

- What's on this festive season
- 2020 vision for Nottingham
- Stay well this winter



Welcome to the winter 2019/20 issue of the Arrow, the City Council's magazine for residents.

“As the cold nights draw in, we are doing all that we can to make sure that no one needs to sleep rough in Nottingham this winter.

That is why we will continue to fund local services for rough sleepers in Nottingham, working alongside charities, faith groups and other agencies to make sure there are enough beds for anyone who would otherwise be sleeping on the streets. See page 25 for information on how you can help.

In the new year, Nottingham's vibrant music community is coming together to present a one-day charity festival to raise vital funds to support homeless people in need. Beat The Streets takes place on 26 January with all proceeds going to Framework. For more information visit beatthestreetsuk.com.

It was great to see Nottingham ranked the number one Christmas market in the UK by Vogue. In addition to the Winter Wonderland, two new events for this year are a Viking-themed Tipi Bar in Trinity Square and a New Year's Eve street party.

Turn to pages 9-11 to find out about the Council's plans for 2020 – and beyond – for our great city.

I hope you enjoy the festive period – Merry Christmas and a very happy New Year. ”

Councillor David Mellen
Nottingham City Council Leader



Councillor David Mellen is the Leader of Nottingham City Council.

He can be contacted by writing to Loxley House, Station Street, Nottingham NG2 3NG; by telephone on 0115 876 3783 or email david.mellen@nottinghamcity.gov.uk



The Chief Executive of Nottingham City Council is **Ian Curryer**.

He can be contacted by writing to Loxley House, Station Street, Nottingham NG2 3NG

To comment, compliment or complain: **“Have Your Say...”**



Go online:
www.nottinghamcity.gov.uk/hys



Textphone or minicom:
18001, then 0115 915 5555



Phone us on:
0115 915 5555



Visit us at any Council reception point or office



Write to: **Have Your Say**, Nottingham City Council, Loxley House, Station Street, Nottingham NG2 3NG

Get the Arrow by email

Go green and save your council money – get the Arrow digitally instead:
www.nottinghamcity.gov.uk/stayconnected

Stay Connected
Sign up to e-alerts



Don't want to receive the Arrow?
Email: communications@nottinghamcity.gov.uk with your postal address.

Nottingham Arrow



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Nottingham NG2 3NG

General Council enquiries:
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email: communications@nottinghamcity.gov.uk

visit: nottinghamcity.gov.uk/arrow

GREAT NOTTINGHAM NEWS!

Another fantastic Goose Fair

This beautiful picture of the fair was captured by Nottingham photographer Tracey Whitefoot.



Nottingham hailed as climate champions

Nottingham has been shortlisted in the 2019 Guardian Public Service Awards in recognition of our pioneering work to become the UK's first carbon neutral city by 2028.

Brilliant buses!

Nottingham City Transport have been shortlisted for four national bus awards, including city operator of the year.



Work progresses at intu Broadmarsh

Redevelopment work continues in earnest at the centre, with a crane carrying out phased demolition of the existing structure. Look out for details of road closures and changes via Transport Nottingham.



Nottingham hero honoured with special plaque

A plaque has been unveiled outside the National Justice Museum to commemorate the life of Eric Irons, a well-known and loved war hero who became Britain's first black magistrate.

Eric Irons was born in Jamaica in 1921 and then settled in Nottingham following RAF service in World War II. He was instrumental in the fight for racial equality in the city and served as a magistrate until 1991.

WHAT'S ON NOTTIN CHRIS



OLD MARKET SQUARE AND LONG ROW

Winter Wonderland

Friday 15 November - Tuesday 31 December

With over 70 traditional wooden market stalls to browse for the perfect gift, enjoy live music and soak up the festive atmosphere in the square.

Sample delicious homemade pretzels and Gluhwein plus many other festive treats. New for this year – a bigger 1100 square metre ice rink with a children's area and new ice path around the fountains.

The popular après ski bar Sur La Piste returns - enjoy hot mulled wine and other food and drink in cosy surroundings. The Altitude glass lounge bar will also be back giving revellers the opportunity to relax with a cocktail while enjoying panoramic views of the city. Plus, a new Alpine ice bar and the Helter Skelter bar.

TRINITY SQUARE THOR'S Tipi Bar

Friday 15 November – Tuesday 31 December

Nottingham will have a new festive offering this year in the shape of THOR'S Tipi Bar – a Christmas pop-up with a difference. A canvas tipi forms the bar, festooned with lighting. Inside, it is decked out with wooden tables and benches, cosy furs and a real fire pit – perfect to soak up the Viking 'hygge'.

