

MON	TUE	WED	THU	FRI	SAT	SUN
WIL•LL•NTU GAYLINE	UN SPARTA•WIL	LL•BASE 51 GVO•CLGB	WRAG SPARTA•BAD	NOWT, BEST GET A VIDEO IF I WERE YOU	BAD	MCC

THE ABOVE EVENTS RUN ON A WEEKLY BASIS. HOWEVER, PLEASE CHECK DATES FOR UNIVERSITY AND COLLEGE GROUPS.

SEPTEMBER

WED 1 TALKBACK
THU 2 SIN!
FRI 3
SAT 4
SUN 5

MON 6
TUE 7
WED 8
THU 9
FRI 10 WAG
SAT 11 PINK LACE
SUN 12

MON 13
TUE 14 WOMEN'S ROOM
WED 15
THU 16
FRI 17 WACKY
SAT 18
SUN 19 NOTT'M HYKING DYKES

MON 20
TUE 21 IWD 2000
WED 22 LCCG
THU 23
FRI 24
SAT 25 INFINITY
SUN 26 LES BREAKFAST

MON 27 POOH
TUE 28 POOH
WED 29 6 DEAD QUEENS
THU 30 6 DEAD QUEENS

OCTOBER

FRI 1 TRYPTYCH
SAT 2 TRYPTYCH
SUN 3

MON 4 MGM
TUE 5
WED 6 TALKBACK
THU 7 SIN!
FRI 8 WAG
SAT 9
SUN 10

MON 11 SHIKISHA
TUE 12 WOMEN'S ROOM/SHIKISHA
WED 13 SHIKISHA
THU 14 SHIKISHA
FRI 15 CHALLENGING H'PHOBIA
SHIKISHA/WACKY
SAT 16
SUN 17 NOTT'M HYKING DYKES

MON 18
TUE 19
WED 20
THU 21
FRI 22
SAT 23
SUN 24

MON 25
TUE 26
WED 27
THU 28
FRI 29 WOMEN'S AID AGM
SAT 30 WOMEN'S AID BENEFIT
INFINITY
SUN 31 LES BREAKFAST

NOVEMBER

MON 1 MGM
TUE 2
WED 3 TALKBACK
THU 4 SIN!
FRI 5
SAT 6
SUN 7

MON 8
TUE 9 WOMEN'S ROOM
WED 10
THU 11 SQ CIRCLE
FRI 12 WAG/SQ CIRCLE
L'OUT! COPY DATE
SAT 13 SQ CIRCLE
SUN 14 SQ CIRCLE
MON 15 SQ CIRCLE
TUE 16 SQ CIRCLE
WED 17 SQ CIRCLE
THU 18 SIN!/SQ CIRCLE
FRI 19 SQ CIRCLE/WACKY
SAT 20 SQ CIRCLE
SUN 21 NOTT'M HYKING DYKES
SQ CIRCLE

MON 22 SQ CIRCLE
TUE 23 SQ CIRCLE
WED 24 LCCG/SQ CIRCLE
THU 25 SQ CIRCLE
FRI 26 SQ CIRCLE
SAT 27 INFINITY
SUN 28 LES BREAKFAST

MON 29
TUE 30

For confidentiality some private numbers have been transferred to the following lines:

Lesbian Line - LL - 0115 941 0652

Lesbian & Gay Switchboard - Switch - 0115 941 1454

PLEASE NOTE: Unless specified as lesbian only these groups, services and events may apply to all women or to lesbians, gays and bisexuals.

BAD Badminton
CLGB Clarendon College LGB Society
GVO Green Velvet Outlaws
LC Lesbian Centre
LCCG Lesbian Centre Coordinating Group
LL Lesbian Line
MCC Metropolitan Community Church
MGM Regular monthly gay night
NTU Nottingham Trent University
SPARTA Women's Football
UN University Of Nottingham
WIL Women's Information Library
WRAG Welfare Rights Advice Group
For further info see inside and Listings.

Lookout!

Issue Thirteen Sep/Oct/Nov 99
The unlucky-for-some issue

Out & About 1

Tryptych

'An exquisite vision of light, colour and movement set in a sea of sound by Nottingham choreographer Isobel Jones, holographic sculptor Jo Fairfax, designer Kai Ito and singer Vivian Ellis. Fri 1st and Sat 2nd Oct, 8.15pm. For tickets phone 0115 948 3832.

