function similarly on the smaller, local scale. We are constantly looking for new members and people willing to help out with a wide variety of activities. If you are interested to find out more, we have an office overlooking the Market Square - 3rd floor, Queen's Chambers, 3 King Street, Telephone 472556 - which we try to keep open during office hours Mon - Sat.

ABOUT RAINBOW

The idea of Rainbow is to provide a focus for people in Nottingham who want to find out what is going on in the world of peace, conservation, environment, human and animal rights etc. We are not a campaigning body ourselves but aim to help other groups be more effective. We try to help co-ordinate their activities and assist with places to meet and publicity etc.

It's set up so that anyone can come in, buy things or just look around, pick up information or stop and talk. We want it to be a place where everyone feels they can come into.

The Centre is funded by voluntary donations and by various activities run by the Centre itself. The shop is staffed by volunteers who give up a morning or afternoon and the proceeds help to keep the Centre going. We produce some things ourselves - such as cards badges and publications and we sell products from other co-operatives and craftspeople. We also sell second-hand books, clothes and household goods and welcome any donations of these items to help keep the Centre solvent.

There is an increasing awareness of the issue of recycling and the Centre collects waste paper to sell to a local firm which passes it on to the recycling mills. There is a small network of local collectors who store waste paper in their cellars or sheds as well as a main collection point at the centre itself. Pick up a leaflet on recycling wastepaper next time you visit. We sell the end product of recycling in the shop - writing paper, envelopes, duplicating paper, toilet rolls etc. This magazine is printed on recycled paper.

Rainbow Centre also maintains a library of publications on peace, environmental and human issues including alternative technology, human and animal rights etc. We aim to produce information packs on many of these issues. The library group meets regularly at the Centre and details are available there.

If you feel committed enough to want to help in any of Rainbow's activities and use some of your skills to keep the peace centre open, there is a questionnaire within this issue to let us know how you can help. You can either fill it in and send it or come to the Centre for a chat. If you know anyone who has access to a van on Saturday mornings and would be willing to help with waste paper transport for expenses only, please let us know.

For any further information you can contact Val on 472802 (home) or the Rainbow Centre on 585666.

JOB VACANCIES

Three vacancies have become available at the Rainbow Centre. The titles are:-

INFORMATION WORKER * DISPLAY WORKER * RECYCLING WORKER

Contact Val through the centre (585666) for copies of the full job descriptions and duties.

All the jobs have working hours of 25 per week and are based at the Rainbow Centre at 180 Mansfield Road Nottm.

The deadline for applications is November 17th.



FOOD FOR THOUGHT

Are you interested in modern foods? What goes into them? And Why? How they may affect our lives? You are? Then our Group may be just what you have been looking for.

We are a Self-Help Group that meets once a month to discuss and swap ideas about helping to make our lives healthier, hopefully through a better diet. We have a library of books dealing with this subject and we hold public meetings and cookery demonstrations. We have existed for just over two years, and in that time we have managed to get ourselves known throughout the whole of Nottinghamshire and beyond through a series of talks and articles both on local radio and in the Nottingham Evening Post, and to other groups who have invited us to come and chat to them.

New Members are always welcome, and you can be assured of a warm welcome at any of our monthly meetings, including a cup of coffee or any other beverage that you fancy.

As an example of the people who come to our group, we have mothers who have hyperactive children, children who have milk and other allergies, ladies who suffer from arthritis, rheumatism, migraine headaches, sufferers with asthma, psoriasis, and many other complaints that are now being linked to the increasing amounts of 'foreign bodies' that are being added to our foods. We find that a lot of people seem to be under the impression that when they have one of these types of illness, they are alone and that there is no-one to help them, let alone even listen to them. So when they hear a friendly voice on the other end of the telephone or meet other victims suffering the same, the relief is often tremendous, and this goes a long way in helping to deal with their problems.