With a roaring fire, ambient lighting and friendly staff, it's a great way to get you in the festive mood. Families, friends and dogs are welcome.

NEWSTEAD ABBEY

Step into a Storybook Christmas...

Every Friday, Saturday & Sunday
from 30 November – 5 January

Step into the pages of all your favourite fairy stories at Newstead Abbey this Christmas, following in the footsteps of the Webb sisters as they search for their mischievous pet mouse. We will take you on a festive adventure around enchanted rooms, as you wander from Cinderella's ballroom and the Elves and the Shoemaker's workshop to Sleeping Beauty's bedroom and the Ice Queen's castle. We also have garden trails, an artisan market and delicious afternoon teas.

Tickets: Adults £12, Children 5-15yrs
£5, Family (2 adults & up to 3 children)
£30, Children under 4 free.



**WOLLATON HALL
AND DEER PARK**

**A Woodland
Christmas at
Wollaton Hall**

**Every weekend from
30 November – 5 January**

Come and meet Doe the deer and her friends in the Great Hall set against a magical woodland backdrop plus enjoy artisan markets, arts and crafts activities and trails around the park. Enjoy Christmas stories with Santa's little helpers, festive food and drink, and of course, Santa's Grotto.

**To book tickets and find out
more about all these events visit
www.whatsonnottingham.com**

Cinderella
Theatre Royal



WOODTHORPE PARK

**Woodthorpe
Christmas
Weekends**

**Saturday 23 November
- Sunday 15 December**

Come and choose your fresh Christmas tree! We have a huge selection of Nordman and Fraser Firs, potted or cut, and our friendly staff will take it to your car, or deliver FREE!

Plus, come and join us for our amazing family-fun filled weekends where you can make your own wreath, browse our artisan market and plant shop, visit Mrs Claus for stories and so much more.

Trees on sale from 23 Nov. Christmas activities every weekend from 30 November – 15 December.

**Pantomimes
Sleeping Beauty**

**Nottingham Playhouse
22 Nov – 11 Jan**

With spectacular costumes and sets, plenty of belly-laughs and magical musical numbers, this legendary panto is a festive treat.

Cinderella

Theatre Royal 30 Nov – 5 Jan

With Coronation Street's Les Dennis and Connor McIntyre as the Ugly Sisters, alongside Pop Idol star Gareth Gates as Prince Charming.

The Snow Dragon

**Nottingham Lakeside Arts
28 Nov – 08 Dec & 24 Dec – 31 Dec (not 25/26)**

The perfect Christmas show for ages 3-6 ... full of catchy songs.

Pinocchio

**Nottingham Playhouse
Neville Studio
11 December – 4 January**

An enchanting festive show especially for ages 3-8. Filled with music, dancing and plenty of chances to join in.

GREEN'S WINDMILL

Christmas Carols in the Mill Yard

Saturday 14 December 3-5pm

A Yuletide treat for all the family, complete with a lantern-lit mill yard, visit from Santa Claus, homemade mince pies and mulled wine. Carols will be performed by The Nottingham Ukulele Club and The Salvation Army. FREE entry, small charge for refreshments.



MOTORPOINT ARENA

Grandpa's Great Escape

Monday 30 December | 1pm & 4pm

The first ever stage adaptation of Grandpa's Great Escape, the exhilarating number one bestselling children's book by actor and comedian David Walliams, comes to Nottingham this Christmas.

OLD MARKET SQUARE

Chanukah 2019 celebrations

Sunday 29 December 5.30pm

Celebrate Chanukah (22-30 December) - the Jewish festival of lights. The Jewish community, the Lord Mayor and Lord Mayor's Chaplain (Rabbi Tanya Sakhnovich) invite everyone to join the lighting ceremony. The lighting of the nine-foot Menorah represents a message of hope and freedom.

New Year's Eve

**Tuesday 31 December
Old Market Square from 9.30pm**

This New Year's Eve, Nottingham welcomes 2020 with a huge FREE street party and fireworks event.

The family-friendly event features DJ sets in front of the Council House, playing some of the biggest hits from 2019 to get the party started as the city prepares for the big midnight moment.

At midnight, a firework and pyrotechnic display will light up the skies around Old Market Square, followed by a public sing-song of Auld Lang Syne.

Plus, skate one final time outdoors this year at the Winter Wonderland ice skating rink. The Sur la Piste bar will be open until 10.30pm with other Winter Wonderland attractions also remaining open throughout the evening.