The Women's Room

At The Real Art Cafe, Tues 14 Sep, 12 Oct, 9 Nov. We will now be permanently based here every second Tues of the month.



The Square Circle

Disguised as a man, Sita discovers the freedom of being a man in a male chauvinistic Indian society. Befriending an entertainer who earns his living from his performances as a woman the two travel India and the journey is an exploration of their growing emotional and physical relationship. But who is the man? Who is the woman? Thurs 11 - Sat 27 November, Leicester Haymarket Theatre - 0116 253 9797. www.leicester-haymarket-theatre.co.uk

Six Dead Queens...and an inflatable Henry!

A rare and glorious opportunity for a cast of six women. A sword-wobbling, large romp on a bed. Three Catherines, two Annes and a Jane - the six



Tickets available on 0115 948 3832

wives of Henry VIII live again, learn from the past and rebel. Weds 29 Sep, 7.30pm, Bonington Theatre, Arnold Leisure Centre, Thurs 30 Sep, 7.30pm, The Old Library, Mansfield. £4.50/£3.00. Approx 80 mins no interval.

Lesbian Breakfast

The last Sunday of every month, 11-2pm, £1.50/2.50, Lesbian Centre, Nottingham, food, drink, papers, music. Women born women only, children welcome. Next dates: Sun 26 Sep, Sun 31 Oct, Sun 28 Nov.



Pink Lace 1999

The East Midlands premier Gay Event, Sat 11 Sep, 12 noon-7pm, Nottm Castle grounds. Bands, stalls, food and drink, fun fair, creche. Entrance fee £2.

Enquiries to 19 Ekowe St, New Basford. Email: info@pink-lace.freeuk.com Website: www.pink-lace.freeuk.com



Lookout! Help Wanted

Can you help the LOOKOUT! team by doing a funding search. LOOKOUT! needs real money to pay for its production, printing and postage costs and we would like to secure a grant to cover these costs. Contact: LOOKOUT! via LC pigeonhole, NWC, 30 Chaucer St, Nottm.



Information for Lesbians in Nottinghamshire

Walking Groups

Sheffield Hiking Dykes

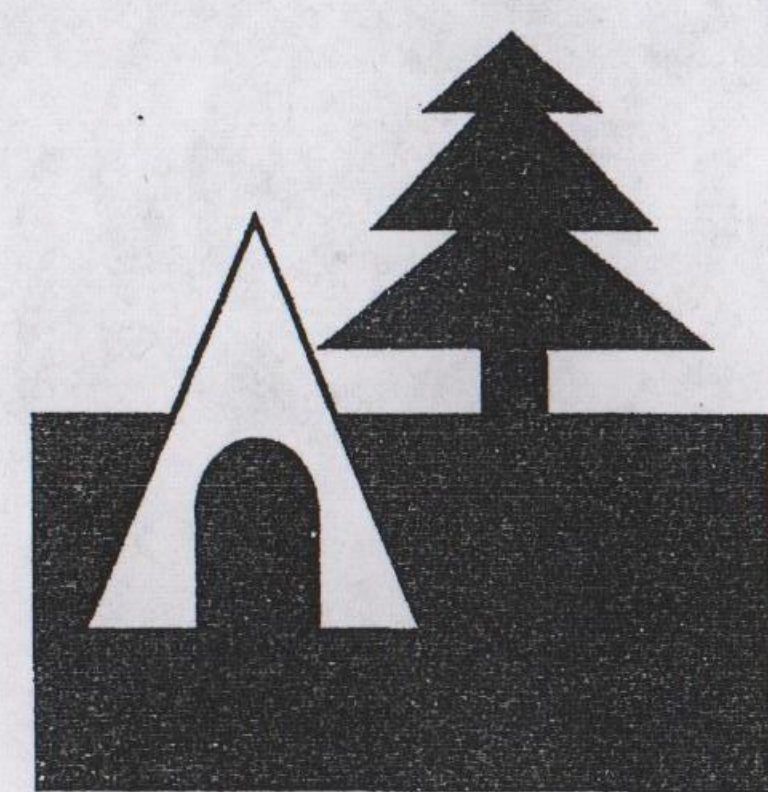
A walking group for lesbians and women questioning their sexuality. All walks start at 10.30am. For details contact Deena 0114 268 6409, Louise 0114 267 1706 or Pauline 01623 550209.

