

NEWS FROM THE FORUM

The Newsletter of the Dunkirk & Lenton Partnership Forum No.41: April 2008



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**Dunkirk & Lenton
Partnership Forum**

Community Festival

Saturday 7th and
Sunday 8th June 2008
Look out for posters and
more information nearer
the time!

Spider Park faces a better future

In the last edition we reported on the consultation event the Forum had organised to find out what people wanted for Dunkirk's park.

We are delighted to report that progress is being made with the support of the City Council and Councillor Dave Trimble. It has been agreed that a landscape architect will be employed to work with the Forum and residents to draw up a plan for the park and that this will be done by June.

The Forum will be keeping residents informed about progress and establishing an ongoing consultation or friends group for the park.

The Area Committee has agreed

to release some funds for the actual improvements, with some additional fundraising via the Forum. In the meantime, the Area Committee has also agreed to pay for some emergency improvements to make the park usable in the interim. A big thank you goes to Darren Tattersall and his team for getting on with the work so promptly!

At the time of going to press the fence has already been repaired and painted, the bin has been replaced and the new bark has been delivered as you can see in picture above.

Watch out for more news and pictures in the next edition.



Spider Park before the repairs

IT'S NOW OR NEVER FOR THE LENTON SWIMMING POOL!
And we need your help please. Turn to page 19 for the full story...

*The
Lenton Centre*

Dunkirk & Lenton Partnership Forum

Registered charity number 1119337

Rose Cottage, 1a Lenton Boulevard, Lenton, Nottingham NG7 2ET. Tel/Fax: 0115 9419525

Email: forum@dunkirkandlenton.co.uk Website: www.dunkirkandlenton.co.uk

INFORMATION



A healthy start to the New Year

As publicised in the last edition, the Forum organised an Older People's Health Event with The Lenton Centre and Care Link.

Everyone who came got the chance for free health checks, hearing health checks from David Omerod hearing centre, information about lots of different aspects of health, taster mas-



sages, exclusive use of the gym, a chance to try belly dancing and a great relaxa-

tion workshop to finish off the day.

Lunch was provided by the Crocus Café and the day was deemed a

great success by all those who attended. People entered a prize draw by filling in the evaluation form and several won prizes, including free membership of The Lenton Centre gym. Hopefully it was a good kick start

to the year and will keep us all healthy for 2008!

Dunkirk Day of Awareness and Action

Following on from the success of the Lenton day of awareness and action, Melanie Futer from the University of Nottingham and Louise Green from the Students' Union organised a similar event in Dunkirk. This took place on 6th February and included a community clean up and information being delivered to 1000 households. Over 80 volunteers were involved and DOLCA cheerfully kept everyone in tea and cakes for the day! The day was felt to be a great success and there was an obvious improvement to the area.

Cheap theatre tickets

The latest productions available under the Hothouse scheme are:

- "On the Waterfront" – Monday 21st April 2008 at 7.45pm

Directed by Steven Berkoff, this is a classic story of 1950's New York, the Mob and the guy who "coulda been a contender".

- "Breaking the Silence" – Monday 19th May 2008 at 7.45pm

By Stephen Poliakoff, this is an exuberant play about a family of Russian immigrants fleeing the revolution.

- "Tom's Midnight Garden" – Friday 20th June at 1.30pm or 7pm

The classic children's tale, enchanting for children of all ages.

Tickets cost £6 each. Please contact the Forum office for more details or to reserve seats.

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 Dunkirk & Lenton
Partnership Forum

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

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 Lenton Recreation Ground 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.

How to contact us

The office is open to callers on 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

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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

Lenton Recreation Ground Consultation Group

The consultation group continues to meet every quarter to work with the Parks Department to ensure all the hard work completed in the last few years does not go to waste.

The new management plan has been finalised and was presented to the group at the last meeting. This includes plans for developing a peace garden, introducing bike racks, increasing the wildlife on the park by introducing bird and bat boxes and encouraging more use by local schools.

The Group will be monitoring the implementation of the plan. A full copy of the plan as well as more details about the Group is available from the Forum office.

Stop press! Stop press! Stop press!

The next Housing and Environment and Community Safety working groups are taking place on Tuesday 22nd April at 2pm and 3pm respectively. Both are taking place at The Lenton Centre.

Come along and meet with representatives from Notts Police and the City Council and tell them what the issues are in your area!

Advance notice – the Community Festival returns

We are planning on holding the Community Festival on Saturday 7th and Sunday 8th June. Put it in your diaries and if you want to get involved in organising it or activities on the day, let the Forum office know. Look out for posters and mailshots during May!



New Lenton Post Office closed

As most of you will know, the New Lenton Post Office was amongst many across the country earmarked for closure.

There has been a great deal of unhappiness at the proposed closure and many people signed the petition, alongside letters of protest that went from the Forum and many other organisations in the area. A final attempt to voice our frustration took place on 25th February with a demonstration outside the post office, organised by the Students' Union and the Forum (pictured).

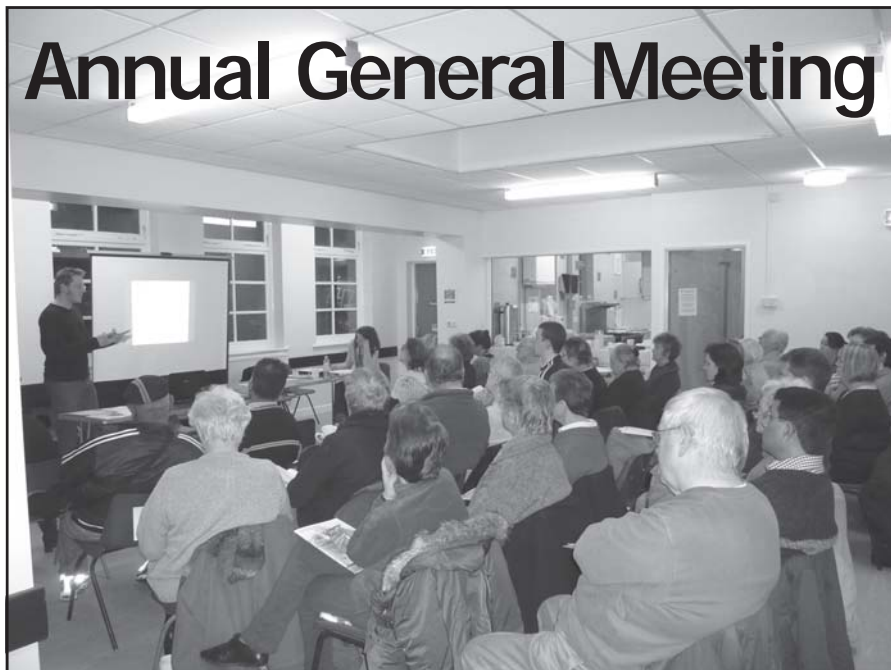
There was a good turnout, we collected well over a hundred signatures and gained a lot of support from passing motorists. Our local MP, Alan Simpson came along to support the protest and pledged his support to keep fighting the closures.