Events to look forward to in... 2020!



Photograph Tracey Whitefoot

CITY-WIDE

Light Night

Friday 7 & Saturday 8 February

Nottingham Light Night is back, and for the first time, across two nights! Working in partnership with It's in Nottingham and a huge number of community partners, this free annual event is not to be missed.

This year's theme is Life on Earth, and will see a large-scale projection on the Council House from artists MBD, and an unmissable augmented reality trail on our new app with artwork across the city from Jason Wilsher-Mills and Hot Knife.

There will also be parades, light sculptures, performances and some events on Saturday afternoon, which will make the event even bigger!

For more information, please visit www.whatsonnottingham.com/lightnight

MOTORPOINT ARENA

Vitality Netball Nations Cup

19 January

The Vitality Netball Nations Cup will see the England's elite netball team, Vitality Roses, battle against the Jamaica Sunshine Girls, the New Zealand Silver Ferns and the South Africa SPAR Proteas across four days of action in three cities. Tickets from £15.

Men's Ice Hockey Olympic Qualifying Tournament

Thursday 6 - Sunday 9 February

The International Ice Hockey Federation Olympic Pre-Qualification Round 3 Group J tournament sees top seeds Great Britain joined by Hungary and Estonia, as well as a qualifier from the previous round. The winner of the four-team group will advance to the final qualifying for the 2022 Winter Olympics in Beijing. Tickets from £10.

February Half-term

17 - 21 February

Entertain the kids this half-term with events and activities in Nottingham. See what's on near you at www.asklion.co.uk

Electric vehicle service centre gets the go-ahead

Nottingham City Council is set to open its own electric vehicle service centre – believed to be the first in the UK run by a council.

Nottingham Electric Vehicle Services (NEVS) will offer MOTs and services, as well as maintaining the council's own growing ultra-low emission fleet, including street sweepers and cage tippers. As well as being better for the environment, electric vehicles are cheaper to run, saving the council thousands of pounds a year.

The council is on target to convert 20 per cent of its fleet to ultra-low emission vehicles (ULEVs) by 2020 as part of plans to improve air quality in the city and meet Nottingham's target to become carbon neutral by 2028.

- Jason Gooding, Head of Parking, Fleet and Transport at Nottingham City Council, said: "Nottingham Electric Vehicle Services will mean we can maintain both our own vehicles and offer MOTs and services to other councils and businesses, providing a hub for electric vehicles in the East Midlands. We plan to open to members of the public as well, and hope to roll this out later in 2020 – so our Eastcroft depot will be able to service and MOT electric vehicles in addition to petrol and diesel cars."

- Building work on the new garage, at the council's Eastcroft depot, has begun with plans to open in summer 2020.

- **Keep up to date with progress at**

-  **@parkingncc**



2020 VISION

ambitious for Nottingham

At the beginning of a new decade, Nottingham City Council is looking to the future and setting out our plans to improve our great city for everyone who lives, works and studies here.

Our five key objectives:



1 Build or buy 1,000 Council or social homes for rent



2 Create 15,000 new jobs for Nottingham people



3 Build a new Central Library, making it the best children's library in the UK



4 Cut crime, and reduce anti-social behaviour by a quarter



5 Ensure Nottingham is the cleanest big city in England and keep neighbourhoods as clean as the city centre

2020 VISION

ambitious for Nottingham

Plus, N

- 1** Deliver an annual kerbside collection of unwanted bulky items for every resident, in addition to free bulky waste collections by appointment
- 2** Fill 50,000 potholes, replace 250 pavements and resurface 100 roads citywide
- 3** Provide a free book every month from birth to 5 years for 10,000 Nottingham children
- 4** Create a dedicated noise nuisance hotline and respond to complaints of noisy neighbours within 48 hours
- 5** Become the first carbon neutral city in the country, reaching this target by 2028
- 6** Provide settled homes as emergency accommodation for homeless people instead of Bed & Breakfast and introduce a “no first night out” policy for rough sleepers to ensure no one need sleep rough in Nottingham
- 7** Set up a Council-owned company to deliver care services in Nottingham, with a well-trained and well paid workforce, to improve the quality of care
- 8** Work with at least 500 young people each year at risk of becoming involved in gangs and knife crime or at risk of exploitation
- 9** Complete the development of and reopen Nottingham Castle as a major national heritage attraction
- 10** Ensure the development of 4000 new homes, including our commitment to 1000 social homes, together with aspirational eco-homes and low-cost homes to rent or buy

Nottingham will...