WOW (Women Out Walking)

Formerly Leicester Hiking Dykes. Open to all women. Ring Andrea or Victoria on 0116 255 7768, or Helen on 0116 291 2128 for more info or to be on mailing list.

Nottingham Hyking Dykes

Regular walks, usually in Derbyshire, on 3rd Sun of month for women born women. Bring lunch. 6-10miles with tea shop on the way. Contact LL/Switch for more information.



Pink Pathfinders

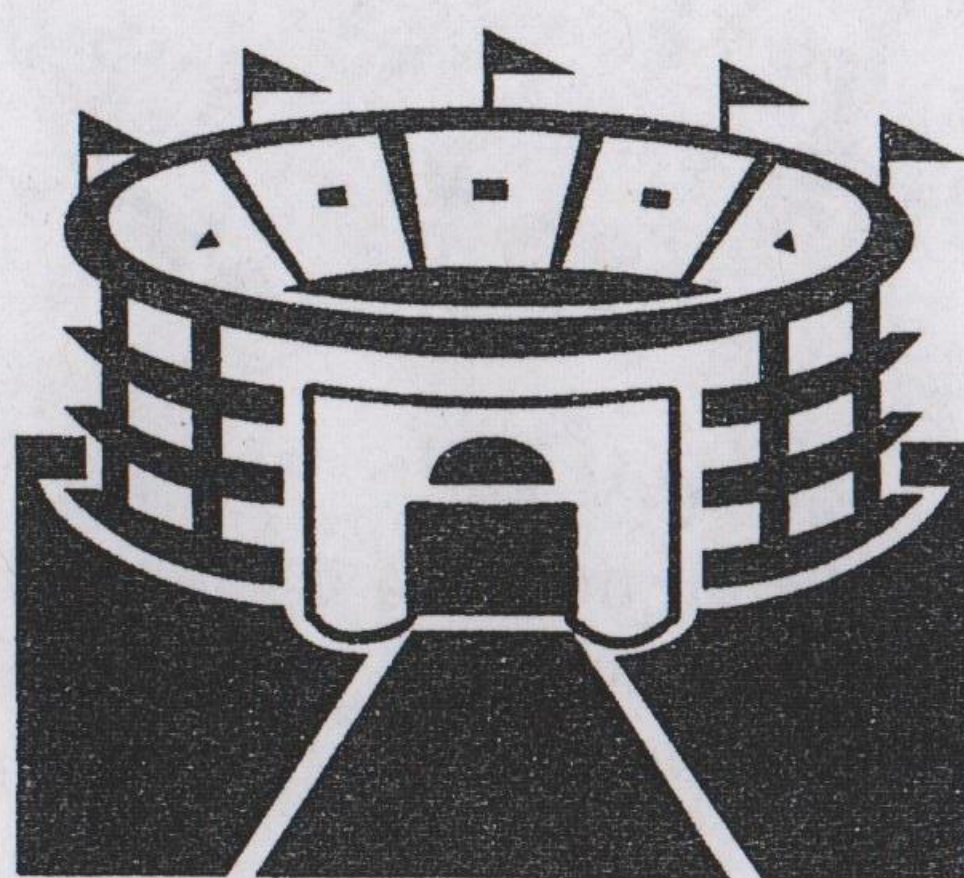
Gay walking group/club. Est 5yrs ago. Lesbians, bisexuals, transexuals and heterosexuals welcome. Walks in the countryside in Notts and neighbouring counties every 3 weeks, sometimes group weekends away and other group outings. Membership

£5 1 yr, £3 6 mths, £1 per walk non members. Contact Bob or Brian on 0115 967 7081.

Sports

Sparta Women's Football Club

Are looking for committed players of any age and ability to join for the new season. We have two senior teams as well as under 16s, 14s, and 12s. Training for seniors and U16s is Thurs 7-8.30pm, 5 a side, Tues 7-8pm, and training for juniors is 6-7pm Thurs, all at the Forest Astro Turf, Gregory Boulevard, Nottm. Matches are played on Sundays. Call Ali on 0115 910 7511 for more info



Out & About 2



Infinity

Nottingham's newest lesbian night at The Rotunda, St. James' St, 8-12, last Sat of the month.

Winnie The Pooh!