Sadly the New Lenton Post Office closed its doors for the final time on Friday 7th March. The Forum would like to take this opportunity to thank Mr Hussain (Sub Postmaster) and Mr Sharma - along with the Post Office, they will both be missed.



INFORMATION

Annual General Meeting



Another year has gone by and the Forum held its Annual General Meeting in January at The Lenton Centre to consider its achievements and to look towards the next year.

On the agenda this year was the proposed incorporation of the Forum to become a company limited by guarantee. This was proposed as it gives the management committee

more legal protection and also allows the Forum to grow and take on contracts of its own. It was overwhelmingly agreed by everyone who attended that this should be the way forward. The Executive Committee is now working towards this to be in place early in the next financial year. Copies of the annual report are available from the Forum office.

Access to learning and skills

The Forum was delighted to be awarded some money from the Nottinghamshire Community Foundation to be able to set up a learning project in January.

This project is designed to work with people who maybe have few qualifications or have been out of work for a while and lost some confidence.

Lynda Lally (pictured) is working with us as our Learning Champion and is here to provide you with support and advice on training courses and other learning opportunities.

She is also running a drop-in at OSCAR every Thursday between



1pm and 2pm and has organised a couple of courses around Food and Mood and Healthy Eating.

To find out more, contact the Forum office or e mail learningchamp@dunkirkandlenton.co.uk

Tommy's

by Simon @ Digby Court

Tommy's is not just a place to get a tater!
You'll always find love, they'll never hate yer
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They let you do things that you want to do
Religion is never rammed down your throat
Just come in and take off your coat
The atmosphere's never imposing
And nobody in Tommy's sticks their nose in!
It seems that the list never ends
But it's a really good place to make friends.
I've only lived here for a year
I'm so glad that Tommy's were here!

Want a cheap, filling lunch and a chance to chat to other people?
Come to

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Mondays & Tuesdays
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Jacket potato, cheese & beans
80p adult, 60p child
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Free tea, coffee, squash at
Thomas Helwys Baptist Church,
Church Street, Lenton
(opposite the flats, next to Edna G Olds school)
also on Tuesdays is a Baby & Toddler group from
10-11.30am
and service of prayers for healing & wholeness from
12.30-1pm
Volunteers enjoy it too – would you like to be one?
Phone Christine on 8470708
www.thomashelwysnottingham.org.uk

A word from the chair

I would just like to start by saying how proud I am to have been elected to chair this organisation (despite a last minute challenge at the AGM). I have had twelve years involvement with the Forum and feel very strongly that it has much to offer to the community and even more issues to tackle in the future.

This edition of the newsletter contains a four-page guide to healthy heritage walks in Lenton and the surrounding area produced by Robert Howard, local Historian and long-term resident of Lenton. We look forward to seeing groups of people visiting the area to see the sights!

The Post Office on Lenton Boulevard has sadly now closed. Requests for support from the city council were rejected despite local protests. Even Parliament has voted against a review of the closure process and the situation seems bleak. See page 3.

More positive news on page 19: the swimming pool to re-open at The Lenton Centre (hopefully!). Another object of several campaigns in the area it will be fantastic to actually see it back in use again. It is a fabulous asset for the whole community and we need to use it or lose it!

Lesley Fyffe

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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 inc. Old Lenton (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

Neighbourhood Wardens: 9152020

Fire Service Emergencies: 999

Home safety checks and smoke

alarm service: 9421600

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/

Drug 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: 9156798/6170

For environmental issues

Dog Wardens: 9156123/6170

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 Cleaning: 9156666 / City Contract

Works: 9152000 or contact:

www.nottinghamcity.gov.uk/waste

• 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

Other Numbers:

Social Services: 9155500

(Out of hours emergencies: 9159299)

Education Department: 9150800

Early Years & Childcare: 9150773

Trading Standards: 9507910

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): 9151398

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.



Dunkirk & Lenton Partnership Forum accepts no liability for any problems relating to the purchase or use of goods or services advertised in this newsletter. The Forum does not necessarily endorse the companies, organisations and individuals advertising with us, and inclusion of an advertisement in the newsletter does not constitute a recommendation.

Tender Loving Childcare

Pre-school children at the TLC day nursery within Nottingham University campus enjoyed a fun-filled day by dressing up as pirates and princesses and had an exciting time taking part in a treasure hunt around the nursery to promote the launch of the Book Start Treasure Chest.



Here are the little pirates and princess (above picture)

Kerry Myles
Assistant Manager, 9229117

Unipol Student Homes Nottingham

As many of you will already know, October 2007 saw the opening of Unipol Student Homes' Nottingham Accommodation Bureau on the University of Nottingham's main campus.

Unipol is a national student housing charity based in Leeds and has some 30 years experience in student housing. It also operates a national code for Large Developments, such as those found around Nottingham.

With financial support from Nottingham City Council, the University of Nottingham and the Students' Unions of both Nottingham universities, Unipol have been contracted to improve the quality of student housing in Nottingham by providing a central database of student vacancies and taking over the running of the council's accreditation scheme. The hope is that this will assist students in finding good quality accommodation and make it more difficult for poor quality landlords to let their properties.

In the short period Unipol have been operating in the city, significant strides have been made towards achieving the two core objectives. By mid-February 2008 the Unipol Nottingham website had displayed a total of 13,000 bed spaces and more

than 300 landlords had registered to use the site. These landlords have already benefited from a wide variety of services including feedback on market data (via Owners' Briefings), access to an online tenancy agreement generator and case specific advice from the Unipol Nottingham team.