- 11** Complete the transformation of the south side of the city centre, including the college, library and Broadmarsh car park, bus station and shopping centre
- 12** Deliver an integrated benefit, housing aid, Futures and DWP service under one roof at Nottingham City Council's head office
- 13** Reduce permanent exclusions by 50% and campaign against permanent exclusions and "off-rolling" to make sure every Nottingham child is in school
- 14** Create a wholly owned, not-for-profit company to provide debt recovery and bailiff services to the Council
- 15** Improve air quality in Nottingham by cutting Nitrogen Dioxide and particulate pollution by 20%
- 16** Reduce the number of empty shops from 15% to below 10% and return Nottingham to the top 6 retail rankings outside of London
- 17** Work with 5000 people to help them become physically active and improve their health
- 18** Increase the number of Nottingham residents with level 2 qualifications to within 3% of the national average
- 19** Ensure that all Nottingham children attend a school judged good or outstanding by OFSTED
- 20** Support 1000 more Nottingham young people into university and work with businesses to create 500 new apprenticeships



Nottingham city centre is changing...



...and you can help shape it

We need your views!

How should Nottingham city centre develop, grow and change to ensure it remain an attractive and successful place for residents, workers and visitors in the future?

A City Centre Strategy report has outlined possible new projects and directions for the city centre. The council wants to hear from you to find out what you think of the ideas – and see if you have other thoughts on ways the city can improve.

The report comes as around £2bn of development is underway or in the pipeline in the city's Southside including new homes and offices, college, central library, car park and bus station, and revitalised into Broadmarsh and castle, as well as transformed streets and public spaces.

So, Nottingham needs to seize the moment and think big – this consultation aims to help shape how that should happen.

Areas considered in the strategy include:

- What sort of businesses Nottingham should focus on attracting? How?
- Which existing buildings should be improved?
- How do we make better links – especially by foot and bike – between the city and surrounding areas including the River Trent??
- How do we increase the number of people living and working in the city?
- How do we maximise the potential of the caves and new Castle?
- How and where to increase the city's green spaces?

Find out more and have your say – www.mynottinghamnews.co.uk/nottingham-city-centre-is-changing-help-shape-it/

Cranes = jobs



A new city is taking shape

Cranes can be just like buses – you wait for one, then loads turn up at once!

With no fewer than eleven across the city right now, Nottingham is changing quickly, and due to look and feel very different when these major developments are completed in 2021.

- ▶ A giant tower crane was constructed at intu Broadmarsh in October – thank you for your patience while Collin Street was closed for the weekend – a brilliant new intu Broadmarsh is not far away.
- ▶ Two cranes are currently building the new Broadmarsh Car Park, Bus Station and Central Library, with a third expected soon. The new building is being built in sections rather than one level at a time – which means some of the new building has already reached its full seven-storey height.
- ▶ The new Nottingham College City Hub is quickly taking shape! Inside, electricians, plumbers and technicians have begun putting in everything needed to get the building ready for opening for the new academic year in 2020.

The Broadmarsh redevelopment programme alone is expected to bring 3,000 new jobs to the city, and with the Southside regeneration due to see £2bn of redevelopment over a 0.5 square mile area, some of these new jobs have already begun to be advertised and filled.

To date, 1,158 jobs have been created, with over half of those being filled by Nottingham and Nottinghamshire residents. A huge number of different skilled and unskilled tradespeople are needed to make everything happen.



If you're a city resident who's 18 and up, out of work and wants to be part of building Nottingham's future skyline, Nottingham Jobs can help!

With fully-funded Construction Skills Certification Scheme (CSCS) courses they can help you get started safely on site in a variety of roles and get you the training and experience you need to find work and secure a great future, just like Nottingham has.

www.nottinghamjobs.com



NHS



Not sure
what to do?

Go straight to **111**

Call or go online

111.nhs.uk

**HELP US
HELP YOU**
KNOW WHAT TO DO



Stay warm and well this winter

Keep warm

- Make sure your main living room is heated to at least 18°C
- Wear extra layers of clothing whether you are inside or outside
- Eat at least one hot meal every day and have plenty of warm drinks
- Keep moving and stay as active as possible

Get a flu jab

You're much more likely to catch the flu at this time of year.

It's unpleasant for anyone but for some people, flu can be much more dangerous or even fatal. You can protect yourself with a free flu jab if you are older, pregnant, a child aged 2 – 4, a carer, living in a residential or nursing home or living with a long-term health condition like heart problems, kidney or liver disease, diabetes and more.