A wonderful show for young children aged 5 and above, by Richard Medringtons Puppets. The show is enormous fun for Pooh lovers of all ages. Mon 27 Sep, 6.30pm, Elizabethan High School (upper site) Retford, £3.00. Tue 28 Sep, 6.30pm, Tuxford Comprehensive School, £3.00. For tickets ring 0115 948 3832



Shikisha

Are three South African women who perform traditional Zulu dances, chants and drumming, backed by six musicians. Shikisha comes from the Zulu word - 'Belt it out, sing and dance as you never sang and danced before' and that is exactly what they do. All tickets £6/£4.50. Mon 11 Oct, 7.30pm, Eastwood Theatre at Eastwood Comprehensive School, Tues 12, 7.30pm at Minster Theatre, Minster School, Southwell, Wed 13 Oct, 7.30pm, Grove Theatre at Grove School, New Balderton, Thurs 14 Oct, 7.30pm, Toot Hill Theatre, Toot Hill School, Bingham, Fri 15 Oct, 7.30pm, Elizabethan High School (upper Site) Retford. For tickets ring 0115 948 3832

Donations

Towards the cost of LOOKOUT! always welcome, send to LOOKOUT!, c/o Lesbian Centre, NWC, 30 Chaucer St, and cheques can be made payable to 'Nottingham Lesbian Community Centre' (£2 covers the cost of your 4 issues). Thank you to those who have already donated.

£££££ please!

Training & Courses

Nottingham Women's Centre

Courses from Sep 1999: BASIC FOOD HYGIENE, BASIC HEALTH AND SAFETY (day courses), ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (Mon and Weds 10-12 Free), ASSERTIVENESS AND FURTHER ASSERTIVENESS, BRITISH SIGN LANGUAGE STAGE 1 (30 wks), READING AND WRITING (Tues), CRAFT AND ART (7-9pm £10/5, 11 sessions), BUSINESS START UP COURSE (Thurs, 9.30-3.30, 10 sessions, Free), SAFETY AWARENESS (8 sessions), COMPUTING STAGE 1 RSA CLAIT (12 sessions, 9.30-3, Free if in receipt of benefit), ENTERING OR RETURNING TO WORK (12 sessions, £5 unwaged), PARENTING SKILLS (12 Fridays, 9.30-12). For more details on all the above courses please phone Pauline on 0115 924 0041. Places must be booked in advance with a booking form.

Free business advice sessions available at NWC. Ring Sue or Pauline on 0115 924 0041 to book.

Announcements

Nottingham Lesbian Line

Is it possible that Nottm Lesbian Line is the oldest in the country/world? Researcher seeking info on Nottm LL pre 1977. If you have any info please ring Gloria on 941 0652, Mon-Wed, 7-9pm. All calls treated in the strictest of confidence.



Nottm Lesbian Line Lottery Grant

Lesbian Line recently gained £4,073 from the 'Awards for All' programme, for a computer and training of new volunteers. If you are interested in training as a volunteer, please ring LL. Thanks to all who have supported the line over the years.

World Aids Day

Is officially recognised as 1st Dec. As part of the partnership between the National AIDS Trust and The Health Education Authority, the World Aids Day Project was set up to promote HIV and AIDS awareness in the UK, for which the Dept of Health provides funds. World AIDS Day is a contribution to the World AIDS Campaign organised by the Joint United Nations Programme on HIV/AIDS (UNAIDS).

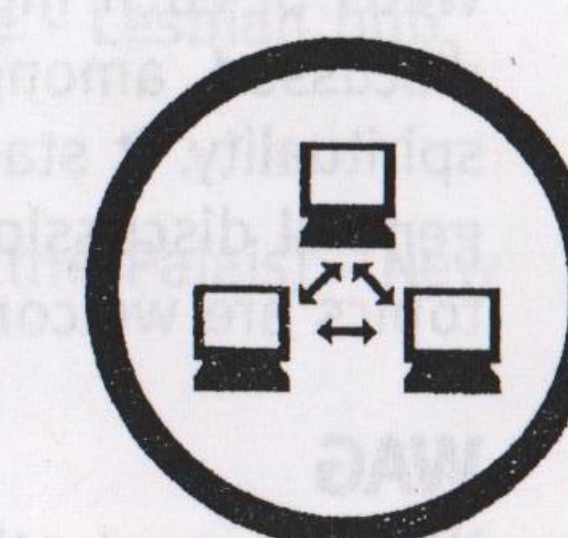


Calling All Women

Nottm Women's Centre Newsletter needs contributions. Please send poems, stories, courses, health, info, ads, cartoons, events, anything! to Nottingham Women's Centre, Newsletter Group, 30 Chaucer St, Nottingham, NG1 5LP or put them in the Newsletter Group Pigeonhole at NWC.