Amongst students the site has also quickly become a recognised source of information on housing, with over 70,000 property searches being made in the first 4 months of the site's operation.

A number of significant developments have also taken place with regard to accreditation. Firstly, Unipol has joined forces with DASH (Decent affordable and Safe Housing) to develop the Unipol DASH Code and this is currently being reviewed in consultation with a wide range of stakeholders.

Secondly, Unipol has moved away from accreditation of individual properties, to accreditation of individual landlords. This new approach means that the Nottingham team will be able to cover a far greater proportion of the Nottingham student accommodation market, whilst at the same time, through random sam-

pling, maintaining the robustness of the scheme. Inspections are progressing well with over 200 having taken place within the first 4 months of operation and to date approximately 50 landlords have become fully accredited under the new scheme. Managing agents are also catered for in the Unipol DASH Code through a separate declaration.

It is anticipated that the Unipol website will become the primary source for students looking for accommodation in Nottingham and, through continual review, the Code will be an effective mechanism for improving standards of student accommodation in the city.

Alongside this work, Unipol will also be working closely with Students' Unions from both universities, to ensure that students are fully aware of their responsibilities as good tenants and members of the wider community. The organisation will be consulting the local community on student housing issues that affect them and where appropriate will be attempting to broker solutions.

If you want like to find out more about Unipol please visit www.unipol.org.uk/nottingham or telephone 8468599.

Looking ahead to summer!

If you are over 60 and looking for something a little bit different to do this summer we have just the thing!

Care Link is a registered charity based in Lenton and Dunkirk and we work exclusively to provide services for the over 60s.

We are a small organisation and pride ourselves on running fun, friendly and accessible services for everyone, all year round with lots of help with all the things that matter and as much tea as you can drink!

All year round we run weekly day centres in both Lenton and Dunkirk offering a chance for a small cost to meet other local people, fun, games and a hot meal.

We also offer a Free Prescription Collection and Delivery Service to enable you to have easier access to the medication you may need at home and the Link Up Plus Scheme where we can link you with a volunteer visitor who will come and visit you once a week or so for tea and chat. As well as this we run an annual holiday, social events, trips, outings and all sorts of one offs you can join in with.

You can count on us to be there for you all year long but in the summer we really try and raise our sights, get out and about where possible and simply enjoy ourselves in the sun - if there is any that is!

Come and try our day centres for a chance to enjoy a delicious cooked meal, access to help and advice with benefits, wills, legal matters, hair-dressing (coming soon) and picnics and trips.

Of course there is lots of fun to be had with all sorts of activities on offer too!

Our Link Up Visitors help us to get you out and about more and our Prescription Scheme makes sure that you continue to receive your medication and regular visits no matter

how hot it gets out there!

Last year we enjoyed days out to Skegness, Harry Ramsden's and we took a leisurely cruise down the Trent. We also visited the Memorial Gardens on the Embankment and had fun in Matlock and Louth.

A schedule of events and plans for the upcoming months is displayed at Thomas Helwys in Lenton, the Community Centre in Dunkirk and is also available by request from the Care Link Office.

Events are open to all aged 60 + and we welcome new users. Everyone coming for the first time in April, May and June can try one session at our day centres and receive free tea and cakes!

We are always happy to give more information about what we do. If you would like to know more please give Aisha a call on 9412499.

Farewell from PC Kev Wakerley

After nearly four and a half years as your local Beat Manager I am leaving Dunkirk to work on more general policing duties from the Meadows Police Station on 1st April.

My duties will now include responding to incidents and patrolling the whole of the Meadows and Clifton area as well as yourselves on a 24-hour shift rota.

I will still no doubt see some of you from time to time and I am sure it will not be unprofessional of me if I pay the Dunkirk area that little bit of extra attention when I can, especially night patrols.

My replacement will be PC 1644 Ken Meller who has worked alongside me at the Meadows covering the actual Meadows Beat for the last



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three years. He is an experienced officer who has some knowledge of the area already to which I will add before he takes over. He will continue to use the same phone I currently have which is **07792437324**.

I have enjoyed my time at Dunkirk but feel ready for a change of scene. I would like to thank everyone for their assistance and support over my time at Dunkirk and I am sure I am leaving you in capable hands.

PC Kev Wakerley



Forum Community Celebration



The idea behind the Community Celebration was to recognise all the great activities that go on in Dunkirk and Lenton as well as our local residents. We've had a few community type awards in the past but this year there has been a fantastic response to requests for nominations.

The full list of winners (available from the Forum office) shows that

there are a great many unsung heroes in Dunkirk and Lenton who quietly go about making the area better in small ways. We've really welcomed the opportunity to be able to say thank you to all of these individuals.

A selection of Community Award Winners 2008

- Tony Wealthall (resident, Lenton flats) for supporting and helping neighbours and other residents in the high rise flats
- Andrew Cartwright (Dunkirk Angling & Conservation Group) in recognition of his conservation work and raising the profile of Dunkirk pond
- Dunkirk Fire Station for their involvement with many Forum activities, most recently bulb planting at Dunkirk park
- Amelia Atkin in recognition of voluntary work at the 2007 Community Festival and recent involvement with youth issues in the area
- West Area Project for helping with bulb planting at Lenton Rec'
- The Lenton Centre staff and volunteers for their efforts in getting the centre re-opened
- Deloris Barnes for her work in the voluntary sector over the past 25 years supporting people with sickle cell anaemia
- John Howarth (resident at Lenton flats, pictured) for being kind, caring and a very helpful young man
- June Kirk for working untiringly to ensure the Dunkirk Community Centre is kept open and benefits many different groups
- Care Link Day Centres for really caring and being full of nice people



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New reduced price. 07971 774458
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www.silveroak.co.uk

Look after our trees, please

Please look out for and look after the trees in the area. We breathe because of them and we do not live in a concrete jungle because of them.

Why this? Over the last ten years the area, for one reason or another, has only lost trees.

They have been blown down by storms and they have not been replaced. They have been felled so that CCTV cameras can see all around, and they have not been replaced.

