

# NEWS FROM THE FORUM

The Newsletter of the Dunkirk & Lenton Partnership Forum No.43: October 2008

## Pool re-opens



On Friday 5<sup>th</sup> September 2008, Lenton Swimming Pool re-opened – four years to the day from when it closed. This long-awaited event was marked by a weekend of celebration and fun activities.

The official ribbon cutting by VIPs took place on the Friday at 4pm followed by a free 'splash session' in the swimming pool and a 'community celebration' to mark the occasion – a chance to soak up and enjoy this significant milestone in the life of the Lenton community. It was the pool that galvanised the local community into action four years ago. This resulted in the creation of The Lenton Centre (TLC), which now pioneers a social enterprise approach to community development.

On the Saturday, an 'I-learnt-in-Lenton Relay' took place for a bit of

fun! It is not just Olympic swimmers like Adam Faulkner (pictured below) that learnt to swim in Lenton Baths - many, many people across Nottingham and beyond have started their doggy paddle days at Lenton.

On the Sunday, TLC hosted an 'Open Day'. The swimming pool and gym were free for the day and there were many other fun activities, displays and demos including belly dancing, Tai Chi, martial arts, drama, street dance, therapies, health trainers, face painting and much more.

Carl Towner from The Lenton Centre said, "The swimming pool is TLC's 'Jewel in the Crown'. It is also Lenton's best kept secret – something we would like to change. We want everyone to know what a fantastic local pool this is. Please come and join in!"

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### Your Choice, your voice

Tuesday 7<sup>th</sup> October at 6pm  
at The Lenton Centre.

A chance to find out more about services in the area, talk to the council about your concerns and earn some money for your group through the Dragon's Den.

Transport available.

For more details contact the Neighbourhood Management team on 9158320



### Dunkirk & Lenton Partnership Forum

Registered charity number 1119337

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## You're in the money!

Earlier this year, the Forum launched a new Community Chest initiative to provide small pots of money to organisations and groups working in Dunkirk & Lenton.

After an initial round of Dragon's Den style awards, the funds were opened up for small grants of up to £500. The Forum was pleased to see a wide range of applications and interest in the funds. An independent panel made up of a local councillor, two residents, a rep from the Children's Centre and chaired by the Forum met to consider all the applications and decide on allocation of the money.

Fourteen projects applied and sadly we couldn't fund all of them. After some lengthy and tough discussions we are delighted to announce the following awards were made to the Arches Restoration Project, Lenton War Memorial Project, Dunkirk and Old Lenton Community Association, The Lenton Centre, Tommy's lunch club, Tenants and Residents Association Dunkirk (TRAD), West Area Project, 4<sup>th</sup> Nottingham Scout Group, Dunkirk Den Play Project and Church Square Working Group.

Well done to you all! The money is due to be spent by the end of February and we look forward to the groups telling us how the money has made a difference to their projects and the people of Dunkirk & Lenton.



## Recognition for contributions to the community

Many of you will know Jim Vine (pictured above), a long standing member of the Forum Executive Committee. Jim was recognised by the Forum last year as part of its 10 year celebrations for the way in which he increased links between students and the community.

Now the University of Nottingham has recognised him for his contributions. As part of their Alumni Awards, Jim received a Special Excellence in Recognition of Contribution to the Local Community award on 11<sup>th</sup> September as part of their Alumni Laureate Awards evening gala. Well done Jim – keep up the good work!

## Forum status update

Those of you who attended the AGM in January will remember the discussions about the Forum becoming a company limited by guarantee. This was agreed unanimously by Forum members and work has been taking place behind the scene for this to happen.

On 12<sup>th</sup> August 2008, Dunkirk & Lenton Partnership Forum was established as a company. Work is now underway to transfer all of the assets of the old organisation into the new one. This is an administrative exercise only and won't have any impact on our services and activities.

## Lenton Recreation Ground

A small group meets every three months to oversee any development of Lenton Recreation Ground. At the last meeting we began to consider the management plan developed by Nottingham City Council.

A lot of actions have been included so the next meeting will look at how to prioritise these. The group also agreed to take over the development of the Peace Garden, a project that has been talked about for some time.

Please come along and join in with the discussions – the next meeting takes place at 2pm on 5<sup>th</sup> November 2008 at the Club House.

## Spider Park and Dunkirk Community Meeting

Draft plans have now been drawn up using all the ideas local residents gave about how they would like to see the park improve.

More consultation took place in September as part of the Dunkirk Community Meeting to find out what people thought about the plans so that changes could be made to make sure the park really reflects what the community wants. Work on putting the plans in place will hopefully start around December so watch this space for more information.

The landscape architects were really pleased at the level of community involvement so thank you to everyone who has been involved.

The meeting also incorporated the Dunkirk Community Meeting and gave an opportunity for residents to get feedback on the issues that had been raised last time and how these had been addressed.



### Dunkirk & Lenton Partnership Forum

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## Welcome to the Cheap Seats!

Yet more chances for cheap tickets to Nottingham Playhouse as part of the HotHouse scheme!

The Forum has renewed its membership once more to enable you as residents and community groups to take advantage of a night out at the theatre for a greatly reduced price of just £6 a ticket. Plays on offer for this season are:

- ▶ *All Quiet on the Western Front* on Friday 10<sup>th</sup> October at 7.45pm
- ▶ *Macbeth* on Friday 24<sup>th</sup> October at 7.45pm
- ▶ *Aladdin* on Monday 1<sup>st</sup> December at 2.30pm, Friday 28<sup>th</sup> November at 7.30pm, Tuesday 2<sup>nd</sup> December or Wednesday 3<sup>rd</sup> December at 7.30pm. Tickets for the panto cost £7 each.

Interested? Contact the Forum office and let us know which show you'd like to go to.



## Fourth year in a row for Lenton Recreation Ground!

We are delighted to announce that for the fourth year in a row, Lenton Recreation Ground has earned its Green Flag.

The Lenton Recreation Ground Consultation Group raised the new

flag officially at its last meeting on 6<sup>th</sup> August 2008.

Well done to all those involved with maintaining the park to its high standards especially Groundsman, Dave Thompson.

## Housing & Environment and Community Safety working groups

The group continues to meet at The Lenton Centre every six weeks to talk about issues that affect residents and the area.

The Community Safety meeting incorporates the Neighbourhood Policing Local Area Group which sets priorities for our local police to tackle. Current priorities include tackling cycling on pavements, drinking by the canal and environmental crime.

Last meeting saw a discussion on youth issues and provision in the area. If you are interested in coming along, just contact the Forum office for more details.

## We love Dunkirk & Lenton!

The Forum is starting a campaign to promote the good bits of Dunkirk & Lenton, all the things we love about the area and the reasons why so many of us are passionate about the place.

