



## Congratulations 21 years of the Myotonic Dystrophy Group

### Upside down and back to front!

These words I remember Angela (at the Self Help Team, now Self Help Nottingham) telling me when I went to use the photocopier at the office on Pelham Road.

#### **This was over 22 years ago! Why do I remember this?**

I was in the early days of building a support group - although I didn't realise it. My husband and one of my sons had been diagnosed with a condition called myotonic dystrophy. This was after 9 years searching to resolve the day-to-day living problems that my son had. I was a nurse and midwife for many years and had never heard of this rare condition, and I wanted to find another family with the same diagnosis.

This was the reason I was diverted to the Self Help Team. I had advertised in the local newspapers and made announcements on the local radio stations. The radio station suggested to me to contact the Self Help Team as we hadn't had any response, which I did and Judy Wilson advised me on the next step. That was to contact a charity that dealt with rare conditions.

It was 2 years before I heard from the charity with another family with the same diagnosis. I wrote to the lady, and then we spoke on the telephone and then we met! We realised there must be other people "out there" who felt so isolated like us.

I also had 4 contacts from the newspaper adverts, this was 25 years ago! The Rare Condition Charity sent me a letter with a comment about the facial expression of someone with myotonic dystrophy. It was printed in the *Independent* newspaper, a quote from a medical journal. I "persuaded" my husband to answer the letter - this resulted in the Health Editor of the *Independent* newspaper visiting us in Nottingham and for 3 hours she put together our family story.

From this article I received 50 contacts and I put their names and addresses in a little red cash book! I wrote to people and the Self Help Team offered to let me use the photocopier - free of charge. Small beginnings, and when I think of the little red book with the details in and look around the office rooms now, filing cabinets, computers, meeting rooms, storage rooms and kitchen area, my gaze comes back to the photocopier, now connected directly to the computers! How things have grown.

I only wanted to find a family and now we are a registered charity and company limited by guarantee, we have over 1700 families that we send newsletters to; there are 24 contact families and 11 Trustees and I now have grey hair!

I still remember upside down and back to front when I photocopy!  
Thank you Angela!

## Give with care

Over 90% of the goods sold in charity shops are donated by people like you, and charities rely on your continuing support and generosity.



Household collections are a popular way for charities to collect donations, but beware - some of these collections are bogus.

### Don't stop giving

Donating your clothing and other goods to genuine charities helps to raise vital funds. Taking care when making your donation means that you can be sure that your help goes to those who really need it - and that charities don't lose out.

### Be aware

Unfortunately, anonymous 'bogus' collectors may try to exploit your generosity for their own gain, costing genuine charities at least £2 million a year.

### Be careful

Don't be taken in. Read the small print. Know where your donation is going. Check contact details, as they might be false.

### Check before you give

- Ring the Charity Commission helpline (0845 300 0218) or visit their online register of charities at: [www.charity-commission.gov.uk](http://www.charity-commission.gov.uk) to see whether the name or number given belongs to a legitimate registered charity.
- Contact your local authority to check whether the collector has been licensed.
- Call Consumer Direct for further advice on **08454 04 05 06** or visit the 'Watch out!' section of their website: [www.consumerdirect.gov.uk](http://www.consumerdirect.gov.uk)

Produced in partnership by the Office of the Third Sector in the Cabinet Office, Charity Commission, Trading Standards Institute, Advertising Standards Authority, Office of Fair Trading, Association of Chief Police Officers, Local Authorities Coordinators of Regulatory Services and the Association of Charity Shops.

## Suggestions for Speakers

A number of groups have recently contacted us for ideas on speakers for their group meetings. If you have had a speaker that your group enjoyed, please let us know and we'll pass on the information. It would be useful to have the topics covered and the cost.

Self Help Nottingham also has a copy of the Speakers' Directory that groups can call in and have a look at. Please ring Monica on 0115 911 1662 to arrange a time.

## Open House with the Director



Come along to one of the informal sessions here at our office on Pelham Street to meet with me, share a cuppa and get to know each other better!