The last one to go, I believe, was the one that used to be outside the Bag o' Nails. It has not been replaced.

I have been 'onto' the council for years about tree planting and have got nowhere. We should not just walk by as trees get chopped down for dubious reasons while replanting isn't happening. Perhaps if more of us are concerned some can be planted to make up for the lost ones.

Robert Massey

News from Lenton Primary School

As part of a project with the British Council promoting international links in Education, Miss Amber Latif, Head Teacher, Mrs Joanne Slattery, Deputy Head Teacher, and Claire Evans, Deputy Head Teacher at Greenwood Junior School used their Spring half term holiday to return the visits to the Lebanon funded by the British Council and the Lebanese schools.

Since our school is a multicultural school with quite a high number of Asian children and we teach French, Miss Latif was particularly interested in the language teaching in the Lebanon where they teach English and French. Miss Latif also wanted to look at the integration of Christians and Muslims in the Lebanese system.

The school chosen for our party was a Muslim school with 1400 children aged from 3 to 18. It was a 5 storey marble building with the infants on the ground floor and the young adults on the top floor. Miss Latif took work about Robin Hood and Nottingham from the English children.

The school day started at 7.30am and finished at 2.00pm with a break at about 11.30am for Lebanese breakfast - filled croissants or bread and fillings. So, it was an early start for our teachers on the day after arriving. They discovered that the pupils made a choice about whether they would learn French or English when they entered the school at the age of three and then all the lessons were delivered in that language with the exception of Arabic lessons and lessons on the Koran. This total immersion in a foreign language showed some impressive results.

Although this was a public school the teachers sponsor some places for children who have lost someone close

to them through war. Tensions within the society were easy to see with a very visible military presence on the street. An assassination in Syria brought an early close to the visit with teachers returning home a day early. There was no teaching about other faiths in the school, or in the Christian schools visited by other members of the party.

Teaching a second language by total immersion in the language every day produced some phenomenal successes. Miss Latif said that the high level of qualifications, of teaching and enthusiasm was impressive as was the management by the Principal and her team, of such a large establishment.

All subjects and all year levels had a very strong departmental head and the teachers seemed dedicated, highly educated in their specialist subject while being highly efficient. It was felt among the group that Britain is well ahead with multi faith schools and multi ethnic education.

The visitors felt the teachers in Britain were fortunate in the support and training they receive, and the conditions of service they enjoy. The visit to the Lebanon demonstrated that it is possible to integrate all stages of education. This provides continuity for the children since they move up the school with familiar faces and the same peer group.

As many of you will know Miss Latif has left Lenton to take up a post at Greenwood Junior School, where the project will continue. The Governors were delighted that Miss Latif had secured the post at Greenwood. She will continue to keep in touch with us in the last term. We have appointed Ms Mary Marshall as Headteacher for the summer term. The Governors felt

that she would guide the school to the final closure with sympathy and understanding and we thank Miss Latif with all our hearts for her support and dedication she has shown to our school.

Some highlights in a much crowded term include:

- Dance classes for classes 2 and 3 as part of the Physical Education curriculum.
- Open Wide Theatre from London performed "The Pied Piper of Hamlyn"
- "Footprint Theatre", favourites with the children, performed "The Easter Story", set in Beirut. In April they will perform "The Selfish Giant".
- In March classes 3 and 4 visited the Castle Museum

In addition, class 4 took part in the all-schools Sportshall Athletics at John Carroll Centre. The numbers we field are too low to compete properly but the children do very well.

On the 2nd April years 3,4,5 and 6 went on a residential for two nights Peak Adventure in Derbyshire.

Still to come there will be the usual sports festivals for the end of the summer term. There is a whole school outing at the end of term to Drayton Manor Park on 7th July where pupils can enjoy the zoo, the hippos and the fairground rides. Let's hope nobody gets sick!!!

To end the year and to celebrate the closure of the school for the children there will be a Victorian Toy Theatre production for the children, followed by a whole school picnic for all the children, staff and parents at Highfields Park or in school depending on the weather.

Pat Shaw - Open Day news on page 13

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

News from the Blues

Police are continuing to tackle crime by arresting offenders and working with residents to address issues that matter to improve your quality of life.

Over the last few weeks we have seen a burglary hotspot developing around Lenton Boulevard, between Derby Road and Castle Boulevard roundabout.

Burglars have mainly got into homes through a back door or window overnight, with six homes being targeted between 18th and 27th February 2008.

Thieves look for easy targets or ways to get inside a property without being noticed. Your vigilance could make all the difference in stopping others from becoming victims of crime.

Burglary across Nottingham is declining but there are a few steps we would ask you to take to reduce your chance of becoming a victim:

- Ensure your doors are locked to prevent a burglar from simply 'walking in' to your home
- Close your windows when you go out and always ensure valuable items are not left on view or within easy reach

- Look in when you're out – use a timer switch to make your lights come on at night
- Set your burglar alarm
- Remove keys from view and don't leave them in the lock or on a hall table
- Draw curtains or close blinds to prevent your rooms from being visible to anyone outside
- Visit www.immobilise.com to register your items on a free property registration site
- Arrange a visit from a SmartWater representative to security mark your items by calling 9153701
- Ask for proof of identity before letting anyone into your home
- Consider joining your local Neighbourhood Watch Scheme
- Contact Crimestoppers, anonymously, on 0800555111.
- Vehicle owners are also reminded to remove all items from display. It only takes a second for a thief to smash a window and make off with goods such as satellite navigation systems and mobile phones left on view. Even an old coat could be a temptation to a criminal.

Reduce your chances of becoming a

victim by leaving valuables at home or take them with you when you leave your vehicle.

We will do all we can to make Dunkirk and Lenton a safe place to live, work and visit and by working together to protect you, your homes and your vehicles, we will continue our crack down on crime.



Contact the Beat Managers with your concerns on the following numbers:

- If you live in Dunkirk contact PC Ken Meller on 07792437324
- If you live in New Lenton contact PC Dave Silverwood on 07812215919
- If you live in Hillside or Old Lenton contact PC Jez Shaw on 07792437344

In the event of an emergency or crime in progress, please call 999. To report a crime that has already happened call 9670999, and to report information anonymously, call Crimestoppers on 0800555111.