If you would like to know more about us please come to one of our meetings which are held every second Tuesday of the month, from 8 pm to 10 pm at The Small Committee Room, All Hallows Church Halls, Pierrepont Road, West Bridgford, Nottm. or you can telephone us either on 820790 (Pat) or 820746 (Cheryl).

EVENTS DIARY

NOVEMBER/DECEMBER 1986

OCTOBER

Fri 31 NCND Halloween Party. 8.30pm-12am. Hyson Green Boys Club. £1.75 waged/£1 unwaged/or fancy dress.

NOVEMBER

Sat 1 * Demonstration, Free Namibia, End Apartheid. 11.30am, Old Market Street, then rally at Victoria Leisure Centre, 2-4pm with speakers from SWAPO, ANC.

Sat 1 Loughborough Green Fair. 2-5.30pm. Queen's Hall, Granby Street, Loughborough.

Sun 2 Spatz Cabaret, Old Vic, Fletcher Gate.

Mon 3 Open Meeting, Hungry For Change. 7.30pm. Simon Bates supporting fast and talking about Oxfam projects in Brazil. Nottingham University.

Mon 3 Fabric Painting (bring an old T-shirt that needs brightening up). Women's Monday Club. (See regular meetings below)

Tues 4 Friends of the Earth, 7.30pm. 182 Mansfield Road.

Wed 5 Anti-Apartheid Jazz Club Benefit, with District 6 (South African band in exile).

Thurs 6 Hungry for Change Meeting, 7pm. WEA, Shakespeare Street.

Fri 7 -
Sun 9 Oxfam National Fast.

Sat 8 Music for Change Evening (in connection with fast). 7.30pm People's College. Tickets from Oxfam office. Tel: 415477.

Sat 8 Peace Action Network Discussion on NVDA in Nottingham. Creche available. ICC, Mansfield Road. 10am-4pm. Tel: 625198/708459.

Sat 8 Remembrance Day. CND white poppies in Listergate.

Sun 9 Vegetarian Hungry for Change Supper by Mad Hatter Catering Co-Op Congregational Hall, Castle Gate. 8pm. £3/£2.50.

Mon 10 Rushcliffe Green Party, 8pm. 51 Pierrpont Road, West Bridgford.

Mon 10 'Focus on Indonesia'. WDM Meeting 8pm at 7 Glamis Drive, Aspley. Chris Allen speaking, who has recently returned from working there.

REGULAR MEETINGS

Hungry For Change : 1st Thursday in month. 7 pm, WEA, Shakespeare Street.

Women's Monday Group : 2 - 4 pm every week. 114 Mansfield Rd. Tel 502931 (Vicki or Kate)

Friends of the Earth : Every Tuesday, 7.30 pm 182 Mansfield Road

Broxtowe Green Party : 3rd Monday in month. 8 pm at Victoria Hotel, Dovecote Lane, Beeston. For details telephone 255264.

Tues 11 -
Wed 12 9.30am-5pm. Recycled books for sale, WEA, 14-22 Shakespeare Street.

Tues 11 'Victorian Values'. Group entertainment, The Old Vic, Fletcher Gate 8pm, 50p.

Wed 12 Nottingham Green Party, 7.45pm, ICC, Mansfield Road. Everyone welcome, Tel: 624399.

Mon 17 Broxtowe Green Party, 8pm, Community House, 4 Grange Ave, Beeston, Tel: 223886 (Rob).

Tues 18 Food For Thought Self-Help Group. 8-10pm. Small Committee Room, All Hallows Church Hall, Pierrpont Road, West Bridgford.

Wed 19 Greenpeace Supporters Group. 7.30pm. Narrow Boat Pub, Canal Street.

Sat 22 Anarchist Book Fair, Conway Hall, Red Lion Square, London.

Mon 24 Rainbow Centre Meeting.

Thurs 27 British Holistic Medical Assoc. Meeting. Polarity Therapy. David & Pat Hubbard. 7.30pm, Classroom C48, Floor C, School of Nursing, Q.M.C.

Fri 28 Conference on Social Security Bill, Portland Building, University. 10-4pm. Saul Becker, Workshops, Creche, Wheelchair facilities. £2 employed, free to unemployed, but donations accepted.