A small steering group has started to look at ideas of how we can do this. Ideas so far include holding festivals to celebrate the area, designing a logo that we can all display and use, raising the profile of the area

through DVDs and exhibitions, being creative with planting and arts projects and promoting our rich history.

We want local people to get involved, to give us ideas about how to celebrate the area and more importantly to tell us why you love Dunkirk & Lenton. Watch out for opportunities to get involved or contact the office and tell us what you think!

## Small Steps Food Co-operative

The Small Steps Food Co-op operates on a Wednesday at The Lenton Centre from noon until 2pm selling a bag of fruit and veg for just £3. The bag is mixed and we aim to provide seasonal produce. We also offer recipes to accompany the bags we sell.

We are hoping to establish a similar scheme in Dunkirk so if you are interested please let us know.

We are also keen to recruit volunteers for sorting the veg into bags and selling them, as well as people to form a steering group for the co-op. If you are interested in either of

these roles please contact Fiona at the Forum on 9419525.

Do you grow fruit or vegetables in your garden or allotment? Feel free to donate any spare produce! The Forum can add items to the co-op bags or use at the weekly breakfast club.



## A word from the chair

I had a fantastic invitation for 5<sup>th</sup> September to attend the ribbon cutting ceremony marking the re-opening of our local neighbourhood swimming pool. The ribbon was cut by a number of supporters of the pool, all of whom expressed the delight of everyone attending, that four years to the day since it closed the pool was now officially open once more.

The opening was also attended by many of the people who spent a great deal of time, energy and effort over the past ten years trying to keep the pool open. Their delight was also obvious to all.

It was good to see that local television was present to record the occasion and continued to use the pool location for the links throughout the half-hour programme on the day.

I would like to record a personal thank you to Philippa, who leaves the post of Admin Officer to spend more time with her lovely baby Macy, although she will continue to produce this newsletter.

Philippa came to work at the Forum four years ago at a time when things were very difficult, money very short and the future of the Forum less than certain.

The Forum extends thanks to her for all her hard work and enthusiasm. She has added a great deal to the work of the Forum and to its presence in the community. We wish her the very best.

**Lesley Fyffe**

## Sun came out for Forum barbecue

On 15<sup>th</sup> July the Forum arranged a summer barbecue event for the local residents. We had our fingers crossed for the weather and despite a shower the sun shone for the whole time.

The barbecue took place in the backyard at The Lenton Centre and was well attended by regular residents and a few new faces. It was great to see everyone coming together socially.

Corinne did a sterling job at the barbecue together with the staff/volunteer team ensuring the food kept

coming. At one point a mad dash to the supermarket was made to replenish the supply of burgers. There was also a tempting selection of cakes available, supplied by the Crocus Café. The music created a great atmosphere and our thanks to Howard and Adam for their knowledge and hard work.

Also thanks to the Children's Centre who brought along play equipment that children had a great time using. The event was a success and we look forward to others soon, so watch this space!

## Support the work of the Forum

You can do this in a number of ways:

- ◆ Become a member – it's free to join and means you can vote at the AGM or other membership meetings to help determine the future direction of the Forum.
- ◆ Tell us about the issues that matter to you – is there something you are unhappy about or want us to get involved in on your behalf? We're guided by you so if there is something you think we don't know about, let us know!
- ◆ Volunteer – either through specific projects or by getting involved with the Exec Committee. We're always looking for new ideas!
- ◆ Come along to our meetings – as well as our bigger public meetings, we also run a Housing and Environment working group, a Community Safety working group, the Dunkirk Community Meeting, the Lenton Rec' Consultation group and a newly formed forum for voluntary and community sector groups.

For more details on any of the above, just contact the Forum office.

The office is open to callers Monday to Friday between 9am and 1pm (occasionally we need to shut due to staff commitments).

Alternatively you can call us on 9419525 or e-mail us:

Steph Knowles (Forum Manager)  
coordinator@dunkirkandlenton.co.uk  
Alex Sinclair (Admin Officer)  
forum@dunkirkandlenton.co.uk  
Fiona Corbett  
(Community Engagement Worker)  
cew@dunkirkandlenton.co.uk  
Lynda Lally (Learning Champion)  
learningchamp@dunkirkandlenton.co.uk  
Visit our website [www.dunkirkandlenton.co.uk](http://www.dunkirkandlenton.co.uk)

**Steph Knowles, Forum Manager**

## Useful numbers to keep

**Notts Police: 999 (emergencies)**

**Dial 9670999 for all other non-emergency calls, for example:**

- if a house or car alarm is going off in your street
- if you see an abandoned car
- if you wish to report bin-diving
- if you witness a crime being committed but you wouldn't class it as an emergency

**Beat Officers' mobile numbers:**

Dunkirk (PC Meller):

**07792 437324**

QMC (PC Draycott): **07792 437365**

New Lenton (PC Silverwood):

**07812 215919**

Hillside (PC Shaw): **07792 437344**

University Park (PC Barratt):

**07792 437363**

**Domestic Violence Helpline:**

**0808 8000340**

**Crimestoppers: 0800 555111**

**Parking Services: 9156655**

If a car is parked in the wrong place

**Community Protection Officers:**

**9152020**

**Fire Service Emergencies: 999**

**Fire safety advice: 9670880**

**CCTV Control Room: 9151612**

If a camera isn't working or an incident occurs near a camera

**Street Lighting Hotline: 9152211**

**(giving the number of the light)**

If a street light is not working

**Highways Hotline: 9152000**

For issues relating to highway maintenance and obstruction

**Drainage Enquiries: 9156650**

If the street drains are blocked

**Planning & Advertising Info:**

**9155414**

If shops are leaving objects on the pavement without permission

**Planning Enforcement: 9155426**

If regulations are being contravened

**City Council Planning Website**

[www.plan4nottingham.com/](http://www.plan4nottingham.com/)

**Drug and Alcohol Action Team:**

**9151961**

If you find a needle or syringe

**QMC: 9249924 or NHS Direct: 08454647**

If someone is injured by a needle

**Public Health: 9156170**

For environmental issues

**Dog Wardens: 9156123/6223**

To report persistent dog fouling

**Pest Control: 9156123 / 9156224**  
**(answer phone outside office hours)**

If you see rats or other vermin, etc.