The Nottingham Croquet Club

Looking ahead to the summer, the Nottingham Croquet Club are holding an Open Day on the afternoon of Sunday 18th May, on their lawns at Highfields (between the lake and University Boulevard). Both women and men, adults and youngsters (with ages in double figures) are welcome. There will be a demonstration game and a chance to hit a ball through a hoop yourself.

The Open Day will be followed by Beginner's Coaching on Saturday

24th May, which continues on Tuesday evenings from 27th May for six weeks. For further information, please e-mail secretary@nottinghamcroquet.org.uk or ring Ian Vincent on 9253664.

The Nottingham Croquet Club, which plays in Highfields Park, has had an unusually successful season. The Nottinghamshire Inter-Counties Croquet team, most of whose squad of nine players are members of the club, was short listed for the Amateur Team of the

Year award at the Nottinghamshire Sports Review of the Year, having won the national title for the third year running.

Even more spectacularly, four members of the club were selected to play in the recent World Championships in New Zealand. Of those, three got through the preliminary blocks to qualify for the knock-out stage and two of them reached the last eight. For further information, please e-mail secretary@nottinghamcroquet.org.uk.

Omega 3 - what's all the fuss about?

Fish has been heralded as an essential part of a healthy diet because of the positive health benefits that it can impart. This comes from the omega 3 fatty acids that it contains, however it is not any fish but oily fish which is a major source of omega 3 fatty acids.

Omega 3 fatty acids are part of our essential fatty acids (EFA) that are needed for many bodily functions and processes. As our body cannot produce them they must be obtained from dietary sources.

The Omega 3 are Eicosapentanoic acid (EPA), Docosohexanoic acid (DHA) and Alpha-linolenic acid (ALA); EPA and DHA are found mostly in fish and ALA is found mostly in plants foods. Our bodies convert ALA into EPA and DHA which is more easily absorbed by the body.

Research shows that there are a number of health benefits from a rich intake of omega 3 fatty acids:

- Lowers blood pressure
- Reduces the risk of strokes and heart attacks
- Makes blood less sticky therefore less likely to form clots
- Raises good HDL cholesterol
- Reduces blood triglycerides
- Reduces symptoms of arthritis
- Reduces inflammation
- Necessary for normal brain function and development
- Less depression and Alzheimer's
- Helps with weight loss
- Reduces the risk of cancer



The food standards agency currently recommends that we eat two portions of fish per week, one of which should be oily. If you have heart disease the NICE guidelines suggest that you should be consuming 2 – 4 portions of oily fish per week.

Sources of Omega 3

VEGETABLES

flaxseed oil
soybean oil
wheatgerm
purslane
walnuts
tofu
citrus fruits
pecan nuts
hazelnuts
sesame seeds
Columbus eggs
green leafy vegetables
mungo and kidney beans
pinot and lima beans
melons and cherries

FISH

sardines
mackerel
salmon
herring
kippers
pilchards
fresh tuna
sprats
whitebait
anchovies

There are also a number of fortified sources of omega 3 fatty acids, such as bread, juices, meal bars and margarine.

For those of us who are vegetarian or vegan or those who don't like oily fish as you can see from the chart there are good plant sources of omega 3 fatty acids.

So with all these health benefits it is time to increase our intake of omega 3. Why not try some of these quick ideas:

- Garnish salads and pasta with sesame seeds and walnuts
- Steam, grill and bake oily fish with roasted vegetables
- Use salmon or mackerel to make fish cakes
- Stir fry vegetables with tofu
- Use tinned mackerel or sardines on toast or in a sandwich for a speedy lunch
- Make hummus and salad sandwiches
- Add 1tbsp flaxseed oil to dhals and vegetables (this oil is very delicate and should not be used for cooking)

Looking to do something a little different?

- Do you want to make a difference to the life of an older person in Nottingham?
- Are you kind, caring and prepared to give a little of your time?
- Do you want full training (if needed) support and to be part of a lively, diverse team of people?

Care Link is a registered charity based in Lenton and Dunkirk and we work hard to provide a range of services for the over 60s. We are a small organisation and pride ourselves on running fun, friendly and accessible services for everyone, all year round. These include Day Centres, a befriending scheme, a prescription service and various trips, outings and one off events.

All of our services benefit hugely

from the work of our dedicated volunteers and we are very lucky to be able to offer good opportunities for people to really make a difference. Some of our volunteers have been with us for years and come each week for several hours, others come for an hour once a week and others help out at special events and one offs!

The work of each of these people is vital to what we do and without them Care Link would not be able to continue.

We have volunteer openings for all types of people across all of our services and provide full training, ongoing support and expenses.

If you would like to know more please contact Aisha on 9412499.

Small Steps Food Co-op

Seasonal, locally produced
fruit and vegetables

Only £3 per bag

Every Wednesday
12-2pm
at The Lenton Centre

Dunkirk and Lenton
Partnership Forum
working with
Crocus Cafe,
The Lenton Centre and
fig (food initiatives group)

For more information
contact Fiona at the
Forum Office on 9419525 or
email
cew@dunkirkandlenton.co.uk



Lenton ladies with their vegetable bags at the inaugural Small Steps Food Co-op
Photo Robert Howard

Lenton's Estate Agent

Sales, Lettings & Management

Free Valuations
No Sale — No Fee

Supporting:



Guide Dogs

m-s
estates

59 Lenton Boulevard, Lenton,
Nottingham NG7 2FQ.
Tel: 0115 9120061
Click: www.ms-estates.co.uk

Members of:



Lenton Gift of the GAB

Grab A Bag Event Saturday 14th June 2008 @ The Lenton Centre

Put this date in your diaries – it will be the bargain event of the year! With table top fridges, clothes, stationery and other essential items available, you simply can't afford to not be there!

This brand new event, a partnership with The Lenton Centre, The University of Nottingham and Nottingham City Council's Street Scene, will make use of all the discarded students' goods at the end of academic term, by redistributing them to the community of Lenton.

Any goods, including dry and tinned foods, stationery, small electrical and furniture items and lots of other goodies will be collected or can be delivered to The Lenton Centre in the 3 weeks running up to the 14th June 2008.