Sat 29 National CND Demonstration. 'Masking the Routes' vigil with banners and placards along routes taken by Nuclear Weapons Convoy. Tel: 472556.

Sun 30 Animal Rights Confederation. 7.30pm. Narrow Boat Pub, Canal Street.

Sun 30 Smithfields Demo. Protest against Meat Trade. Coach from Nottingham £3waged/£2.50unwaged. Tickets from Mushroom, Veggies.

DECEMBER

Tues 8 Rushcliffe Green Party. 135 Trent Boulevard, West Bridgford. 8pm.

Wed 10 Nottingham Green Party. ICC, Mansfield Road. 7.45pm.

Mon 15 Broxtowe Green Party. 8pm. 192 Nottingham Road, Stapleford. Tel: 392042.

Mon 15 Christmas Dinner at 'TEN' for Nottingham Vegetarian & Vegan Society. Guest speaker, Maxwell Lee, Chairman National Council Vegetarian Society of UK. Tickets £7 from 'TEN' or usual outlets.

Tue 16 Editorial for Rainbow Listings, Rainbow Centre. 7.30pm. Please come.

Wed 17 Deadline for 'Design a Logo' for Nottm Lesbian/Gay C.C. Box11, 118 Mansf Rd.

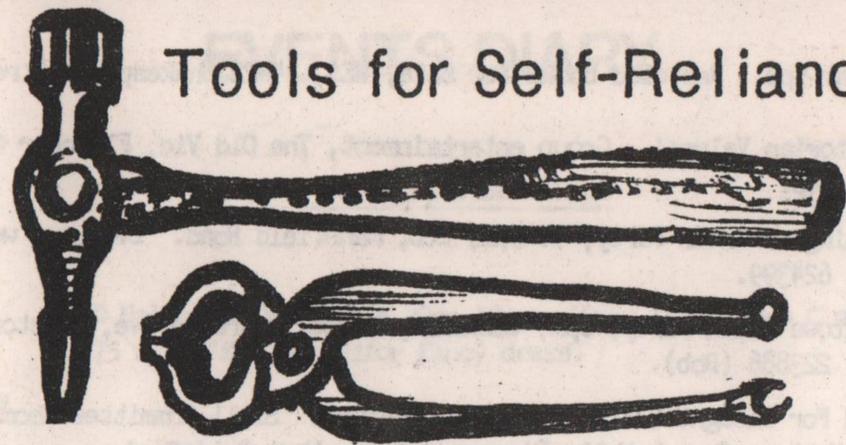
Thurs 18 BHMA Meeting. Doreen Robertshaw & Liz Thomas on reflexology/massage therapy 7.30pm. Classroom 48, Floor C, School of Nursing, Q.M.C.

* ADDITIONAL LISTINGS

Sat Nov 1 Nottingham Anti-apartheid Benefit, Hyson Green Boys' Club. 8 pm

Thurs Nov 13 Nottingham CND Members' Meeting (Mandating Conference Delegates) WEA building, Shakespeare St. 7.30 pm.