**Housing Repairs Hotline: 9152222**

If your council house needs repairing

**Lenton Housing Office: 9153740**

For general council housing enquiries

**Refuse Collection & Street Cleansing: 9156666 / City Contract**

**Works: 9152000 or contact:**

**[www.nottinghamcity.gov.uk](http://www.nottinghamcity.gov.uk)**

• if your bin has not been emptied

• if your street needs cleaning

• if you need bulk waste collecting

**To contact the FORUM:**

Tel / Fax: **9419525** or Email:

**[forum@dunkirkandlenton.co.uk](mailto:forum@dunkirkandlenton.co.uk)**

**Other numbers:**

**Social Services: 9155500**

**(Out of hours emergencies: 9159299)**

**Children's Services: 9150800**

**Early Years & Childcare: 9150773**

**Consumer Direct for advice on**

**trading standards: 08454040506**

**Council Tax: 9154851**

**Housing Benefit: 9154944**

**Antisocial Behaviour: 9152020**

**City Council Switchboard: 9155555**

**Nottingham On Call : 9152222**

**Park Maintenance: 9155555**

**Park Development: 9152014**

**Local Councillors:**

**[Dunkirk & Lenton Ward]**

**Zahoor Mir (Lab): 9871145**

**David Trimble (Lab): 9121393**

To speak to our local councillors in person, you can attend their surgeries at Dunkirk Community Centre or

The Lenton Centre (see pp.18&19 for times).

Please feel free to suggest other useful contacts and let us know if you are experiencing difficulties when calling these numbers, so that we can monitor effectiveness.

## Breakfast club for Lenton high rise flats

As part of the opening celebrations of the new Tesco Express store on Sherwin Road in Lenton (pictured right), store manager Andy Message and his staff presented Lynda Lally with a cheque for £500, which will go towards the Forum's breakfast club for the residents of the Lenton flats.

In addition to this the breakfast club has received a donation from Lenton Churches Together which will enable it to run until May next year. The club moved premises for August to Tommy's and welcomed some new faces. We are now back at The Lenton Centre every Thursday from 10am until noon and have plans to offer a range of services to those attending.

Compass attend regularly to offer support to those with drug or alcohol issues, the Mental Health Team offer workshops on stress management, the City Council's Neighbourhood Action Officer is regularly on hand to talk to and a Health Trainer often attends to provide advice and support.

Careergrad also now attend to offer



for advice, information and guidance on jobs, training, applications and job search. Breakfast is FREE so if you are a resident of the flats come along and join us - and if there is a service you need please let us know. Contact Fiona at the Forum on 9419525.

## Residents of Penn Avenue

Dunkirk & Lenton Partnership Forum organised a barbecue at Penn Avenue which was a lovely event as the sun shone on us.

Thanks too to the lady and gentleman with screwdrivers and common sense that helped us assemble the BBQ! The Children's Centre provided play activities for the children and everyone enjoyed a burger. We asked residents about their concerns regarding the area and organised a public meeting to follow these up.

The meeting was held at the Monty Hind Centre and attended by Nottingham City Council, Nottingham

City Homes, Compass, the Children's Centre, Notts Police, University of Nottingham and Dunkirk & Lenton Partnership Forum, as well as Councillor David Trimble.

Residents were able to discuss concerns with the relevant organisations. Action relating to these concerns has since been taken and the Forum will organise another event this year to talk to residents and find out if the issues have been resolved to their satisfaction. In the meantime, if you are a Penn Avenue resident and would like to talk to the Forum please get in touch on 9419525.



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## Keep on campaigning for your Post Office!

The campaign to re-open the Post Offices at Carrington and New Lenton (pictured right) is still very much alive. In July the Forum organised a public meeting (pictured below) at Thomas Helwys Baptist Church for local residents and Carrington campaigners to come together.



Alan Simpson MP addressed the meeting and pledged to support the campaign in the coming months. Not-

tingham City Council has now appointed a consultant to investigate the options available for reinstatement of Post Office services within Nottingham. The consultant will be expected to gather residents' views as part of the process so look out for further details.

We know that many local people and businesses would love to see New Lenton Post Office up and running again. The July meeting was very well attended and illustrated just how much Post Office services are needed, and valued, by the community.

The Forum does not have the resources to run this campaign without additional support from residents. So if you can spare the time, please come forward and help to coordinate and strengthen the campaign.

The Carrington campaign group



continues to meet every Wednesday evening, 7.30pm at the Ukrainian Centre on the corner of Mansfield Road and Watcombe Circus. The group is very keen to work with Lenton residents in order to move the campaign forward so please go along to the meetings if you can. If transport is a problem, contact the Forum office on 9419525 as we might be able to put you in touch with people who can offer lifts.



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## Lenton's deadly crossings



*Derby Road Health Centre crossing with no central reservation or wide pavements.*



*Savoy Cinema crossing with central reservation.*



*Lenton Boulevard crossing with pavement extensions.*

The crossing outside the Derby Road Health Centre may well be the worst pedestrian crossing in Nottingham. All too often cars turning right out of Johnson Road, beside the health centre, cut across oncoming city bound traffic and have to cross the lights on red to avoid an accident. One day someone will be killed.

Another dangerous aspect of this crossing is the fact that it is within 200 yards of the busy Derby Road / Lenton Boulevard junction. As drivers pull away from the lights, they accelerate and often have to break hard when the crossing lights go red.

The Derby Road / Lenton Boulevard junction had the distinction of being the first road junction in England to get a traffic camera with the aim of catching traffic jumping the lights. Over the years there have been numerous road accidents here, yet it has never had pedestrian signals to enable walkers to cross the junction safely! Within 200 yards of one another, there are two very dangerous crossings for pedestrians, yet Nottingham City Council continues to remain deaf to any requests for improvements.

About 100 yards up from the Derby Road/Lenton Boulevard junction is the pedestrian crossing outside the Savoy Cinema. Last year, the City Council spent a lot of money improving the road layout around the crossing, widening the pavements

and putting in a larger central reservation for walkers. Why can't the same be done at the crossing outside the Derby Road Health Centre? There are five pedestrian crossings with lights between the Savoy and the Ring Road. The only one without a central reservation or widened pavements is the one outside the Derby Road Health Centre!

For years local residents complained about the pedestrian crossing on Lenton Boulevard close to its junction with Church Street. Only a few years ago there used to be four lanes of traffic along the Boulevard. Eventually, the City Council responded and narrowed down the traffic to two lanes, widened the pavements and put in signals which go red within seconds of walkers pressing the button. It is the same a few hundreds yards down the Boulevard outside Lenton Primary School and Dunkirk & Lenton Partnership Forum office, so why can't the same be done outside the Derby Road Health Centre?

All too often it is the seemingly small things in life which annoy us most. The people in government and at Nottingham City Council are so concerned about 'the big picture' that they fail to pay any attention to the detail – which is why local communities usually make better decisions, because they want things which work for them, as opposed to ticking boxes for

bureaucrats and politicians. So, once again, it's down to the people of Lenton to make a noise and get things changed for the better. If you agree with me, contact the Forum office to show your support for a safer crossing outside the Derby Road Health Centre.