**10 June 4.30pm-7.00pm**

**9 July 2.30pm-4.00pm**

There's no need to book, the kettle is always on and it would be great to see you.  
Sarah

# Succession planning and how training can help

Late last year, as part of our day for Key Members, we took a look at succession planning. Succession planning is a term commonly used in the business world and, as such, involves actively planning for the day the company director or chief executive retires or moves on. The planned transition enables the smooth continuation of the business, safeguarding profits, quality, values and the company's reputation. The model relies on the notion of 'build don't buy - in other words build your successor from within the company by spotting potential and investing in skills.

What you may ask, has business got to do with running a self help groups? Well succession planning can be equally applied to groups, particularly those that tend to have one or two people who take on the bulk of the responsibility for running the group. Using succession planning as a tool can help the Key Member to consider how to plan for the day they decide to step down and hand responsibility on to somebody else - their successor.

One of the key elements of this model relies on advanced planning - spotting people's potential early, identifying skills gaps and offering opportunities for members to develop new skills. Note the emphasis on members, this is more about nurturing talent in a number of members, rather than concentrating all your

early efforts on one person. This will help to foster leadership qualities within the group and may eventually spread the load across more than one person.

Many key members or founding members feel they would like to be able to 'pass on the baton' to somebody else but fail to find a suitable successor. This may be okay if the person is prepared to 'put in another year', but for some the lack of a successor could result in the closure of the group. It is always worth thinking through the issue of succession well before any planned retirement or a sudden change in circumstances brings the issue to a head.

This is undoubtedly where training can be utilised to offer group members the opportunity to build on, or develop, new skills appropriate to running a group. So next time you have a look through the Self Help Nottingham calendar of training and networking events, have a think about who you might encourage to attend. Who is showing potential leadership qualities and skills? Who might flourish with some encouragement and training?

When you are considering training, cast your net wide to include more than just the committee - because somewhere within your membership there could be a budding successor in need of some encouragement.

## Our Condolences

It is with great sadness that we learnt of the sudden and unexpected death of Cathy White. Cathy worked as the County Funding Advisor for Focus on Funding, but will be better known to many groups for her work with Nottingham Community for Voluntary Service (NCVS).

Our thoughts go out to her family, friends and colleagues.

# LINKs Updates

LINKs are networks of local people, organisations and groups who want to improve their health and care services. Rather than being part of any particular hospital, health authority or local council, LINKs groups can work with all the different local health and social care providers, and how their services link up (or sometimes not) for people who use them.

Nottinghamshire County and Nottingham City LINKs groups published their 2009-2010 annual reports recently. During the year 'task and finish' groups looked at a wide range of issues including availability of home care in Newark and Sherwood, dentists' services for people with learning disabilities, whether GP surgeries meet the law on access for disabled people, respite for carers, discharge from hospitals, the Medilink bus service, and new community health facilities in St Anns.

Nottinghamshire County LINKs group have planned their work for 2010-11, and are **now looking for volunteers to join groups working on:**

- Information patients receive when they are diagnosed
- Health information in accessible formats such as large print
- Hydrotherapy services
- Transport to outpatients appointments
- Gaps in services for Black & Minority Ethnic communities
- Help with eating in hospital
- Services for people with dementia

- Choices about care towards the end of life
- Communication between NHS, social care and other organisations
- Two local groups: one involving young people in Mansfield with health and social care, and one about health and social care issues in Rushcliffe

LINKs offer training for people who get actively involved. This year LINKs are running training on diversity, identifying personal strengths and weaknesses, communication skills, working as a team, running meetings, writing reports, engaging with other groups, and sensory impairments. Training is being held in Mansfield, Top Valley, and Nottingham city centre. Information on Nottingham City LINKs' 2010-11 plans will be out soon.