Nottm City Council Community Support Team

Are running training courses on fundraising, welfare rights, working with volunteers, health and safety, first aid and many more. FREE for volunteers and people in receipt of benefits. For more info ring Vic Sahusta on 0115 915 6823



International Women's Day 2000

The Nottm Women's Centre is preparing to celebrate IWD in March 2000. For 2 years the event has been staged over 2 days - an Open Day and a free Cabaret - which have been very successful. Do you have any ideas about how you would like to celebrate women going forward into the Millennium? Come along to the Centre on Tue 21 Sep at 7.30pm for a free reception and supper evening to view the video recording and photo display of this years event (IWD 1999), share ideas and tell us how you can help. The NWC wants to form a planning group and attract volunteers who can give time to help with the various tasks that will need to be done.

Challenging Homophobia Changing Culture

The National Advisory Group/Policing Lesbian and Gay Communities is holding their third national conference at Oxford Town Hall on 15 Oct. The conference will focus on the pressing need to challenge homophobia within the police service. For more details and to register an interest write to Oxford 99, c/o Oxford 99, PO Box 100, Manchester, M22 4GZ.

SIN!

Continuing on the success of the last few months, the organisers of Socialising In Nottingham! have come up with a new range of events running up until Christmas. The regular monthly meet (1st Thur of the month, 8pm) will now be at the Lord Roberts, Broad St. For coordinators name and number contact LL or Switch.

Women's Aid

Are celebrating 26 yrs of activity in Nottm at their AGM on 29th Oct, and a benefit on 30th Oct. If interested in taking part ring Pat Stafford on 0115 947 5257, Tue-Fri 10am-3pm.

WHAT'S ON FOR LESBIANS IN NOTTINGHAM ?

Lesbian Line

Phone help line, providing info and support to all lesbians or women questioning their sexuality. For further info on any of these groups and other social events, phone 941 0652, Mon and Weds, 7-10pm

LESBIAN GROUPS MEETING AT THE LESBIAN CENTRE The Women's Centre, 30 Chaucer St, Nottingham

Talkback

An informal discussion group, that meets on the first Weds of each month at 8pm. Many topics have been discussed, among them Xmas, therapy, parenting, spirituality. It starts with a short introduction then a general discussion follows. Any suggestions for future topics are welcome. All women born women welcome.

WAG

Want to meet other lesbians? Questioning your sexuality? Want to chat or just relax? Then come along to WAG every second Fri of the month, 8-11pm. Women can be met at the door. Phone LL for more details.

WACKY

Stands for Women Are Creative & Krafty, Yes! Various arts and crafts have been taught: glass painting, friendship bracelets, rag rug making, quilting, silk painting. It meets at 8pm on the third Fri of the month. Small donation to cover cost of materials only. It is organised by two volunteers and any offers of demonstrations of skills or suggestions are welcome. Women born women welcome.

LESBIAN GROUPS • LESBIAN GROUPS • LESBIAN GROUPS

LOOKOUT!

Nottingham's free lesbian community information sheet. Produced every three months. Funded by donations, fundraising events and advertising. To get involved, to send information, to put your name on the confidential mailing list or to send a donation, write to LOOKOUT! c/o Lesbian Centre, Nottingham Women's Centre, 30 Chaucer St, Nottingham, NG1 5LP. Phone LL for a free copy.

The Women's Café

On the second Tue of each month, from 7-10pm, at The Real Art Café, 24 Heathcote St, Hockley (opposite Salamander Restaurant). Friendly atmosphere, good food, lager, wine and music.

SIN!

Socialising In Nottingham! meets regularly at 8pm at Broadway Café Bar, Broad St, Hockley on the first Thur of the month. A variety of events are being planned, including visits to the theatre, pubs, restaurants and picnics. Feel free to come along by yourself or with friends, you'll be met by someone from the group and introduced to everyone. Phone LL for more info.

Hyking Dykes

Regular walks, usually in Derbyshire, on the third Sun of the month. Bring lunch, walks are between 6-10 miles, we try and finish at a tea shop! All newcomers very welcome. Transport can be arranged from Nottingham. Female born women welcome. Phone LL for details.