**Robert Howard**

### Friar Tuck Branch of Nottingham Credit Union

#### Collection Points

**Rose Cottage:**  
Friday

11am-12 noon

**Edna G Olds School:**  
Friday

8.45am-9.15am



The Credit Union would like to set up additional collection points – if any voluntary organisation is willing to provide premises and volunteers to run one, please telephone the Forum office on 9419525 and leave a message for Lesley.

## Are you looking for something?

Over the last two years I have been working one day a week as a Parish Nurse for Thomas Helwys Parish Church. An unusual but very interesting job indeed especially as it has given me the chance to meet and work with people living in the thriving community of Lenton.

Working as a Parish Nurse is all about offering health care or support that meets the needs of the whole person – this is often called 'holistic' care. But what do we actually mean by this?

Some people believe we have three aspects to ourselves: physical, emotional, and social. As a Parish Nurse I also believe that for many people this list should also include the term spiritual. Many people, including myself, believe that to feel really healthy and well, all of these different aspects need to be balanced.

- Your physical self is the most obvious as you can see this in a mirror, or you can look at your arm, leg and so on. If it is raining you may feel cold and wet.
- Your social self is the part that enjoys friends, family and social interactions. It can be difficult to socialise outside in the rain and so you may ring someone up instead to chat.
- Your spiritual self – which may be around your beliefs of God or some other purpose in life - may reflect on the weather and believe the rain is helpful for refreshing the earth and symbolic of a new start.
- Your emotional self is your thoughts and feelings and these cannot be seen. In the example above you might think it is a bad day today because it is cold, grey and raining.

In Lenton we are fortunate to have a Health Trainer, a Cardiac Nurse and myself to supplement the current NHS services providing health services. If you have concerns over your weight, blood pressure, healthy eating, increasing your fitness levels, coping with stress etc there is always someone you can talk to for help and advice. Mental health services are currently being improved and new services are being offered within the local area already.

This is an area of increasing need as people struggle to cope in busy, stressful lives. Different life events can impact on our ability to cope, such as a family bereavement, loss of jobs, marriage and relationship breakdown. This can lead to coping strategies such as using drugs and alcohol regularly that can quickly develop into an addiction and perhaps criminal behaviour to fund the habit. The long term risks are then losing friends and family, your home, your job and hobbies and becoming increasingly ill and isolated.

No one is immune to these problems and our ability to cope with life can be improved by simple measures such as regular relaxation, eating regularly, exercising and seeking help at an early stage. Faith or some form of spiritual belief can also help a great deal. In Lenton and Nottingham there are a selection of faith communities where you can learn about faith, prayer and worship.

You may find alternative therapies and activities such as yoga, Thai chi, reikki, reflexology, meditation or aromatherapy are better for you. Sitting comfortably with a candle, or listening to music can also help you achieve relaxation and a sense of peace. However you find it, try something today to allow you some quality time to think about your past, your present and your future.

Corinne Sweeney, Parish Nurse  
Thomas Helwys Baptist Church

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## A last goodbye to Lenton School

**W**ell, Lenton Primary School and Nursery have closed their doors for the last time. Changes to the curriculum, New Initiatives in Education, new numeracy or literacy strategies will trouble us no more. The building is to be used for educational purposes but how is not yet clear so, at least for the time being, it is safe from development.

The last term was full of fun with the annual sports and visits to the cinema, the theatre and to a fun park. On the last Friday before breaking up we had a Victorian day where everyone dressed up in the type of clothes worn around 1890-1910.

The children were taught lessons in the strict Victorian way, learning lessons by heart and doing timed tests. I must say it was impressive to see all the children with hats, bonnets and aprons and all the teachers dressed in various versions of Victorian dress. Thanks to all the parents and children who made the effort.

As a "Lady Manager" of the school I was also dressed in a Victorian dress



which caused some astonishment when I walked down the Boulevard to school at nine in the morning to carry out my "Annual Inspection" of the school.

The children were delighted to see everyone taking part. We had a Victorian puppet theatre in the morning which was excellent. Very different from anything we are used to today. Then we went on a picnic to the park where, unfortunately it rained very heavily and we had to retire to the school but I think everyone enjoyed the day.



The Open Day started with a bang and continued that way until we closed at 3pm. I was astonished and delighted at the success. I knew that there would be a few people there but I did not expect the numbers that actually turned up!

We were on our feet, talking to people, showing them around the school and discussing the past until 3pm when I collapsed into a chair. I had taken a sandwich in case I couldn't get out to get lunch, thank goodness I did because there was no way I could have left during the day.

It was lovely to see so many people catching up. One lady of 92 came to see the exhibition; she had been a pupil when Lenton was a Girls Elementary School and a Boys Elementary School. There were many memories swapped that day. I gather that some people are now arranging a re-

union of old pupils.

I spent the last few days arranging for log books, pictures and registration books to go to the archives where they will be kept for posterity. I was glad to be able to arrange for some of the wall hangings and plaques to go to the Museum service.

I thought that some of the examples of weaving and tapestries done by the pupils should have a place in the history of Nottingham and so they will. Cliff Voisey of the Lenton History Society took the lovely screen with the map of Lenton which was done by the children some years ago, so you will be seeing that from time to time.

The leaving assembly was a sad occasion, but happily, no tears. I think that shows how well the staff did their job in preparing the children for transition to their new schools. We ended the final year of the school with some spectacular SATs marks. So well done Lenton Primary School year six pupils and I wish you all well in your new schools.

Don't forget to go and see the sculpture done by the children of Lenton School which stands as a permanent reminder of the skills and talent of the many children who passed through the school in their early years. So many people told me that the lessons they learned at Lenton School and the memories that they carry have stayed with them throughout their lives and that is how it should be.

**Pat Shaw**



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## Gift of the G.A.B.



## Church Square Working Group

It has been a quiet summer for the Church Square Working Group. We are keeping a watching brief on the future of the Housing Office but so far there is no news about their fate.

Crocus Café and the Church Square Working Group are working to put together a "Funday Sunday" on 12<sup>th</sup> October from 2pm to 5pm. The aim is to introduce new residents and new students to the permanent residents and to the services Lenton and Church Square have to offer. Some of the shops will have stalls and so will the organisations and the residents.

There will be some music, possibly a skating demonstration and a variety of entertainment. So, come along and have fun. You might even find that elusive (or exclusive) Christmas present for Auntie Joan!

Put the date in your diary and come and join us. "Funday Sunday" on 12<sup>th</sup> October from 2.00 pm to 5.00 pm in Church Square Precinct. There is a car park at the back so no excuse!! Come and spend Sunday afternoon with us. Tea and cakes will be served!