Contact your GP to get your free flu jab or for full details on who is eligible visit

www.nhs.uk/flu

Be a good neighbour

Help out neighbours or friends during cold snaps: make sure they're warm enough and have enough food or medicine if they are struggling to get out of the house.

A little can go a long way – checking in on elderly neighbours can really give them a boost. Sometimes it's a few minutes' company they need as much as picking something up from the shops.

Geared up to grit

From October
to April



our team is
on call

24/7



to grit if the
temperature
drops.



We're ready with



3000

tonnes of grit...

...and **7**



trucks

to grit **445km**



of road.

Plus – there are

200

grit bins, for roads
not covered by
the trucks.



For the latest info
follow us on

@ntmcitygrit

Our priorities this winter are to...

- * Salt major roads in anticipation of snow and ice when forecasts show this is a high possibility
- * Salt major roads following snow and ice
- * Grit pavements in busy areas such as shops and schools
- * Clear snow
- * Have grit bins in priority locations
- * Have communication channels in place so you are aware of any disruptions to our services such as school closures and changes to bin collections – sign up to receive 'changes to Council services' emails at

**nottinghamcity.gov.uk/
stayconnected**

Let's Keep
Nottingham
MOVING



Council services over Christmas and New Year



Leisure Centres

All leisure centres closed Christmas Day, Boxing Day and New Year's Day. Christmas Eve and New Year's Eve – Djanogly, John Carroll, Ken Martin, Southglade, Victoria Leisure Centre and Clifton Leisure Centre are closed. Harvey Hadden and Nottingham Tennis Centre open 8am – 4pm.

Check www.activenottingham.com for between Christmas and New Year opening times.

Libraries

Nottingham Central Library, Bulwell Riverside, Hyson Green and St Ann's Valley libraries open as normal but will close early on Christmas Eve and New Year's Eve at 5pm.

All community libraries will close between Tuesday 24 December - Wednesday 1 January, re-opening as normal on Thursday 2 January.

Heritage sites

Wollaton Hall and Deer Park Hall open 11am-4pm daily, closed Christmas Day. Park open daily, park gates close 4.30pm.

Newstead Abbey Park open daily 10am – 4pm, house open weekends 12-4pm (last entry 3pm). House and gardens closed 25 December.

Green's Windmill Open daily 10am – 4pm, except on 23-26 December and 30 & 31 December and 1 Jan when the mill is closed.

Parks

All parks open every day, including Christmas Day. Some park car parks will be closed on bank holidays – please use on-street parking or pedestrian access.

City Council offices

Offices closed on Christmas Day, Boxing Day and New Year's Day.

Cemetery and cremation services

	Christmas Eve	Christmas Day	Boxing Day & New Year's Day	New Year's Eve
Southern	8am to 4pm	9am to 4pm	10am to 4pm	8am to 4pm
Northern	8am to 4pm	9am to 4pm	10am to 4pm	8am to 4pm
Highwood	8am to 3.30pm	9am to 3.30pm	10am to 3.30pm	8am to 3.30pm
General	9am to 3pm	9am to 3pm	9am to 3pm	9am to 3pm
Basford	10am to 3pm	10am to 3pm	10am to 3pm	10am to 3pm
Rock	10am to 3pm	10am to 3pm	10am to 3pm	10am to 3pm

Dreaming of a Green Christmas

During the festive season, we see a huge spike in the amount of rubbish to be collected, and many items put into recycling bins that can't be recycled.

Recycling

Yes please 

No thanks 



Metal sweets tins

Any extras such as ribbons, glitter or bows on Christmas cards cannot be recycled. Remove them by tearing off that part of the card.

Paper Christmas gift wrap

Foil Christmas gift wrap. Do the scrunch test – if the paper stays in a ball after being scrunched up, it can be recycled.

Christmas household rubbish

Our clean crews are always happy to clear away extra bagged rubbish that is put out alongside your household green waste bin – and we know that everyone has a lot of rubbish at Christmas. But please be considerate of your neighbours by not putting out lots of bags at once. When this happens, our bin lorries get full very quickly and have to make more trips to drop off the rubbish at our depot, meaning some streets collections can get missed.

Recycle your Christmas tree

Nottingham City Council offers FREE Christmas tree recycling (limited capacity). Visit www.nottinghamcity.gov.uk/xmastree. Alternatively, many people successfully replant their cut tree in their garden.



 **Remember**
Dumping rubbish on the streets or at recycling centres is illegal!

Young people making a difference in Nottingham celebrate at WE Day



Volunteers collecting donations for local charities ShareWare and Emmanuel House.