Lesbian Breakfasts

Where lesbians eat yummy breakfasts and coffee, talk, read the Sunday papers, listen to music, recover from their Rotunda hangovers. They are held on the last Sun of the month, from 11am-2pm. There is a charge of between £1.50-£2.50, depending on income. Each one is organised by two different volunteers with the help of a coordinator. Women born women and children welcome.



Lesbian Centre Coordinating Group

This group coordinates the use of the Lesbian Centre room and liaises with the Women's Centre Management Committee. It organises occasional events to raise money to fund the Lesbian Centre, Lookout! and the Lesbian Breakfasts. If you would like to start a new group or activity, then come along to a meeting. Phone LL for details on dates of meetings.

Lesbian Climbing Group

Complete beginners and experienced climbers welcome. Weekly trips to indoor climbing wall, usually Tues. Phone LL for details.

ME Group

Support and social group for lesbians with ME. Meets monthly, for info phone 0015 847 1544.

Lesbian Line Social Group

A new support group for women who are questioning their sexuality, been off the scene for a while or new to Nottingham. Meets monthly, Tues at 7pm. Contact LL for details.

Lesbian Parenting Group

May not be continuing. For more info phone LL.

Morrigan Housing Co-op

Safe housing for lesbians. Phone LL for more details.

Banna Lesbian Housing

Reasonably priced lesbian housing and accommodation. Phone LL for more details.



Kenric

National social organisation with local groups, for women aged 18 and over. Newsletter for members. Write to BM Kenric, London, WC1N 3XX

WOMEN'S AND MIXED EVENTS

Women's Badminton

Everyone welcome, all standards from beginners to experienced, Thurs 9-10pm and Sat 9-10am at The Victoria Leisure Centre, Sneinton, 50p/£1. Phone LL for more info.



Sparta Women's Football Club

Are looking for committed players of any age and ability. Training is Thurs 7-8.30pm, 5 a side on Tues 7-8pm, both at the Forest Astroturf, Gregory Boulevard. Phone Ali on 115 910 7511 for more info.

Hidden Talents

Women only cabaret and disco at The Skyy Club, Alfreton Rd. On a few times a year. See details in Lookout! or flyers around town.

Women's Meditation Group

Meets weekly. Phone LL for more details.

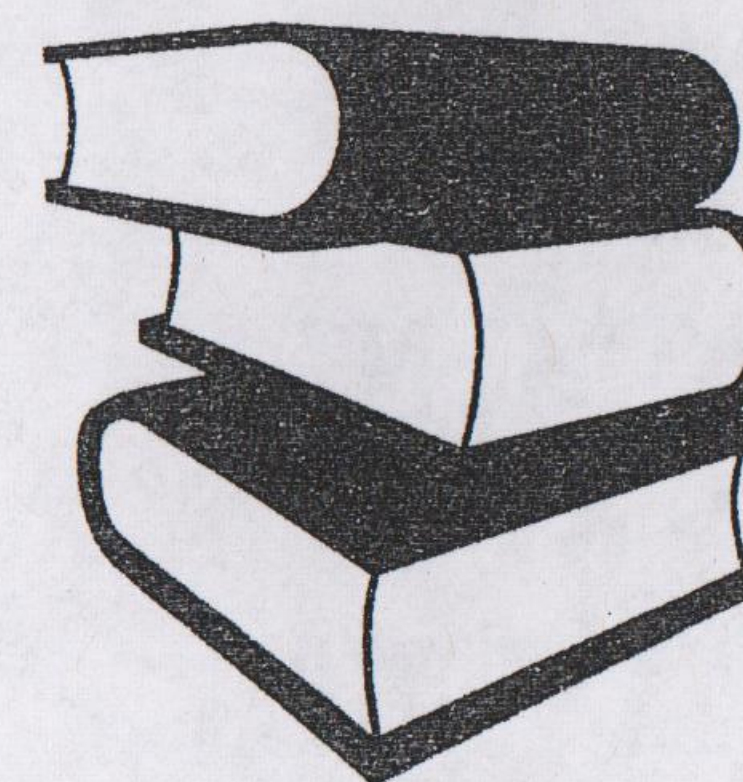


Young Lesbian Bisexual and Gay Group

Meets at Base 51, Glasshouse St (behind Victoria Centre). Support group for young lesbians, bisexuals and gay men, aged 25 and under, which offers a safe and confidential environment for advice, fun and a chance to meet other young people. Weds, 7.30-9pm. Phone LL for more details.