The inaugural Gift of the G.A.B. initiative culminated in the Grab A Bag event on Saturday 14<sup>th</sup> June and was a great success; nearly 150 local residents gathered at The Lenton Centre to recycle and re-use all sorts of items collected and donated by students from the University of Nottingham.

A range of goodies were donated; from food, toiletries and clothes to a bike, rugs and brand new games – over 80 bags were delivered or collected and the contents filled the hall of The Lenton Centre!

One resident from Lenton Court was so pleased, he took the time to write to us, saying "Just a quick note to say thank you for the 'Grab A Bag' event at The Lenton Centre. I got myself a pair of jeans and a few short sleeve tops, and a large throwover. So I thought I would put my thoughts on paper to thank you all, the staff at The Lenton Centre and the students who kindly donated the clothes etc to give away. Once again, many thanks!!"

We are just glad that the end of term student 'chuck out' has been turned into a very positive community event, and look forward to running it every year, so look out for the posters and bags coming through your door in June 2009! Let's make next year's even bigger

and more successful!

I would also like to take this opportunity to thank Melanie Futer from the University of Nottingham for all her hard work, much of it voluntary; Leon Lewis and Nottingham City Council's Street Scene Team for their contribution and bag collecting duties; volunteers Elisha and Matthew Richardson, Peter Milligan, Becky Skinner and Carl Towner for their help on the day; Robert Howard for his generous donation of £600 from his Community Champions fund; the University of Nottingham for their donation of almost £400; and last, most importantly, all the students who donated their goodies.

**Nicci Robinson**



## The sound of drums!



If you thought that you heard the sound of drums coming from The Ear Foundation on Sherwin Road in Lenton one Friday afternoon this summer, you were not mistaken! It was part of a two day summer school for teenagers with cochlear implants. The Ear Foundation provides support to all cochlear implant users and to their families and professionals working with them.

Ten young deaf people took part in a range of activities including climbing on the high ropes at Thornbridge Outdoor Centre near Bakewell in the pouring rain and painting at Patchings Farm. In the evening we had a talk from an audiologist about cochlear implants and then team games. Unfortunately there was not too much time to sleep as there was a lot of chatting and catching up that needed to be done.

The last activity was drumming. Each young person and member of staff had their own drum and we spent a glorious hour drumming different rhythms at varying volumes



and also trying other percussion instruments.

The whole event was a great success with the drumming being everyone's favourite activity. Hopefully we didn't disturb people too much. We just wish that everyone could have witnessed how much pleasure and enjoyment was derived by these profoundly deaf young people from such a noisy activity.

**Cochlear implants** provide useful hearing for deaf people who get little or no benefit from a hearing aid. **The Ear Foundation** provides independent support, information and education for deaf children, young people and adults with cochlear implants, their families and their community-based professionals.

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## Once upon a time...

### New Lenton hillside before the present 1950s makeover

My generation must gawp at the lawns, the flowers, the trees, the high rise towers – the almost rural character of the New Lenton hillside. We had smog from the factory chimneys, hopeless gas lighting in the streets, the 'blackout' and ration cards.

We collected our rationed sweets from Mrs Watson on Rolleston Drive and had a new jumper thanks to Mrs Onions' haberdashery on Park Road (no central heating then!). There was Fred Ball the chemist at the corner of Willoughby Street and

Park Road and his father before him. There were 40 and more shops on Willoughby Street, our high street then, straight through from Castle Boulevard to Derby Road.

If you recall those years prior to the 1950s, would you like to meet with others to get some vivid recollections recorded? If you have since moved away from the area but are reading this article, please come also! An initial meeting, with a representative from Central Library, will be held at The Lenton Centre, Willoughby Street on

Wednesday 15<sup>th</sup> October 2008 at 12.30pm. Tea and coffee will be available. Please phone Marion on 9472233 or the Forum office on 9419525 for further information.



Working towards a better Dunkirk & Lenton that a broad range of people want to live and work in.

## Chinese Arts and Culture Experience



The Chinese Arts and Culture Experience (ChACE) is a voluntary group with the intention to facilitate Chinese and English cultural exchange and learning through the mediums of art and language experience.

ChACE aims to work in schools and local groups, with disadvantaged organisations and individuals to increase confidence, interaction and social involvement.

ChACE is funded by Nottinghamshire Community Foundation (NCF) to deliver 'A Taste of China – Arts and Culture 2008'. The programme offers workshop options such as storytelling, Chinese writing with brushes, paper cutting, Tai Chi, etc.

So far, other than workshops to individual groups, we have participated in the Volunteering Event at the Market Square on 7<sup>th</sup> July, where over a hundred people visited our stall, most of whom tried the Chinese brushes. We were also at the Beeston Carnival and Mellor's Lodge Summer Fair. With the quality of the project, ChACE has been short-listed as one of the top ten small grant projects of the year by NCF.



Tai Chi in Market Square

ChACE has recently completed a series of 5 Tai Chi sessions at The Lenton Centre and appeared again

at their Open Day on 7<sup>th</sup> September. Watch this space for details of upcoming events.

Please get in contact if you have any queries on Tai Chi classes and if your group is interested in arranging workshops with ChACE, again, please do not hesitate to contact me.

Do visit our website [www.chaceonline.org.uk](http://www.chaceonline.org.uk), call 07884261942 or e-mail [yuenming@chaceonline.org.uk](mailto:yuenming@chaceonline.org.uk) for more details about ChACE, and I



look forward to meeting you soon.  
**Connie Chapman, Chairperson**



## Councillor's Corner

We have been working with community activists in the Dunkirk and Lenton Branch Labour Party to see if the proposed development of accommodation for 500–550 students on the site of Dunkirk Fire Station can be used for much needed key workers instead.

At present, many of the people who help to keep our schools, hospitals and other public services running cannot find affordable accommodation near their place of work. We would like to see the housing needs of low paid hospital workers given some attention and are convinced that this is an aim which all the residents of Dunkirk & Lenton can unite behind.

We have also been working with local residents and Dunkirk & Lenton

Partnership Forum on issues such as the re-opening of the post office in New Lenton, supporting the production of appraisal plans for the New and Old Lenton Conservation Areas and the need for an Environmental Impact Assessment by the City Council before any proposal for any development in Old Lenton between Abbey Street and Leen Gate is considered.

We are delighted to see that Lenton Swimming Pool reopened in September, having been involved with the campaign to save it and we encourage everyone to go and use it. We are passionate about making Dunkirk, Lenton and Nottingham a great place to live for everyone.

**Cllr David Trimble**

**Cllr Zahoor Mir**

## News from the Blues



PC Ken Meller

**A**s the clocks go back and the dark nights draw in, we want to make sure your home is not a prime 'window-shopping experience' for a thief.