Look out for leaflets and collection bags dropping through your letterbox in May - Street Scene will be doing a street by street collection for these bags plus collection of other heavier and larger items in the weeks before Saturday 14th June. Full details will be

on the leaflet, so don't throw it away – study it in great detail and make your contribution to a cleaner, brighter and friendlier Lenton!

On the event day, everyone from the Lenton community will be welcome at The Lenton Centre to come and 'GAB' – 'Grab A Bag', fill it with whatever you want and take it away! There will also be snacks and drinks provided. This is your Lenton Centre – come and use it. Gift of the GAB is a completely free event, but any donations made will of course be welcome and will go towards the Backyard Project for the young people of Lenton.

So, **STUDENTS!** Give us all the cool stuff you wish you could take home with you, but simply haven't got the room – we know some people who will find room!

COMMUNITY MEMBERS! Support The Lenton Centre, 'Grab A Bag' full of fabulous things, and contribute to keeping Lenton so much tidier at the end of the academic year.

The Lenton Centre

TLC Gym

Friendly, great value, local ONLY

£5 per session

£18 per month

£35 per term

£45 per quarter

£40 per year

or

£15 per month by Standing Order

Church Square Working Group

4th annual visit to Woodthorpe Grange, Nottingham City Council's Plant Nursery
Wednesday 16th April 2008
10am

Free of charge – all welcome
For more information call
9472233

OPEN DAY

For ex-pupils, staff and anyone with connections to Lenton Primary School
Saturday 12th July 2008 from
10.00 am to 3.00 pm

Some staff will be there and we hope to put on some entertainment and refreshments.

If you have any photos of the school and the pupils in your day, or even some written memories please send them to the school and they will be put on display for 12th July.

TLC Offices to rent

Two offices available

Contact Reception for details
9412422

reception@thelentoncentre.org.uk
www.thelentoncentre.org.uk

Discover Tai Chi with a twist!

"A year ago two friends persuaded me to go with them to a Tai Chi class run by Ken Twist at the Dunkirk and Old Lenton Community Centre. I found that it was very enjoyable and that the exercises were beneficial to me in both body and mind. Although I am not so young I have found that I have no difficulty with the exercises. Why not come and give it a try?"

Joan Kime

"Are you retired and looking for a healthy interest? Join Ken's Tai Chi class and feel the difference. Gentle and enjoyable with long term ben-

efits. Give it a try, as I did – you won't regret it!"

Dympna Bell

Step into spring with Tai Chi – first lesson FREE!

Dunkirk and Old Lenton Community Centre, Fridays from 1.45pm to 3.15pm. Please ring Ken on 9788905 to find out the date of the next Friday session.

To wear or not to wear?

Fashion fiends and budding style divas gathered at The Ear Foundation on Saturday the 16th February as part of the Teenz United Programme. The teenagers, between the ages of 11 to 14 years old, enjoyed a jam packed day full of fun confidence building activities embracing each others individual styles and personalities.



Image consultant, Elaine Frazer spent the morning session exploring colour and each young person had individual consultations along with their group activities, including the chance to parade their



favourite outfits. After lunch together the afternoon session flew by in a cloud of hairspray, glitter and nail polish as all 15 young people were pampered with a make over and a photo shoot of before and after shots.

The day was a joint initiative by members of the **Ear Foundation** along with Dyan McKinley and Jill Honeyman from the **Nottingham Cochlear Implant Programme** and Yvonne James from **Advanced Bionics**.

The day was about bringing teenagers together, forging new friendships as they mingled



and got to know both their deaf peers as well as hearing friends who came along on the day. Thanks to all involved for their time and enthusiasm and especially to Advanced Bionics who sent each teenager away smiling with a goodie bag filled with treats and make up samples.





 9781823

When your having your eyes tested would you prefer?

- A full half an hour appointment?
- A full explanation of what the test means?
- To see the same person every time?
- To be tested using the latest equipment?

PD REES BSc FBCO
Ophthalmic Opticians

A52 Derby Rd Lenton

 Opposite Rose & Crown 

www.pdrees.com

Dunkirk Pond



It may come as a bit of a surprise to many residents of Dunkirk and Lenton, but there is actually a Local Nature Reserve tucked away behind the Science Park in Dunkirk.

The Nature Reserve itself is called Beeston Sidings, and was originally a marshalling yard which was abandoned over 40 years ago. The site is now of high natural interest as the sidings supports over 550 species of invertebrate fauna and rich plant species, such as pale toadflax and purple moor grass, which are considered locally rare.

The Nature Reserve is there for everyone to enjoy, so feel free to go along and walk round.

The site also includes Dunkirk Pond, a flooded Ballast pit, which supports rich marginal and floating aquatic vegetation and Pasture Lane Brook, a canalised stream and hedge-row.

The site forms part of a biological SINC (Site of Importance for Nature Conservation).

The Dunkirk Angling and Conservation Group maintain and manage part of the area, and hold the fishing rights to Dunkirk Pond itself.

Most of the work we carry out involves maintaining the pond, but we also carry out work through out the whole nature reserve, from litter picking, to pollarding the tree's and keeping the path's clear of debris and safe for people to walk along.

The Science Park has had a slightly negative impact on the area since the new construction started. For example, our two resident foxes have not been seen (or heard) since the work began, and existing trees and shrubs have been cleared from a section of the bank separating the nature reserve



Friar Tuck Branch of Nottingham Credit Union

Collection Points

Rose Cottage:
Monday and 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.

from the construction. We hope once the work has been completed, everything will go back to normal.

There is always some work that needs to be carried out around the pond and nature reserve, so we welcome any and all volunteers. If you feel like helping out, you could pick up any litter you see as you take a walk around the area, or you could join us on one of our work parties!

If you need to contact us, or you just want more information, you can visit our website at www.dunkirkanglers.co.uk, email us at acartwright@dunkirkanglers.co.uk or info@dunkirkanglers.co.uk or you can find our contact details posted on noticeboards around the pond.

**Andrew Cartwright, Secretary
Dunkirk Angling and Conservation Group**

Lenton High Rise Flats

Drop-in sessions

As requested by residents!

