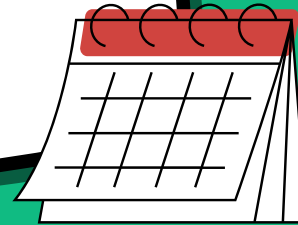
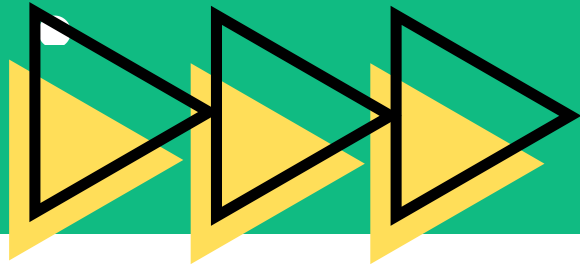


ACTIVITIES

Timetable



Nottingham
City Council

DAILY ACTIVITIES

MONDAY TO THURSDAY

Organisation	Activity	Time	Location and Contact details
United Dreams	No Strings Attached Cricket	5:30pm – 7:30pm	Forest Recreation Ground, Gregory Boulevard, NG7 6HB Contact: Abdul 07427 356874

WEEKLY ACTIVITIES

MONDAY

Organisation	Activity	Time	Location and Contact details
Mojatu Foundation	Digital Skills Training Conversational English Numeracy Sim Cards and Data Support	10am – 1pm	Hyson Green Youth Club Terrace St, Nottingham NG7 6ER Contact: Julius 07760 105616 or julius@mojatu.com
Nottinghamshire Mind	#WellCafe Social-Ice	10:45am – 12:30pm	National Ice Centre, Bolero Square, NG1 1LA Contact: Starr starr.wattam@nottinghamshiremind.org.uk

TUESDAY

Organisation	Activity	Time	Location and Contact details
The Renewal Trust	Feel Good Welcome Tuesday	12:30pm – 2:30pm	Cherry Lodge 27-31 Carlton Rd, NG3 2AS Contact: 0115 911 2226
Nottingham Women's Centre	Conversational English (women only)	6:30pm – 7:30pm	Nottingham Women's Centre, 30 Chaucer Street, NG1 5LP Contact: 0115 941 1475
United Dreams	Beginners Boxing Training	6:30pm – 7:30pm	Beeston Unity Centre, Beeston Unit 3 Humber Works, NG9 2ET Contact: 07809 548939 - bus fares refundable

WEDNESDAY

Organisation	Activity	Time	Location and Contact details
Belong	Structured Employability Programme	10:00am – 2:00pm	Belong Nottingham, Tennyson Hall, Forest Rd W, NG7 4EP Contact: Lucy 0115 9790015
British Red Cross	IELTS Practice and English Classes	2:00pm – 4:00pm	St Andrew's Church with Castle Gate URC, Chaucer Street, NG1 5JT Contact: 07834 496766
The Renewal Trust	Feel Good Welcome Lego Club	4:00pm – 5:00pm	Cherry Lodge, 27-31 Carlton Rd, NG3 2AS Contact: 0115 911 2226

THURSDAY

Organisation	Activity	Time	Location and Contact details
Mojatu Foundation	One-on-one and group support for young people and families to address personal and social challenge	10am – 1pm	Hyson Green Youth Club Terrace St, Nottingham NG7 6ER Contact: Julius 07760 105616 or julius@mojatu.com

FRIDAY

Organisation	Activity	Time	Location and Contact details
Pamoja Women's Group	Relaxation Activities (women only)	10:00am – 2:00pm	NNRF, 33a Hungerhill Road, NG3 4NB Contact: Valeria 07375 068597

SUNDAY

Organisation	Activity	Time	Location and Contact details
United Dreams	Social Get Together and Support Group for Young Men	12:00pm – 4:00pm	Nottingham Islamic Information Point, 1 Bovill Street, Radford, NG7 3PG Contact: Abdul 07466 944003
United Dreams	Personal Development Workshops	4:00pm – 6:00pm Dates: 20 th , 27 th September 11 th , 18 th October	Djanogly City Academy, 11-14, Centre, Gregory Boulevard Contact: uniteddreams@gmail.com