Turning on lights at 4pm without drawing curtains or closing your blinds gives any passer-by a chance to see inside your home, and take a look at what you have on offer.

Criminals on the hunt for an easy target are looking out for plasma screen TVs or DVD players, iPods, and game consoles including Nintendo Wii and Playstations, which can easily be seen through a lit window into a room full of valuables.

We would advise that you close blinds and draw your curtains before turning on the light. It simply takes a second and can save you from becoming a burglar's target.

Make sure you look in, even if you are going out. If your house is in complete darkness, it is obvious your home is empty. Set timer switches if you are heading for a night out or leave a radio playing. Using low energy light bulbs is also a cheap and effective way of leaving a light on without worrying about the cost.

Also, remember to lock your doors and close windows. A third of burglaries take place at insecure properties.

Now the students have returned to Nottingham and those both new and old will be sampling the delights the city has on offer, we are working hard to ensure they settle in within our community.

We have held meet and greet talks with them, offering crime prevention advice and discussed key issues that can sometimes impact on your lives; including excessive noise and alcohol-related violence.

We want them to feel welcome in Nottingham and by making their experience here a good one they could well become our permanent residents of the future.

Understanding the issues that matter to you remains our focus. By making your voice heard, either by attending a public meeting or contacting a member of your Safer Neighbourhood Team, you can make a difference.

To report anti-social behaviour issues, call the anti-social behaviour helpline on 9152020.

If you have concerns about your area, contact your Beat Manager on the following numbers:

- For Dunkirk call PC Ken Meller on 07792437324
- For New Lenton call PC Dave Silverwood on 07812215919
- For Hillside call PC Jez Shaw on 07792437344



PC Dave Silverwood



PC Jez Shaw

### "P AND J Hotel"

(Proprietors: Mr & Mrs J. Grandfield)

**A Warm Welcome in friendly Victorian surroundings**

**Single rooms from £40  
Doubles / Twins from £55  
Family Rooms from £75  
Serviced Apartments from £75 per single, £90 per double (daily)**

**S/t or l/t stay — rates negotiable.  
Fully furnished with full facilities**

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Free Car Parking**



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Nottingham NG7 2DP  
Tel: 0115 978 3998  
Fax: 0115 911 2425  
Web: [www.pj-hotel.co.uk](http://www.pj-hotel.co.uk)  
Email: [enquiries@pj-hotel.co.uk](mailto:enquiries@pj-hotel.co.uk)**

## Free Cycle Training in Nottingham!

The 'Cycling for Health' is an exciting new project which provides free cycle training to adults in Nottingham city and what's more, if you don't have a bike, we can provide you with one whilst you do the training. Even better, it's free too!

So if you have never ridden before, you haven't ridden for a long time or you just want to brush up on your skills we are here to help you become a more confident and safer cyclist.

### **Why Cycle?**

Cycling is good fun, it's a great form of exercise which can help to reduce the risk of all kinds of illness and it can help you lose and control your weight. What's more it can save you money compared to other forms of transport (think of the cost of petrol these days!) and it's good for the environment too – less road congestion, less pollution, less noise!

### **Why do I need to have lessons if I can already ride a bike?**

What most people don't realise is that there are very important hints and tips to help make you a safer cyclist, so whether you are cycling off road with the family or travelling to work in busy traffic, we provide free lessons to give you the abilities and confidence to make you a better cyclist.

### **How does it work?**

We have a team of experienced and qualified Cycling Instructors who will come out to give you hour-long lessons and teach you all you need to know. You can choose the times to book lessons and we have male and female instructors to suit your needs.

### **How do I apply for cycle training?**

If you have access to the internet, all you have to do is fill in the booking form on our website [www.ridewise.org.uk](http://www.ridewise.org.uk) or if you prefer to be sent a paper booking form please call the



Cycling for Health Hotline: 07791724548.

For more details on how to apply you can contact Co-operative Community Action or your local community Health Trainer, or the YMCA Well-being Centre.

### **Bike Donations – Please Help!**

If you want to give your old bike to a good cause, then look no further. We repair and recycle old bikes for the project so we can get people who don't have their own bike into the cycle training programme. We use the bikes for family events and open days so why not give your old bike a new lease of life!. Please call the Cycling for Health Hotline: 07791724548 or email: [cyclingforhealth@hotmail.co.uk](mailto:cyclingforhealth@hotmail.co.uk)

## Public art in Lenton

Children from Lenton Primary School were involved in designing public art which is now erected next to the Grove Road underpass. The art works are interpretations of key landmarks in Lenton such as the school, the railway bridge and the park.

On Monday 14<sup>th</sup> July three of the pupils involved in the project visited the Grove Road underpass to see their works of art. Pictured left to right are Kadie Grant, Petra Taylor and Sufyan Alidin. The 4<sup>th</sup> design was done by Sidrah Kausar who was not present on the day.

Earlier this year Groundwork Greater Nottingham worked with pupils to design the panels and four were then replicated in steel. The panels are now located on either side of the bridge, providing a long lasting link to Lenton Primary School that closed in July.



This art work was part of the Eyesores Project funded by the Neighbourhood Renewal Fund. Groundwork Greater Nottingham and Nottingham City Council have worked together in looking at how the area could be enhanced.

Councillor David Trimble said, "This installation will improve the appearance of the area for cyclists and pedestrians who use this walkway and who will appreciate the artistic skills of children from Lenton Primary School for many years to come."



The University of Nottingham

The University of Nottingham continues to work with the community of Dunkirk & Lenton. This academic year, working in partnership with the city council, we have sent a letter to the returning students' home addresses, detailing their responsibilities when living in the community. The letter reminds them of the diverse community in Dunkirk & Lenton and that they are part of that community.

It also asks them to be considerate to their neighbours, giving top tips on living off campus. The University runs the **Neighbourhood Helpline (8468666)** and investigates each call received, taking the appropriate action. If you require any more information about this or have any concerns please contact [melanie.futer@nottingham.ac.uk](mailto:melanie.futer@nottingham.ac.uk)

**Melanie Futer, Manager Off Campus Student Affairs**

## New to Lenton?

### A warm welcome awaits at the



Tucked away in Church Square shopping precinct, the Crocus Café is one of Nottingham's hidden gems

– an award-winning community café serving delicious food and drink at inflation-friendly prices. Main courses (including veggie lasagnes, curries and bakes) are only £3.50, while hearty homemade soups cost just £1.80!