There is more information on the website. Go to:

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

then choose which local group you are interested in. Or, if you would like more information about training, or if you might be interested in joining one of the groups working on particular issues, please contact LINKs on **0115 975 4647**

or email:

[info@strongerlocalvoice.co.uk](mailto:info@strongerlocalvoice.co.uk)



# Training for self help groups

This year we have replaced our annual training calendar with a rolling 6 monthly training timetable: April through to September and October through to March. So why are we doing this? Well, as we all know, a lot can change in 12 months and we feel the current arrangement isn't flexible enough to accommodate an ever changing landscape. A 6-monthly calendar should enable us to respond quicker to group members' changing training needs, whilst affording Self Help Nottingham the opportunity to introduce new events in response to new developments. We will see how this goes and seek your feedback towards the end of the first year.

The current calendar is advertised on our website at: [www.selfhelp.org.uk/resources](http://www.selfhelp.org.uk/resources) Simply click on the 'Training' button. Alternatively, you can also request a brochure by calling the Groups Training and Development Team on 0115 911 1662, Monday-Friday, 9.00am-5.00pm.

This year we are introducing a couple of training 'follow-up' sessions. We hope these 'reunions' will give group members the opportunity to share how they have put their learning into practice. The next two follow-up sessions are:

**User Involvement Network Meeting**  
Wednesday 26 May 1.45pm-3.45pm

**Funding Follow-up**  
Monday 7 June 10.30am-12.45pm

**Responding to your training ideas**  
In the last edition of Self Help News we asked for your suggestions for new training topics and learning opportunities for our October to March calendar. Here are just a few of your ideas:

Planning, either/or events  
meetings  
funding campaigns  
recruiting campaigns

Publicity

How to organise outings

Help for treasurers

Suggestions for speakers

How to set up alternative  
therapy taster sessions

Meditation

Skills for chairing meetings

We really appreciate your input and we have already started to plan how we can turn your ideas into workshops and events.

And finally, Mat will be facilitating a discussion evening on men and self help on:

**Wednesday 7 July 6.30pm - 8.30pm**

This offers a rare opportunity for men involved in self help groups to come together to share experiences, knowledge and expertise. An informal evening with food and refreshments to encourage discussions and debate. Look out for the application form enclosed with this edition of Self Help News.



## NCVS May 2010 Training courses

### Roles and responsibilities of management committees - Thursday 6 May

Giving your time to an organisation can be very rewarding. It can also be quite daunting if you don't understand your responsibilities. This session will answer any questions you have.

### Volunteers and the law Wednesday 12 May

A practical course to give an overview of working with volunteers in a safe and legal environment.

### How to make friends and influence partnerships Wednesday 19 May

Explore how behavior can determine the influence you have in a partnership environment.

### Becoming a registered charity Thursday 27 May

Are you thinking of setting up a charity? This course will explain how charities work, and take you through the process of registering with the Charity Commission.

To book call Nottingham CVS on 0115 934 8400, Monday-Friday, 9.00am-5.00pm or email: [training@nottinghamcvs.co.uk](mailto:training@nottinghamcvs.co.uk).

Further copies of this newsletter in a PDF format can be obtained from our website at:  
[www.selfhelp.org.uk/pub\\_news](http://www.selfhelp.org.uk/pub_news)  
then click on the edition that you're interested in.

## Energy Monitor Loans from Local Libraries



The display unit

You can now borrow home energy monitors from libraries around Nottinghamshire County and Nottingham City. The free loan is for three weeks - just like borrowing a book!

Energy monitors keep track of energy you are using in your home, and how much it costs. They can show how much you save by doing very quick and simple things such as turning appliances off standby.

The monitor is made up of a transmitter box that clips around wires by the electricity meter, and a display unit that you can put in a convenient place to see. The monitor comes with full instructions. Unfortunately it doesn't work with pre-paid meters.

There is more information about the monitors, and a preview of the instructions, at <http://nottinghamwarmzone.com/freeservices/currentcostmonitor>.

The Energy Saving Trust gives free advice about other ways of saving energy on their website at [www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk) or call 0800 512 012.

For more information about the loan scheme and to borrow a monitor, visit your local library.

### Disclaimer

Self Help Nottingham offers information in this Newsletter which may be of interest to groups and group members, but we cannot recommend any particular individual, organisation or service.