BI-WEEKLY ACTIVITIES

EVERY OTHER SUNDAY

Organisation	Activity	Time	Location and Contact details
Care4Calais	Sunday Social – Fun, Games and Friendship with Refreshments	2:30pm – 4:30pm	Meadows Arkwright Community Gardens, Kirkby Gardens, NG2 2HZ Contact: 07986 685623 (WhatsApp)

MONTHLY ACTIVITIES

Organisation	Activity	Date & Time	Location and Contact details
Nottingham Women's Centre	Coffee & Chat	Second Tuesday of Every Month 10:30am – 12:30pm	Nottingham Women's Centre, 30 Chaucer Street, NG1 5LP Contact: 0115 941 1475
Refugee Roots & Stonebridge City Farm	Sharing Table	First Thursday of Every Month 10:00am – 1:00pm	Stonebridge City Farm, Stonebridge Road, Nottingham, NG3 2FR Contact: 07307 857879
Kairos	Nottingham Lesbian Immigration Support Group	Monthly	Nottingham Women's Centre, NG5 5LP Contact: Rachel 07938 556788 to find out more information.
United Dreams	Walking & Trekking Group	Once a month, on a Sunday 9:00am – 3:00pm	Peak District Contact: Yaseen uniteddreams0923@gmail.com to arrange the meeting point.

OTHER ACTIVITIES

Activities			
Organisation	Course	Date & Time	Location and Contact details
Women in Tandem	Bike Maintenance Lessons (women only)	Selected dates June 2025 – March 2026	Lessons hosted at Unit 8, Chaucer Street, NG1 5LP. Rides starting from various meeting points in Nottingham. Contact: 07511 502741 or hello@womenintandem.org.uk to find out more information.
Women in Tandem	Led Rides (Kings Edward's Park) (women only)	Selected dates June 2025 – April 2026	

OTHER COURSES

Courses			
Organisation	Course	Date & Time	Location and Contact details
Fearless Youth Association	Digital Training and Employment Pathway Course	Contact: 0115 850 1710 or 07563 197748 or info@fyaonline.com to find out more information.	
Nottingham Muslim Women's Network	EmpowHER Journey Programme (women only)	Every Wednesday	Contact: 0115 837 2627 or 07826 464722 or enquiries@nmwn.co.uk to find out more information.
Voices in Refuge	Introduction to Community Interpreting	Selective Dates	Contact: 07494 305153 or info@voicesinrefuge.com to find out more information.
Refugee Roots	Digital Skills	Contact: 07307 857879 or visit www.refugeeroots.org.uk to find out more information.	

OTHER SUPPORT OFFERS

Other Support			
Al-Hurraya	Therapeutic Counselling Support	Al-Hurraya offers private, one-on-one conversations (counselling) where people can speak about their problems and get support for their issues. Referral required.	Contact: 0115 786 9206 or info@alhurraya.org to find out more information or make a referral.
Refugee Roots	Befriending Project	Refugee Roots helps individuals build relationships and navigate the complexities of building a new life in the UK.	Contact: 07307 857879 or visit www.refugeeroots.org.uk to find out more information.
Nottingham Women's Centre	Cook at Nottingham Women's Centre	Nottingham Women's Centre's kitchen is free to book for women to use. It can be booked for up to 3 hours between 9am – 5pm Monday to Friday. A maximum of 3 women are allowed in the kitchen at one time.	Contact: 0115 941 1475 or reception@nottinghamwomenscentre.com to find out more information.
Wellness in Mind	Mental Health Support	Mental health workshops provided through a drop-in service open 10am – 1pm every other Thursday at Mary Potter Centre, Radford. The drop in will provide support, information and mindful activities and be a space to meet others and learn coping skills.	Contact: Poppy 07971 107116 or poppy.read-pitt@frameworkha.org to find out more information.

Other Support

Nottingham Counselling Services (NCS)	NCS Trauma-Informed individual Therapy	NCS offers weekly therapy for up to 15 sessions. These sessions are for those experiencing emotional distress and difficulties. Individuals will be seen by an experienced and trauma-informed therapist, delivered in a supportive setting.	Contact: 0115 950 1743 or info@nottinghamcounsellingcentre.org.uk to find out more information. Online referral https://www.nottinghamcounsellingcentre.org.uk/group-therapy-ncs
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