Four years old on 25<sup>th</sup> October, the Crocus was named Best Veggie in the Midlands in the Observer

More than anything else, though, the Crocus is a warm and welcoming place to meet

others, and get stuck into some volunteering! From serving behind the counter, to shaping the café's future as a member of the planning group, there are always plenty of opportunities to get involved. Just email [volunteers@thecrocus.co.uk](mailto:volunteers@thecrocus.co.uk) to find out more, or give the café a call on 9505080.



Food Monthly Awards 2007 and has recently been nominated for a BBC Radio 4 Food and Farming award too! It was also part of the set for Shane Meadows' BAFTA award-winning film, *This Is England*, and has recently secured £10,000 funding from the National Lottery towards expanding its premises.



**Dunkirk & Lenton  
Partnership Forum**

*News from the Forum*

is produced by Dunkirk & Lenton Partnership Forum; edited by Philippa Walker; and printed by Parker & Collinson, Lenton. Opinions expressed within are not necessarily those of the Forum.

**Bloomin' marvellous banana loaf**  
Crocus' baking guru Alice Townend shares her recipe for a yummy Fairtrade Crocus treat.

**Ingredients:**

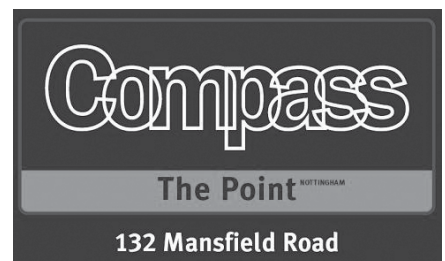
- 225g/8oz self-raising flour
- 100g/4oz butter
- 150g/5oz caster sugar
- 450g/1lb Fairtrade bananas (the softer the better), peeled and mashed
- 1/2 tsp salt
- 2eggs
- 175g/6oz mixed dried fruit

**Method:**

- Pre-heat the oven to 180°C/350°F/Gas Mark 4.
- Mix all the ingredients except the dried fruit together. You can do this in a food processor or by hand in a bowl.
- When the ingredients are thoroughly mixed, add the dried fruit. Spoon the mixture into a 1kg/2lb non-stick loaf tin, spread it out evenly and bake it for one and a half hours.
- The loaf is done when a skewer pushed into its middle comes out clean.
- Cool on wire rack and then slice to serve.

**'Not just a little old lady'**  
Illustrated talk by Maureen Jones  
And memories of Fred Ball of Willoughby Street  
Wednesday 8<sup>th</sup> October 2008  
at 7.30pm  
in the Hillside Club  
Plenty of parking  
For more details contact the Lenton Local History Society on 9703891  
Entrance charge £1.50,  
ALL WELCOME  
Next meeting, 12<sup>th</sup> November

## Drugs can cause problems



Drug problems can affect all people in different ways. You may have a problem with drugs or know somebody who is affected by the problem indirectly. It can be worrying and confusing to know the right direction to turn toward when looking for advice or help with a problem.

Compass is a confidential service working in your area to help people get the support that they need. We have a dedicated team of outreach workers who work in your area offering the advice, guidance and support a person needs to look at substance misuse problems.

If you do not have a problem but would like some advice or information about drug use also get in contact with us.

Contact the main office on 9114490 or contact an outreach worker directly on 07515996919 or 07919367815. Call or text. Drop call if you have no credit and we'll call you back.

If you think you need help or advice then please make the call.

## New Chief Executive appointed at The Ear Foundation

The Ear Foundation is delighted to announce the appointment of Sue Archbold as its new Chief Executive, with effect from 1<sup>st</sup> November 2008.

The Nottingham-based charity has led the way in helping young deaf children to hear and talk using cochlear implants since 1989. Now it has exciting plans for the development of its current activities with major national partners. This will help The Ear Foundation reach more deaf children, their families and their supporting professionals year by year. The successful appointment of a Chief Executive who is highly experienced in this complex field is a major step in ensuring the success of The Ear Foundation's plans.

John Atkins, Chair of the Board of Trustees, said, "We were delighted to receive a tremendous national response to our advertisement for the post, which reflects the standing in which the work of The Ear Founda-

tion is held. Sue's appointment recognises her major contribution to the national and international reputation of The Ear Foundation and the Board of Trustees looks forward to an exciting future for the Foundation under her leadership."

Sue Archbold commented, "We live in the most exciting times for deaf children and young people. The new hearing technologies provide greater opportunities than ever before for young deaf people to hear and talk. However, there are also great challenges in ensuring the new technologies are used successfully, and The Ear Foundation has a growing role in ensuring that the promise of the technology is fulfilled. I look forward to working with our many partners to support deaf children wherever they live."

For more information, please contact: Brian Archbold, Chief Executive on 9421985 or [brian@earfoundation.org.uk](mailto:brian@earfoundation.org.uk)

## ProHelp offer free professional advice surgery

On Tuesday 11<sup>th</sup> November from 12.30-5pm ProHelp is offering community projects the opportunity to book half-hour consultation periods with selected professionals to discuss any concerns or queries they may have with regards to their organisations. The event is being held at Pegasus Business Park (off J24 of the M1).

ProHelp is a group of professional firms who have formed to provide free professional services to voluntary and community organisations in their local area.

The expertise available on the day will include a range of solicitors, accountants, architects, surveyors, PR and Marketing Consultants.

If you don't have the funds to pay for professional advice, please call Ann Hilton at Business in the Community on 9247408 for an event booking form or email [ann.hilton@bitc.org.uk](mailto:ann.hilton@bitc.org.uk)



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[pdrees.com](http://pdrees.com)

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 978 1823



# Dunkirk Spirit



## Tenants & Residents Association of Dunkirk

We are still an active group so if anyone in the area has any problems that we could possibly solve for you, please do not hold back, come and join us on either the 2<sup>nd</sup> or 4<sup>th</sup> Friday evening of any month at the local Dunkirk & Lenton Community Centre from 7pm onwards. On the 4<sup>th</sup> Friday the Councillors and the local policemen hold

their surgeries so are also available for information and help.

We still have the games evening on these two Fridays every month. The cost is only 50p for an evening of enjoyment with tea, coffee and nibbles freely available. Why not come along and join us?

There are all kinds of games available to be used such as darts, cards,

table tennis, short bowl mats and plenty of boxed games, some old, some new to lots of people. Children under 8 years must come with an adult but all ages are welcome and we look forward to meeting you.

For more details please telephone 8461404 or 9149382.