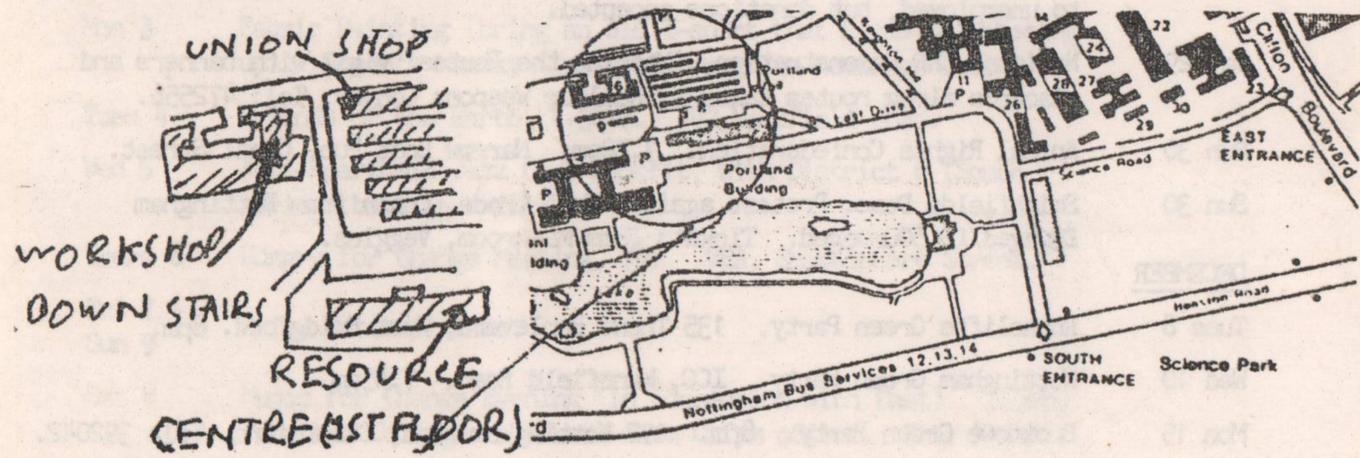
Sat Nov 15 Nottingham CND Craft Fair. Congregational Centre, Castle Gate. 10 - 4.



Tools for Self-Reliance

We are a University-based group who collect, sort, clean and renovate simple hand tools. These are then shipped by our parent organisation to groups of craftspeople in the third world. These people would otherwise not be able to obtain the basic tools of their trade.

We meet in our 'luxury' workshop on the University campus on Wednesday and Saturday afternoons from 2 to 5 pm. For more information contact the Poly SCA or Community Action Resource Centre, Portland Building, University Park NG7 2RD Telephone Nottm 505912 (Ron Kenning)



INTERESTED IN GREEN ISSUES?

CONSERVATION, ECOLOGY, ENERGY, TRANSPORT etc.

Like to discuss them with others?

The Rainbow Centre is organising informal discussion groups this Autumn



SAVE YOUR WASTE PAPER FOR THE RAINBOW CENTRE

180 Mansfield Road,
Nottingham

Tel. 585666

So..... IF YOU'RE INTERESTED
LEAVE YOUR NAME + ADDRESS AT—
THE RAINBOW CENTRE, 180, MANSFIELD RD. NOTTM.
Tel. 585666.