5 November was a day to remember for Nottingham schools as over 2000 young people celebrated their efforts to make the community a better place.

Good causes took centre stage at the Royal Concert Hall, Nottingham, as WE Day brought together renowned speakers, award-winning performers and real-world stories of change. Held in cities around the world, WE Day came to Nottingham for the first time with the support of Boots UK.

Working with more than 100 schools around Nottingham, students earned their way by taking action through the WE Schools programme. Visit WE.org/gb to learn more and find out how you can make doing good, doable in Nottingham!

Here's some of what they've been up to:

Creating readers for life

Walk through the halls of Sneinton C of E Primary School at lunchtime and you'll hear something special: classmates reading aloud to each other. When pupils learned about the impact illiteracy can have on peoples' lives, they started WE Read Together, a campaign to promote literacy and connect young people with reading mentors. Now, their reading club meets over lunch, creating confidence in younger pupils, a sense of responsibility in older ones and a growing culture of reading throughout the school.

Fighting homelessness

What's it like to sleep rough in Nottingham? Students at St Joseph's School wanted to find out. They held a sleepout as part of WE Won't Rest, a campaign to raise awareness and end homelessness, and learned about the challenges facing rough sleepers. They then put that newfound knowledge into action, collecting care packages for Framework.

MADE POSSIBLE BY



Going into debt to pay for Christmas?

Ho! Ho! No!

Thinking about putting Christmas on credit? If you can, avoid it. You won't want to begin 2020 with Christmas debt - which often lasts beyond April.

- Look at what you can afford to spend now and make a plan
- You could also consider having a greener AND cheaper Christmas by focusing less on presents and more on experiences and spending time with friends and family
- Always stay away from doorstep lenders, payday loans and 'rent to buy' high street shops and think twice about store credit - these methods of paying for Christmas will almost always leave you hundreds of pounds worse off than the alternatives! Instead, try Nottingham Credit Union for a small loan of as little as £100.



Already in debt and worried about what to do?



Speak to one of our friendly advisors who can help you make a plan. To find out how visit:

www.asklion.co.uk/money

Save money on your heating bills this winter



Winter is the time of year when your heating bills can get a bit scary!

Here are some things to try now to cut the cost of keeping warm –

- Switch energy providers - more than a third of people have never switched and could get a better deal elsewhere. This winter, compare your energy provider to get the best deal - <http://bit.ly/citizensadvicecompareenergy>
- Check to see if you're eligible for the Warm Home discount scheme - <https://www.simpleenergyadvice.org.uk/pages/warm-home-discount>
- Are you or a relative over 60? You can get a FREE home energy check from Age UK to show you how to save money - www.ageuk.org.uk/notts



Did you know?

There are regular community lunches or dinners near you where you can get to know your neighbours, help cut down on food waste and get a healthy, delicious and great value meal all at once! Find your nearest one here -

www.asklion.co.uk/food

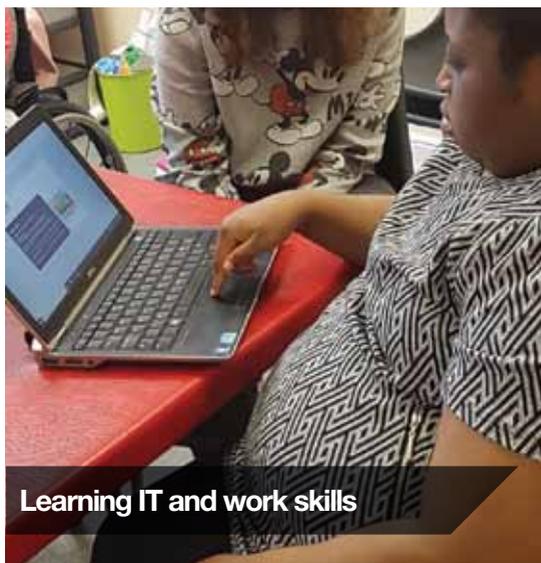
Nottingham Works supports young Nottingham residents



Learning independent living skills



Out and about in the community



Learning IT and work skills



Meeting new people and socialising



European Union

European
Social Fund

with disabilities



If you're unemployed and aged 18 to 29 (or care for someone who is) our experienced and friendly staff are here for you.

