



**FREE
FUN
&
FOOD**

**DISHES FEATURING
AFRICAN AND
CARIBBEAN FLAVOURS
TO CELEBRATE BLACK
HISTORY MONTH**

Eligible for Free school meals? If so, check out our FREE Fun and Food offer this half term!

Parents of children in receipt of free school meals can book places using their e-voucher codes which have been distributed directly to parents by E-Vouchers (Wonde).

To book a place, scan the QR code or visit app.holidayactivities.com

Not eligible for FREE School Meals? You can still visit www.asklion.co.uk to find out sessions near you. Some extra places will be available on a first come first basis.

**OCTOBER HALF-TERM
ACTIVITIES ARE NOW
AVAILABLE!**

STARTS
23RD OCTOBER
TO
2ND NOVEMBER
RUNNING
MON, TUE, WED THUR
3PM - 6PM

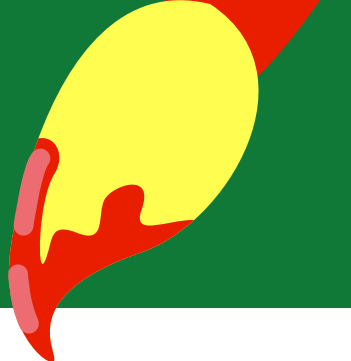
**YOUTH AND PLAY
BULWELL RIVERSIDE
NG6 8QH**


**MUSIC &
DANCE**

SPORTS



ARTS



Support available for Young people in Nottingham

These services are
really friendly and
they will help you!



ITS OK TO NOT BE OK!

CAMHS help with mental Health..

To get help:

Text: **07860 002 131**

Phone: **0115 876 4000**

For more info and self-help, find us on



camhs_nottinghamcity



CAMHS Nottingham City



nottinghamcity.gov.uk/camhs



JIGSAW

JIGSAW - Nottingham is a support service for young people and families affected by drugs or alcohol. Follow or contact them at:



cgljigsaw



CGLJigsaw



jigsaw@cgl.or.uk



Childline is for all young people up to 18 years. You can contact them about anything. Whatever your worry - big or small.



Call **FREE** on **0800 1111**
(Open until 3:30am every night)



Chat Online at
www.childline.org.uk/get-support



**Nottingham
City Council**

Our Youth Provisions delivers fun activities / Programmes to develop and support young people. We offer 1:1 support and small group session.

To find our centres and our partners provisions, please search



www.asklion.co.uk



playandyouth@nottinghamcity.gov.uk

Food Banks



Visiting a food bank isn't something to be worried about - they are here to help.

To find your nearest food bank visit



www.asklion.co.uk/food

Or call the families Information Service **FREE** on



0800 458 4114



Whether you're feeling sad, anxious, or finding life hard, know that you are not alone. Kooth provides free, safe and anonymous support. Check out



Kooth_uk



Kooth_uk



KoothUK



info@xenzone.com



HashtagNG

If you or someone you know is involved or at risk of violence or exploitation, you should confide in someone you trust. It could save a Life!! Check out

www.hashtagng.co.uk or follow:



_hashtagng



HashtagNG



Hashtagnotts



hashtagng



Futures support young people to explore options and find opportunities like apprenticeships, sixth form, college, university and work.



futuresforyou.com



0800 858520



talk@futuresforyou.com



Nottingham Youth Justice Service (YJS) is looking for committed, caring people representing the diverse communities throughout Nottingham who are willing to give their time to challenge youth crime in the city, in the role of a Volunteer Panel Member.

To find out more about the role and for an application form, please go to



0115 9159400



www.nottinghamcity.gov.uk/VolunteerForYJS



YJS@nottinghamcity.gov.uk



**Nottingham
City Council**

To find out what support you can access from Early Help

Please search **www.Asklion.co.uk** or contact your local Family Hub where support and guidance can be offered as appropriate.

Southglade Access Centre - **0115 8761890**

Broxtowe Family Hub - **0115 8763888**

Meadow's Family Hub - **0115 8761320**

Email: **CityWideEarlyHelpTeams@nottinghamcity.gov.uk**



Nottingham University Hospitals

Nottingham University Hospitals and Health Promotion clinical services are set up for young people aged 13 - 19 to get free, confidential, help, support and advice about sex and relationships, resisting peer pressure, sexuality, contraception, STIs, pregnancy testing and emergency contraception



07814 678 460



aycnottingham.co.uk