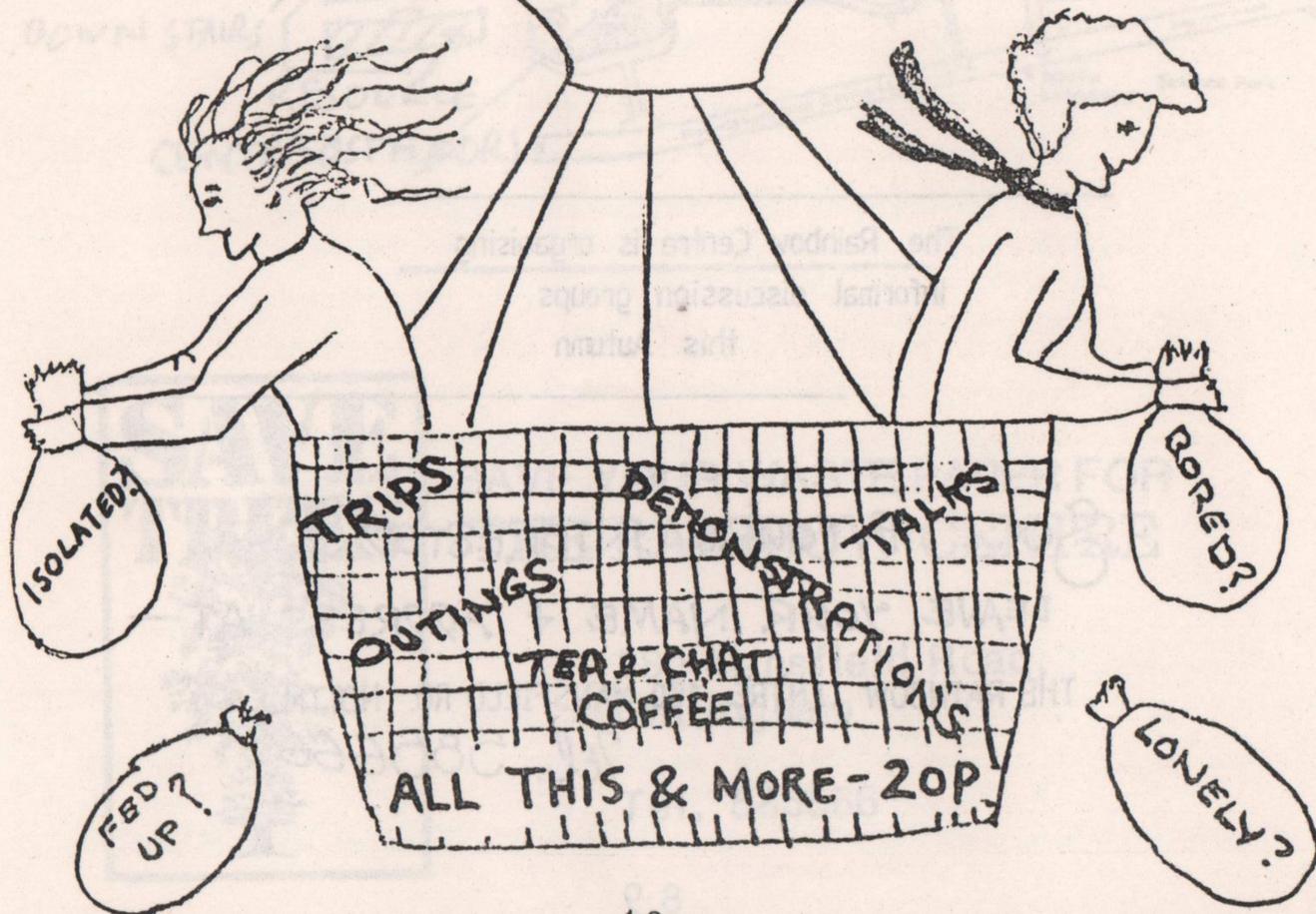
WOMEN'S MONDAY GROUP
 WE NEED NEW MEMBERS.

DO
 YOU
 NEED

Friendship
 Support
 to learn new interests?

Well COME AND JOIN US
 at:-

Place: 114 MANSFIELD RD.
 TIME: MONDAYS. 2-4 P.M
 FOR DETAILS, RING
 VICKI OR KATE.
 502931.



CAN YOU HELP?



Are you interested in helping the Rainbow Centre? If so, please complete and return this questionnaire. Hopefully, we can then ensure that those who want information will get it and those who are offering their time and energy get used appropriately.

I would / would not like to receive Minutes of the Rainbow Centre Meetings.

I would / would not like to receive Minutes of the Library meetings.

I would / would not like my name to be on the volunteers list.

I am / am not able to help keep the Centre open. N.B. If you are offering to help, when are you available?

- regular day of the week? am/pm?

- willing to fill in at short notice? (Days usually available?)

I am / am not interested in regular/occasional volunteer meetings.

I am / am not able to help move the paper for recycling to the mills.

- Days / times available?

I am / am not prepared to be a local collecting point for the recycling paper scheme.

I am / am not interested in helping to produce the bi-monthly listing of events in Nottingham.

I have the following skills that I am willing to use for Rainbow:-

- typing
- layout of publicity
- making posters
- helping on outside stalls
- assisting with the production of information packs for schools etc.
- odd jobs
- painting
- using a computer
- (other) - please specify:

NAME

ADDRESS

.....

.....

TEL. NO.

Please return to Val Harris,
 Rainbow Centre,
 180 Mansfield Road,
 Nottingham.