Women's Information Library

A large selection of lesbian books. Opening times vary, summer hours are Mon-Fri, 1-5pm. Top floor, Women's Centre, 30 Chaucer St, Nottingham. Phone 0115 941 1475.



In this section we have concentrated on lesbian and women's groups in Nottingham. There are also many mixed groups and events, for more info phone LL or Lesbian and Gay Switchboard.

Lesbian and Gay Switchboard

Advice and information phone line. Phone 0115 934 8485, Mon - Fri, 7-10pm.

Mansfield Helpline

Mon 7-8pm. Lesbian, Gay and Bisexual Helpline for under 25s - 01623 428 459

We've included all lesbian groups and events in Nottingham we know about - please let Lookout! (and LL) know of any other events and groups.

PUBS • PUBS • PUBS • PUBS

Criterion

217 Mansfield Rd, Nottingham - Lesbian friendly.

Lord Roberts

Broad St, Hockley, Nottingham - Lesbian and gay pub.

Forester Arms

18 St Anns St, behind Victoria Centre - Lesbian pub.

Jaceys Bar

Heathcote St, Nottingham (opposite the Palais) - New lesbian and gay bar.



The Mill

27 Woolpack Lane, Hockley - Lesbian and gay pub.

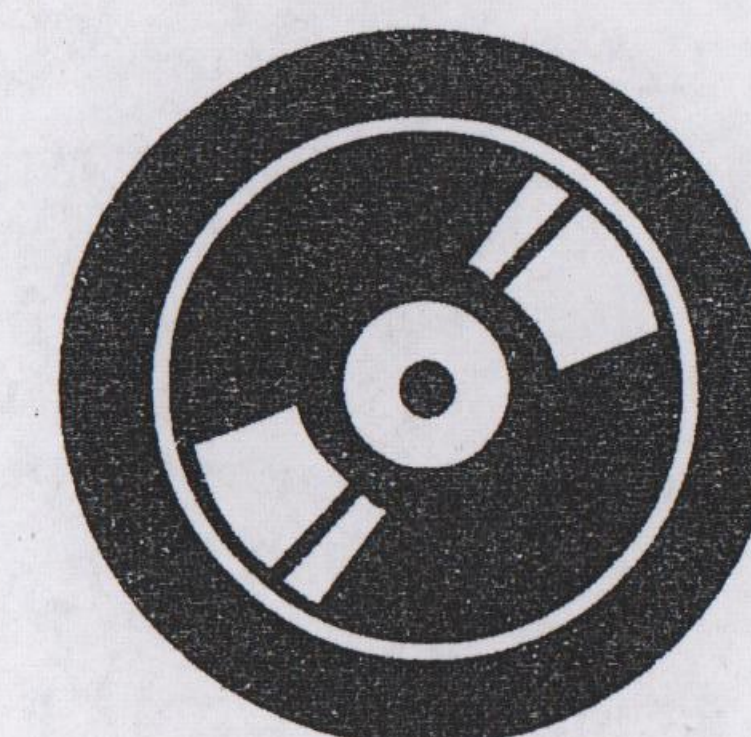
CLUBS • CLUBS • CLUBS • CLUBS

Infinity @ Rotunda

Standard Hill (near the Castle) last Sat of the month. For women with women in mind. Bar open 8pm, guest DJs and free raffle, £2.50 before 10pm, £3 after 10pm.

Tribe @ The Mill

27 Woolpack Lane, Hockley. Exclusively women only upstairs, last Tue of the month, 8pm - midnight. Varying music including chart, dance and house. £1 entry.



Groups

Womens Environmental Network

Campaign on issues including breast cancer, food, recycling and genetic engineering. For more info ring 0171 247 3329

Talkback

A mixture of informal talks, readings and discussion on the first Weds of the month, 8pm, at the LC, NWC, 30 Chaucer St. 1 Sep, Ageing, 6 Oct, Chat up lines and dating, 3 Nov, topic to be decided. All women born women welcome.

Base 51 Lesbian & Gay Youth Group

Meets every Weds at 6.30pm at 51 Glasshouse St, Nottingham. For more info ring 0115 952 5040.

WACKY

Women Are Creative & Krafty, Yes! 8pm on the third Fri of the month at The Lesbian Centre, NWC, to try different craft activities. Small donation to cover cost of materials. For more info call LL.

Health

Nottingham Crisis Line for Women

In distress? Hurting yourself? Need to talk? The line provides a listening service for women in distress. All listeners are carefully selected for their non-judgmental attitude. Many have direct experience of self-injury and all accept this as a valid and creative way of coping. Tel 0115 958 3399 9pm-12 midnight Fri and Sat.