## FUNDING

### **The Nottinghamshire Community Foundation - Grassroots Grants Programme**

Applications are now being accepted for the next financial year 2010/11 for both City and County groups

#### **Description**

This fund supports a broad range of community and voluntary groups with a variety of different costs. As with all of the Foundation's funds, the overarching purpose of each grant made is to enhance the quality of life for people living in Nottinghamshire and Nottingham communities and to tackle disadvantages and inequalities faced by people living in the county and city today.

#### **Amounts Available**

Groups can apply for a minimum of £250 and a maximum of £5,000

#### **Deadlines for Applications**

There are no deadlines, applications will be submitted to the next available panel

#### **Special Requirements**

Groups must have been running for over 12 months and the grant must be spent within the financial year it was awarded

#### **Availability of Grant Money**

Grassroots Grants have been operating in this format for just less than 3 years (September 2008-March 2011). During this period your group can only have a total of £5,000.

For more information telephone the Community Foundation on 01623 620202 or email [dexter@nottscf.org.uk](mailto:dexter@nottscf.org.uk)

### **The General Dispensary's Self Help Groups Project Fund**

The fund is now open for the summer round of grants. Application forms are available through Self Help Nottingham. The closing date is Friday 25 June 2010. Health-related self help groups can apply for up to £800 for projects, activities and equipment. New groups can apply for start-up costs. Groups across Nottinghamshire are eligible to apply.

The grant was under-spent last year so we are eager for groups to come forward and make an application this year. If you have not made an application to this fund in the last two to three years, please consider applying now. Equally, if your group meets in the **North of the County**, this is a great opportunity to make your first application to the fund.

**GOOD NEWS**  
**the Self Help Groups Project Fund**  
**is now available to**  
**groups across the County**

The Groups Training and Development Team is happy to help groups with the application process. Application forms are available electronically, or by post; please telephone Self Help Nottingham on 0115 911 1662 for a copy.

#### **BIG: Reaching Communities Fund**

'From Spring 2010, BIG will be introducing improvements to **Reaching Communities** which will enable a wider range of groups to apply.'

Reaching Communities funds projects that help people and communities who are most in need. Projects can be new or existing activities, or be the core work of your group or organisation. Projects must respond to needs identified by communities, and projects that help those most in need, including those people or groups who are hard to reach.



## FUNDING CONTINUED

The fund wants to encourage the following changes to communities as a result of the grant:

- people having better chances in life, including being able to get better access to training and development to improve their life skills
- strong communities, with more active citizens, working together to tackle their problems
- improved rural and urban environments, which communities are better able to access and enjoy
- healthier and more active people and communities.

BIG recognises the difficulties experienced by projects and communities during the current economic downturn, be it increased call on the services offered, greater need for assistance or help in accessing other services. BIG accepts that they should be supporting communities and people most in need during this difficult time. In light of the current economic circumstances BIG has decided to relax the eligibility criteria for Reaching Communities to enable more projects to apply for funding.

### Contact

Call the national helpline for advice on  
**0845 410 20 30**

### Email

**general.enquiries@biglotteryfund.org.uk**

Call the Lottery Funding Helpline on:

**0845 275 00 00**

or go to **www.lotteryfunding.org.uk**



## Nottingham Dyslexic Support

Nottingham Dyslexic Support is a self help group for adults with dyslexia and overlapping learning difficulties. We have been running for over 2 years. Members benefit from discussing their shared experiences and coping strategies, guest speakers and socials and support with employment and education. NDS currently meet on the first Tuesday of every month 7.00pm-9.00pm.

Dyslexic Learners Day will be held on Thursday 20 May at Nottingham Central Library, Angel Row, Nottingham, 6.00pm- 8.00pm. There will be refreshments, a cake stall and tombola.

This will be an informal event where people can drop in and find out more about dyslexia, our group and reasonable adjustments that may be suitable for learners with dyslexia. We are hoping educational establishments will join us. It will support their continuing professional development and provide knowledge to shape their equality and diversity policies.