Our group and individual activities are run in supportive environments or out in the community. They will help you to build your confidence and learn the skills you need to improve your chances of finding work. We also help people find work experience opportunities and provide ongoing in-work support to help people with disabilities succeed in employment. Find out more by calling us:

Maureen: 07971 140 219

Suzie: 0115 975 7712

“When I came to L.I.F.E. I was quite shy and quiet but they did some confidence building with me and taught me about self-awareness. I now work for Rainbows charity, in the shop and supporting children. I never thought I'd be able to do anything like this so thank you.”

Lewis (age 25)

Help Out
Nottingham

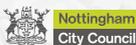
Real Change

not small change...

HelpOut
Nottingham
.com

Housing Support | Addiction Support | Mental Health Support
Change the way you give and help out Nottingham's homeless

NOTTINGHAM BID



helpoutnottingham.com



Working together to help rough sleepers

Nottingham, like other parts of country, has seen a significant increase in rough sleeping over the past nine years. The Council and its partners around the city are committed to providing the support rough sleepers need to get off the streets.

This winter, help available includes:

- Beds in hostels and specialist accommodation
- Dozens of daily opportunities for rough sleepers to get a free hot drink, meal or hot shower
- The Nottingham winter shelter, offering bed spaces
- Our Street Outreach Teams out daily from 5.30am talking to rough sleepers and offering them accommodation
- In very cold weather, an additional 'sit up service' happens at the Fire Station aimed at getting any remaining rough sleepers off the streets

Wondering how you can help?

- Let us know if you see a rough sleeper you're concerned about
Call Freephone 0800 0665356 24/7
Text SOT to 80800
followed by a message
- Raise money for local charities
Framework and Emmanuel House – as well as The Arches, British Red Cross and YMCA – are local charities who help rough sleepers in Nottingham. Could you have a bake sale or start a monthly donation to them?
- Get tickets to Beat The Streets on 26 January
A one-day music festival, where ALL the proceeds go direct to support homeless people in Nottingham!