Cutting Back

A self help group for women who self injure. The group meets weekly and aims to provide a safe space where all women feel accepted. The group is run by and for women who self harm. To contact the group write to Angela Smith, Cutting Back, c/o Self help Nottingham, Ormiston House, 32-36 Pelham St, Nottingham, NG1 2EG.

Lesbians With M.E.

If you are lesbian with ME (Chronic Fatigue Syndrome), you will understand the isolation this condition can cause, the possible problems to relationships and the need for understanding support. For this reason a National Support Network has been set up. If you are interested and want more info, write to: FAB, PO Box 83, Middlesex, HA4 9UL.

For more info on the Nottm Lesbians with ME group ring 0115 847 1544.



Advertisements

SHIATSU

A form of oriental medical massage where you keep your clothes on!

INTRODUCTORY TREATMENT £5 WITH THIS ADVERTISEMENT

Shiatsu reduces stress, helps a wide variety of medical conditions and is used as a 'preventative medicine'.

Yo Bucklow
Nottingham Natural Health Centre, 354
Mansfield Rd, Nottingham, NG5 2EF
Tel: 0115 960 8855

DONOR LOOKING FOR POTENTIAL MOTHER(S)

Sound, tested, straight man, 37, looking for Mum(s) to co-parent with - amount of involvement negotiable. Living with bi woman, who likes children but doesn't want full time parenthood. Nottingham area preferred. If interested please contact Lesbian Line

REIKI TREATMENT



Gentle and powerful non-invasive healing, working on physical, mental and spiritual levels. Sessions last around 3/4 - 1 hour. Call 0115 911 5724

PLEASE

Mention Lookout! when replying to ads

NOTTINGHAM LESBIAN AND GAY SWITCHBOARD

is 25 this year and starts its new training programme in late Autumn.

Switchboard is keen to involve women volunteers and people from ethnic minorities.

If you are interested, phone us on 0115 934 8485 (Mon-Fr, 7-10pm)
or write to NGLS, 7 Mansfield Rd,
Nottingham, NG1 3FB

AMANDA PUMO

CMH CHyp PNLP
Advanced Cert in Counselling
HYPNOTHERAPIST

Nottm Natural Health Centre, 354 Mansfield Rd, Nottm,
NG5 2EF. 0115 960 8855
83 Jessops Lane, Gedling, Nottingham, NG4 4BU.
0115 961 3237
Maple House Clinic, 7 Alexandra St, Eastwood, Notts,
NG16 3BD. 01773 530 268

NOTTM LESBIAN LINE NEEDS YOU!

Can you spare 2 hrs a month? Volunteers needed to help run the Line. Full training begins Sep/Oct. Contact Lesbian Line, c/o NWC or phone 941 0652, mon or Wed, 7-9pm, or leave message.

CAMPION & CO SOLICITORS

**Matrimonial, Relationship
and Child Disputes**
Legal Aid - Free Legal Advice
Low Cost Conveyancing
0115 947 6373

45 - 49 Mansfield Rd,
Nottingham, NG1 3FH
(Nr Victoria Centre)

Please mention Lookout! when replying to this ad



ROOTS NATURAL FOODS

526 Mansfield Road,
Sherwood
TEL: 960 9014

AVOID GM FOODS! EAT ORGANIC FOOD YOU CAN TRUST!!

Join our organic veg box scheme
3 size boxes - £4.50, £6.50, £10.00

Details on request
DELIVERY SERVICE AVAILABLE

CAMPION & CO SOLICITORS

Free Advice on any Accident Claim
Freephone: 0500 666 603
7 days 8.00am - 10.00pm

45 - 49 Mansfield Rd, Nottingham,
NG1 3FH (Nr Victoria Centre)
Please mention Lookout! when replying to this ad

METROPOLITAN COMMUNITY CHURCH

Meets at Queens Walk Community Centre,
The Meadows, Nottingham
Sundays 11.30am

A safe environment to explore your spirituality.
For enquiries regarding commitment
ceremonies and church matters phone
Pam Haynes on 0115 989 2464

PLEASE

Mention Lookout! when replying to ads

ADVERTISE

your business/service with LOOKOUT! Over
500 copies distributed in/around Notts.
Rates from £2 - £30 . Phone 0115 847 1544