Every Thursday afternoon from 1pm to 3pm

at The Lenton Centre

Come along and meet other residents and find out about local services and events.

**Tea and coffee available
plus newspapers, magazines and board games!**

Every Thursday, representatives from local organisations will be present if you want any info or advice, including Dunkirk and Lenton Partnership Forum, COMPASS, Notts Fire Service, Framework, Local Health Trainer and many more.

For further details contact the Forum on 9419525 or email forum@dunkirkandlenton.co.uk

A message for all you Asian women out there!!!

As most of you will probably already know that (MCO) Muslim Community Organisation have moved premises. As we didn't receive any funding to pay for the rent of offices in Lenton, we are now based in Bakersfield Community Centre and can be contacted on 9417865.

Activities will continue to run in Lenton and Dunkirk so keep an eye on the notice board in The Lenton Centre where you will find out about what is happening in the area.

There have been a few changes with the MCO staff. We have a new Assistant Community Development Worker (ACDW) called Mariam Jalil who joined us toward the end of September last year who is based in Bakersfield.

We have good news for all the ladies who were keen to attend some

of our activities but couldn't attend because they weren't very mobile and struggled to walk. We can now provide transport for the luncheon club. If you pre-book you can be picked up and dropped off.

Dates for forthcoming activities:

- **Walking Club**- every Tuesday from 9.30-10.45am, leaving from Mellor's Primary School
- **Luncheon Club** – every Friday from 1.00-3.00pm @ The Lenton Centre (transport is available on request)
- **Aerobics Classes** - every Thursday from 1.45-2.45pm @ Radford Primary School (free crèche)

We have a new bilingual worker, employed by the council, who is trying to get our community involved in reading and using the library more regularly than they do at present. She will be coming

every second Friday and will bring along a collection of books, DVDs and videos in Urdu which our groups can borrow and enjoy and share with their children.

Different activities are starting all the time so do give us a ring to find out what is happening. Look out for our leaflets with our timetable listing all our activities, which you should be receiving in the post. We will also be looking at offering one to one support in the community and assisting with welfare rights issues in our drop-in sessions in the near future.

If you or anyone you know would like to find out more about what we do, please contact The Muslim Community Organisation, 312 Sneinton Dale, Nottingham NG3 7DN or call 9417865 or email muslimcommorg@aol.com.

Lenton Parish Church



Dunkirk and Lenton have two parish church buildings; the Priory Church of St Anthony on Gregory Street (opposite the Red Cross Building), and Holy Trinity on Church Street (opposite Lenton Recreation Ground). Being vicar of both I'm biased in that they form my favourite two buildings in the area.

However, I do have a more than architectural interest in some buildings that are the local pubs. Pubs tend to have big windows or glass doors. That often means you can see inside them see how busy they are, how smart or casual they are. You can see if there are lots of people having a good time or if it's just two old men and a cat playing dominoes. It helps you decide if you want to try it out or not.

Another building that fascinates me is the Savoy Cinema. The façade has a constantly updated illuminated display telling you what films are showing and at what time. You can instantly see what's on and know what to expect if you go in.

If you haven't been to church for quite a while it can be quite daunt-

ing. Yes we do have big windows but they are usually stained glass. These depict colourful scenes from over thousands of years' biblical history but just by looking at our windows doesn't really give much clue to what's happening inside. Of course there is a notice board but it's not quite as detailed or informative as the Savoy's. It might tell you the name of the church and the time of the service, but what is the 'service' and what is showing this week? Is it, like a film that recently caught my interest, 'Sunday only'?

We have lots of things going on during the week but let me take an opportunity to introduce Sundays to you. The Priory service at 9.15am is a quieter, more reflective formal service that includes traditional hymns and Holy Communion. This service doesn't have any children's activities but is certainly not an exclusive "adults only".

At 10.45am there is a service at Holy Trinity. This is quite informal. There is Sunday club for children and teenagers. It attracts a varied and wide age range congregation. The

worship and songs following a very contemporary pattern. Not quite Savoy standard but everything is digitally projected onto a screen. Afterward we serve great coffee and lots of people stay around to catch up with friends and to make new friends. However, it's not all latte and laughter- there is a quiet area where you can pray, light a candle, or be prayed for.

7pm Sunday night at Holy Trinity is church, but as they say on Star Trek (series one) "it's life Jim, but not as we know it!" Known as 'NG7' this is café church. It incorporates good music, good coffee, great people, and a fantastic God. This is laid back church for the Starbucks generation but attracts a wide age range. It's not the biggest night out in Nottingham but we think it's one with a big future.

Like the pub, or the cinema, the outside might give some clues but it's coming in that gives you the experience. Why not check us out - you'll be sure of a warm welcome.

Wishing you every blessing,

Martin Kirkbride, Vicar

www.lentonparish.org.uk

email: martin@lentonparish.org.uk

The
Lenton Centre

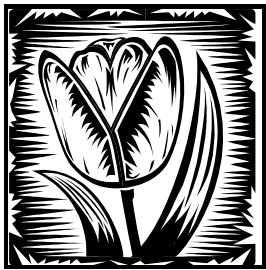
Challenge the TLC Team!

Is there something that you have always fancied doing?

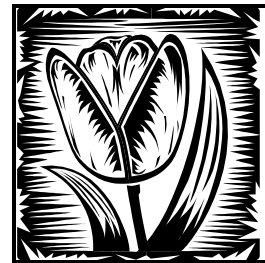
Whether it be kick-boxing or karate, art class or flower arranging, just let us know. Better still get the names of 8 people who also want to do it and we will make it happen.

Contact TLC on 9412422 or visit www.thelentoncentre.org.uk

Go on!!



Dunkirk Spirit



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

Thursday

Karate with Slim 6-8pm

Friday

Tai Chi with Ken Twist 1.45-3.15pm

TRAD Games Night 2nd & 4th Fridays

7pm-9.30pm (see below)

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 & Highfields

The University Boulevard is one of the many gateways to our city of Nottingham and the area around is one of the best for leisure activities.

One of the most attractive views of Nottingham is the stunning view of the University from the main road, but there is also another outstanding view from the other side, from the University to the main road, which can be viewed if you take a walk on the pathway right round the lake. The Highfields Park has many attractive features and is open to the public the whole year round and well worth a visit any time of the year.