Betty Sheldon (Secretary)

### Events Programme for Dunkirk & Old Lenton Community Centre

#### Monday

Over 60s

Luncheon Club 10am–2pm

#### Tuesday

Notts Cine &

Video Club 7.30–10pm

Karate with Slim 6–8pm

#### Wednesday

Chattertots (come and join in with your 0-5 year old) 1.15pm-3pm

#### Thursday

Karate with Slim 6–8pm

#### Friday

Tai Chi

with Ken Twist 1.45–3.15pm

TRAD Games

Night 2<sup>nd</sup> & 4<sup>th</sup> Fridays 7pm

#### Saturday

Ninjutsu with Kim 10am–1.30pm

#### Sunday

Catharine Wheelers

Square Dancing 8-10pm

Alcoholics Anonymous 7–9.30pm

Dunkirk & Old Lenton

Community Centre,

Old School, Montpelier Road,

Dunkirk NG7 2JW

Tel: 0115 9790770

For room bookings phone

June Kirk on 0115 9149382

## Dunkirk Fun Club

Just in case you haven't heard of us, we are a well-established out of school club, providing fun activities and outings in a safe and caring environment, and run by experienced, fully-qualified staff.

We are situated within Dunkirk Primary School, where we provide breakfast and after school clubs for 3 to 11 year-olds, and lunch club for 3 & 4 year-olds. We can pick up from other schools in the area, using our minibus, and bring children to our after school club.

We also run a holiday club, again for 3 to 11 year-olds, for most of the school holidays. (See below for details and how to contact us).

#### October Half Term

The next holiday club will run from 27<sup>th</sup> to 31<sup>st</sup> October 2008. As Hallowe'en falls on this week, we will

be doing some creepy activities involving spiders, bats, etc as well as visiting Megabowl and one of the city's museums, such as Nottingham Castle or Wollaton Hall.

#### Volunteers

Would you like to volunteer a few hours of your time to help us here at Fun Club? You could share a special skill you may have, during after school club or holiday club, or sit on our Management Committee. They meet once every half-term for just a couple of hours. Fresh ideas and input are always welcome!

#### How to contact us

You can telephone on 07984 094084 or 07985626339 or you can e-mail us at [funclub@dunkirk.nottingham.sch.uk](mailto:funclub@dunkirk.nottingham.sch.uk). Visit our website at [www.dunkirkprimary.com](http://www.dunkirkprimary.com) and click on childcare.

P&C Advert to go here

# The Lenton Centre

## Swimming pool is open!!

Finally, after many months of patient graft, the swimming pool is now open again! Yipee! What a fantastic feeling! All we need to do now is use it and enjoy it!



We are continually developing the pool timetable and activities at TLC and refining them in response to demand, e.g. possibly adding an early, early morning swim session. So please help us help you by letting us know what you want. *Thanks!*

### Public pool sessions...

#### Morning Swim

Mon, Wed, Fri 8–9am

#### Adult Swim (16yrs+)

Mon, Tue, Thu, Fri 12.15–1.15pm

Wednesdays 5.30 – 6.30pm

Wednesdays 7.30–8.30pm

#### Women Only Swim (16yrs+)

Fridays 9–10am

#### Aquafit

Wednesdays 2.30–3.30pm

#### Family Swim (Parents & Children)

Tuesdays 4–5pm

#### Parent & Toddler

Wednesdays 9.15–10.15am

#### Splash Session (8-16yrs)

Thursdays 4–5pm

\* Pool timetable is subject to change

### PRICES...

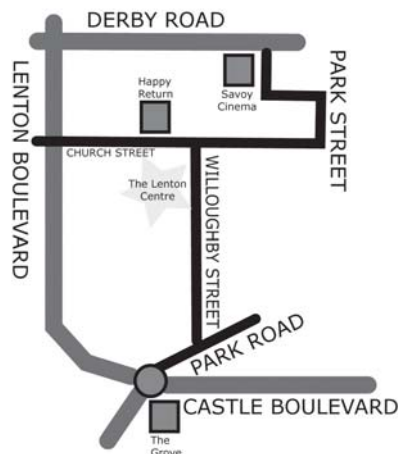
Adult Session	Swim	Gym	Swim & Gym
Month	£3.60	£4.60	£5.60
Month	£18.00	£18.00	£24.00
<b>by SO</b>			
Uni term	£15.00	£15.00	£20.00
Holiday top-up	£35.00	£35.00	£45.00
	£10.00	£10.00	£15.00
<b>Family (2 adults &amp; 3 children)</b>			
Session	£9.00	-	-
<b>Child</b>			
Session	£1.80	-	-
Month	-	£5.00	-
		Jnr Gym	
Under 4s	Free	-	-



Quackers is the fantastic new swim school based at TLC offering traditional swimming lessons from aged 6 months to adult.

For more information see: [www.quackers-swimschool.co.uk](http://www.quackers-swimschool.co.uk) or call Charlotte on 07522541214

Not found TLC yet?  
...then come and have a look!



### Current activities at The Lenton Centre

#### Gym

Weekdays 8am–8pm

Sat mornings 9am–noon

#### Women only Gym

Wed & Fri 1–2pm

#### Therapies

Contact reception for details

#### Pilates – beginners & advanced

Tuesdays 6–7pm and 7–8pm

#### Circuit Training (50+)

Wednesdays 2–3pm

#### 'Club Run' (Free - just turn up)

Tuesdays 6pm

#### Yoga

Wednesdays 6–7pm

#### Belly Dancing

Saturdays 11am-noon

#### Wing Tsun

Mon & Wed 6.30–9.30pm

#### Self Defense (4 week mini series)

TBA - give your name to Reception

#### THBC Parish Nurse (just pop in!)

Tuesdays 10–11am

#### Irish Dance Classes

(new dancers welcome)

Saturdays 9.15–10.15am

#### ACTIV8UTH

#### Fit2Eat

Mondays 5–7pm

#### Work IT

Wednesdays 3.15–5.30pm

#### Fusion

Thursdays 3.15–8pm

#### Tactic Beat

Saturdays 11am–1pm

#### The Park Day Club

Wednesdays 9.30–11.30am

#### SureStart 'mixed bag' for under 5s

Tuesdays 1.15-3.15pm

#### Muslim Community Luncheon Club

Fridays 1–3pm

#### Flats Breakfast

Thursdays 10am-noon

#### Local Food Co-op

Wednesdays Noon–2pm

#### Castle College English Class

Wed & Thu 1–3pm

#### Local Councillors' Surgery

2<sup>nd</sup> Tue of each month 6.30–7.30pm

### VOLUNTEERS WANTED!

If you fancy volunteering at TLC, then please get in touch by email [volunteer@thelentoncentre.org.uk](mailto:volunteer@thelentoncentre.org.uk) or via TLC Reception.

Room Hire (meetings, parties etc)

Call 9412422 to book

The Lenton Centre

Willoughby Street, Lenton

Nottingham NG7 1RQ

[reception@thelentoncentre.org.uk](mailto:reception@thelentoncentre.org.uk)

[www.thelentoncentre.org.uk](http://www.thelentoncentre.org.uk)