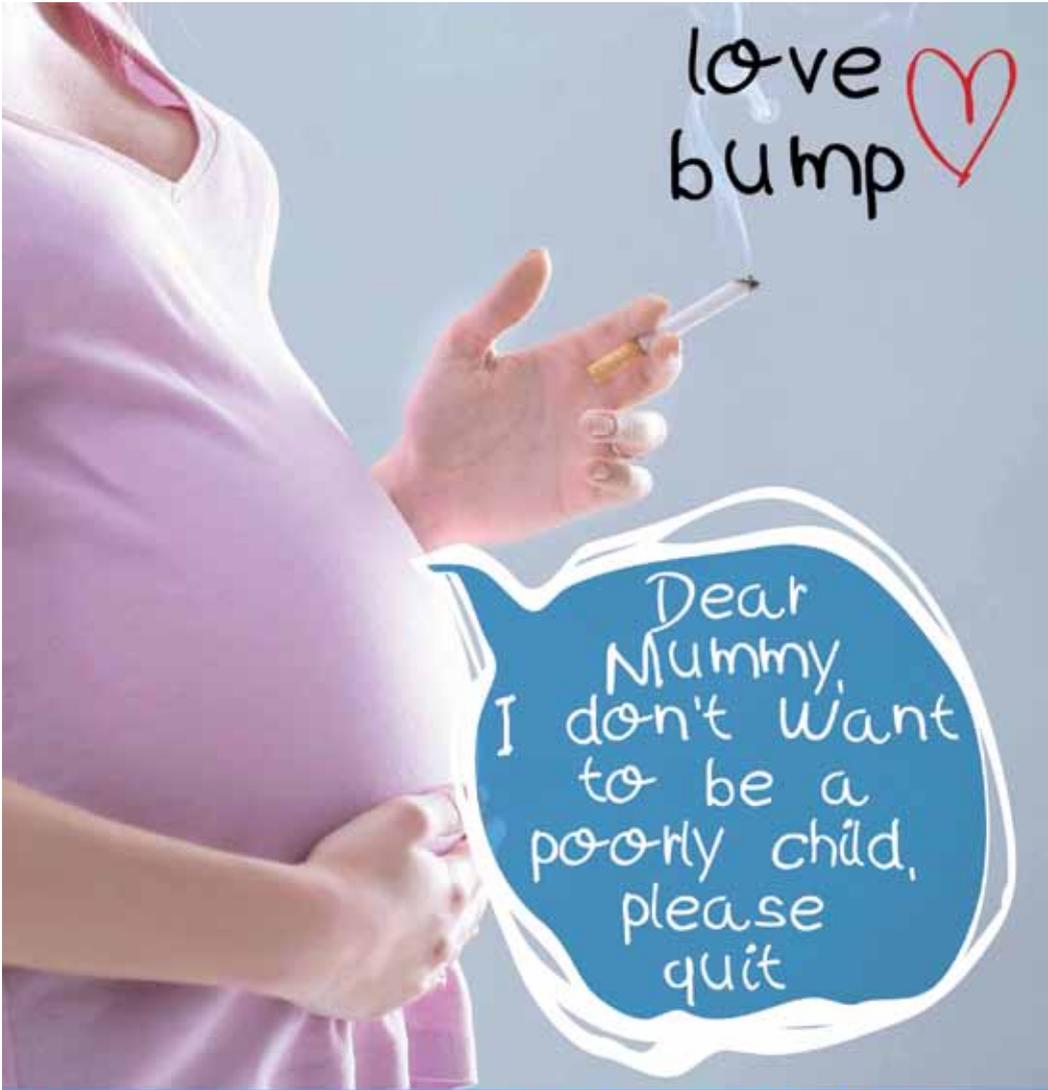


Are you worried about becoming homeless?

See what support is available to you online at nottinghamcity.gov.uk/homelessness

From January 2020, Housing Aid will relocate to a new Customer Hub in Loxley House, on Trent Street, close to Nottingham Station.

love
bump 



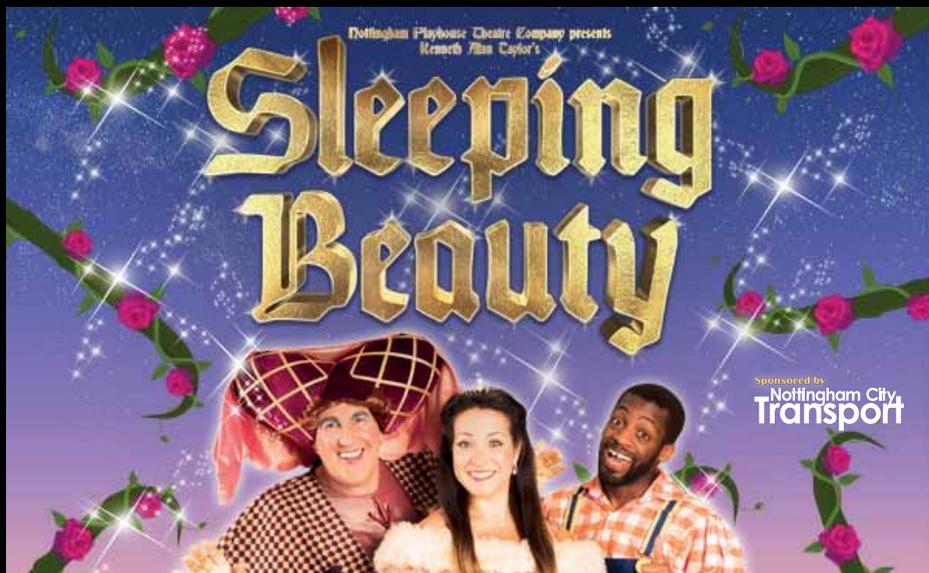
Dear
Mummy,
I don't want
to be a
poorly child,
please
quit

If you smoke while pregnant, **once your baby is born** it may have **withdrawal symptoms** and you may find it difficult to stop them crying.

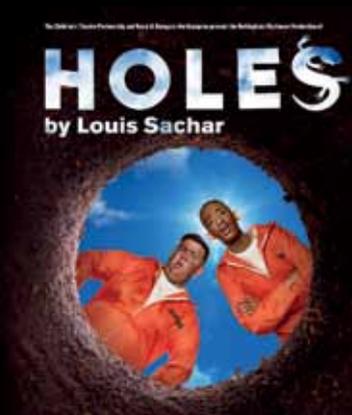
For support and advice on how to quit smoking,
visit: lovebump.org.uk



ENJOY A GREAT NIGHT AT THE THEATRE!



Fri 22 Nov 2019 - Sat 11 Jan 2020



Wed 5 - Sat 8 Feb 2020



Fri 21 Feb - Sat 7 Mar 2020

**Nottingham
Playhouse**



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



**Nottingham
City Council**

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BIG LITTLE MOMENTS



MAKE THE MOST OF THE BIG LITTLE MOMENTS

Babies and toddlers are growing every day and the little moments you share can make a big difference. From getting dressed to walking to the park, waiting for the bus to having dinner, every moment is a chance to build your child's brain.

To see all the moments, visit www.smallstepsbigchanges.org.uk/biglittlemoments