Both sides of the boulevard have several pursuits available to either the public or paying members. On the park side there is a bowls green and a croquet lawn (players of which will be aiming to win the Cup Championship in August, they did win the Great Britain match against Australia in the 2007 event, and are hoping

to enter the 2010 Robertson World Shield event). The Boat Club section is still active and they celebrated the 75th year in 2007.

So there are plenty of active hobbies available on the lake side of the boulevard and on the other side we have the Tennis Centre which has been alive for many years and is now a state of the art building which hosts events with many well known players.

Then nearby there is the Hockey Centre which is also state of the art and has extremely good links with both Nottingham and Loughborough Universities. They all have high hopes for the 2012 Olympics to be held in our country. All these activities are available to most of us who are interested. Dunkirk is proud to be part of this area and gives many thanks to Jesse Boot for the donation of the parkland for leisure activities for the people of Nottingham to enjoy.

Dunkirk Fun Club

Holiday Club

We have had a great time during February half-term and Easter holidays, with many children attending. On some days we were filled to capacity, which emphasises the need for booking in advance to secure a place for your child.

Children aged 8 and over went to SWAT ROCK at Clifton Leisure Centre during both holidays. They had

an exhausting, but fun, time. We also visited Nottingham Ice Stadium and Stonebridge City Farm - see the photos on our website.

Minibus pick-up

Do you require after-school care? If your school does not provide this, or their club is full, why not take advantage of our minibus pick-up service. Your child will be collected from their school by qualified, regular staff from the Fun Club, and you will be able to collect them from Dunkirk Primary School at the end of the session (6pm).

If you wish to speak with Fun Club staff, please call us on 07984094084 or 07985626339. Our e-mail is funclub@dunkirk.nottingham.sch.uk, or visit the school's website www.dunkirkprimary.com and click on 'childcare'.

Councillors and the Police surgeries for the Dunkirk and Old Lenton area are also held on the 4th Friday of every month same venue: Dunkirk & Old Lenton Community Association, the Old School, Montpelier Road, Dunkirk.

Betty Sheldon, Secretary

TRAD

The Tenants and Residents Group is still alive and active and the games evenings are still being held every 2nd and 4th Friday evenings of the month. These are very friendly evenings (nothing serious and no faults found, just good fun) everyone welcome, you do not need to reside in Dunkirk, no passports required and no entry fees, just a smile. Come and enjoy yourself with us for a couple of hours twice a month 7pm until 9.30pm. Most boxed games available plus darts, dominoes, table tennis, short mat bowls etc etc. The

The Lenton Centre

Swimming pool reopens!

...is the headline we want to see this summer!!

We have a plan – it is not going to be easy – but it is possible – the TLC Team are up for it – *are you?* Because we do need your help!!

Last year we quietly got on with refurbishing the behind-the-scenes plant (pumps, valves, pipes & boiler etc). Everything is now in place to go for the 'finish-line'.

In many ways, we feel that this year is make-or-break for the pool (or maybe that should be 'sink-or-swim'), which is why we need all the help we can get!

A big **thank you** to all who have already given your time, energy or 'bought-a-brick' – it is thanks to you that we have got this far.

So let me be specific about how you can help make this dream of a reopened pool become a reality...

☺ **DONATE** – we are continually raising grants for the work that needs to be done but this often takes time to come through so we need donations (of any size) to keep things going. Without this 'momentum-money', we risk not being ready in time.

How? Pop into Reception to 'buy-a-bucket' or simply give online at: www.justgiving.com/lentoncentre

☺ **VOLUNTEER** – we need more help with the day-to-day running, maintenance, fundraising, advertising, delivering leaflets, website & running events etc.

How? See Reception or email:

Room Hire (meetings, parties etc)
Call 9412422 to book
The Lenton Centre
Willoughby Street, Lenton
Nottingham NG7 1RQ
reception@thelentoncentre.org.uk
www.thelentoncentre.org.uk

volunteer@thelentoncentre.org.uk

☺ **USE** – as the old saying goes "Use it or Lose it!" and one of the simplest ways to help open the swimming pool is to make use of what is already there – and with all the new activities starting there couldn't be a better time – so go on, try something new!

☺ **TELL** – others, spread the word! 'Word-of-Mouth' really is the best form of advertising!

Carl Towner



New! New! New!

Pilates, Tai Chi, Belly Dancing, Club Run, Saturday morning Gym and a new Therapy Room offering Swedish, Sports & Indian Head Massage, Reflexology and Hopi Ear Candles. And also look out for our Summer Programme of special events.

Not found TLC yet?

...then come and have a look!
We are a friendly bunch and won't be far away from you – just off Lenton & Castle Boulevards.

See you there!

Current activities at The Lenton Centre

Gym

Weekdays 8am–8pm
Sat mornings - New! 9am–noon

Women only Gym

Wed & Fri 1–2pm

Therapies – New!

Contact reception for details

Belly Dancing – New!

Saturdays 11am–noon

Tai Chi – New!

TBA

Pilates – Full!

Tuesdays 6–7pm and 7–8pm

Fitness Cheerleading

Wednesdays 7.45–8pm

Circuit Training (50+)

Wednesdays 2–3pm

'Club Run' (just turn up and run)

Tuesdays 6pm

Yoga

Tue 6.30–7.30pm & 7.30–8.30pm

Wing Tsun

Mon & Wed 6.30–9.30pm

THBC Parish Nurse (just pop in!)

Tuesdays 2–3pm

Irish Dance Classes

(new dancers welcome)

Saturdays 9.15–10.45am

ACTIV8UTH

Fit2Eat

Mondays 5–7pm

Work IT

Wednesdays 3.15–5.30pm

Fusion

Thursdays 3.15–5.30pm

Tactic Beat

Saturdays 11am–1pm

The Park Day Club

Wednesdays 9.30–11.30am

Muslim Community Luncheon Club

Fridays 1–3pm

Food Co-op – New!

Wednesdays Noon–2pm

Castle College English Class

Wed & Thu 1–3pm

Flats Drop-in – New!

Thursdays 1–3pm

Local Councillors' Surgery

2nd Tue of each month 6.30–7.30pm