We hope to have the following speakers:

6.00pm	NDS welcome, introductions and more about our group by Chairperson
6.15pm	A personal perspective on dyslexia and education
6.30pm	Autistic spectrum and dyslexia from a personal perspective
7.00pm	Dyslexia and coping strategies

The event will be free, but we welcome donations and usually recommend £2 to cover our costs.

For further information email:

**smallabone@yahoo.co.uk**

Suzanne Mallabone

# Good Work and Resiliency

I've been to a couple of events discussing the evidence that work is good for you, as long as it is the right work and you get the support you need.

At one of them I met Phil Pidluznyj, manager at the Hyson Green Jobshop (124-126 Radford Road NG7 5FW, 0115 909 5910). His team support people from all over Nottingham into work at their own pace and are holding a "Fit to Work" event there on **Wednesday 26 May from 10.00am-3.00pm.**

Being in the wrong job was one of the things that aggravated my condition but I have found coming back to work part-time in a different role has been a key part of my recovery and a major element in my relapse prevention plan. The other is being part of a self help group for people who are stressed at work.

Since coping with stress, anxiety and depression seems to be a very common occurrence for members of self help groups I am looking at delivering "resiliency" sessions to groups and helping them deliver it themselves.

If you are interested, please let me know on 0115 911 1662.

Mat Rawsthorne

## Congratulations

to the Wala group who were picked from a draw to win the table-top display boards. The display boards were kindly donated from the former Cotgrave Carers' Support Group.

# Health and Walk-in Centre now open

Nottingham patients can now benefit from a new health and walk-in centre on Upper Parliament Street in the City Centre.

The NHS Nottingham City 8.00am-8.00pm Health Centre is located at 79a Parliament Street, Nottingham. Telephone no 0115 883 1960

The main purpose of the Health Centre is to improve the health and well-being of Nottingham residents. The Health Centre offers a range of 'walk-in' and 'appointment only' services and is open to everyone on a walk-in basis. You do not need to be registered with us to use our services. Our services are designed to complement those available from your own practice.

If you are troubled by a minor illness or injury, just walk in and speak to our reception team who will arrange for you to be seen by the person best able to meet your needs.

We can provide advice and information on healthy living, disease prevention and screening tests and arrange for you to have a general health check.

The Health Centre is open 8.00am until 8.00pm every day of the year.



**NHS**  
Nottingham City



self help  
NOTTINGHAM

# 'A break from caring'

Are you a carer? Do you help to support an adult so they can stay living at home? If yes then you are a carer. The person you care for may be elderly, they may have:

- a long-term illness
- dementia
- disability
- mental health needs

Being a carer is a huge responsibility and can be exhausting. It is important that carers have time for themselves to recharge their batteries and live their own lives.

With funding awarded from the Department of Health, Nottinghamshire County Council is offering more breaks to carers under various pilot projects until March 2011. This is in partnership with NHS Nottinghamshire County and Bassetlaw PCT. We are one of just 12 authorities nationally selected by the Department of Health as a demonstrator site for the 'Breaks for Carers' programme.

What does this mean to carers? This means additional funding has given us the opportunity to set up seven pilot projects so firstly, we can try out new and innovative schemes and secondly, obtain feedback from carers about their experiences of the breaks they receive. We want this to be a shared opportunity for carers to help determine future funding for these services beyond March 2011.

The services we encourage you or some-one you know to take up include:

- Single/joint breaks with Age Concern, Mansfield and Ashfield
- Single/joint breaks with Care & Comfort, Newark & Sherwood
- Single/joint holiday with Headway (brain injury association)
- Supporting people with dementia, North Notts Crossroads
- Crisis Prevention includes unplanned breaks due to an emergency or to prevent a crisis with North Notts/East Midlands Crossroads
- Rushcliffe Community Voluntary Service will be encouraging Black and Minority Ethnic carers to take up services
- Newark and Sherwood CVS will be encouraging carers in travelling communities to take up breaks

How can you get a break? You will need to confirm the person you care for lives in Nottinghamshire (except Nottingham City). In addition, if you do not have a carer's assessment in place, you will need to request this when calling. Contact our Customer Service Centre Tel: 08449 80 80 80 Minicom: 01623 434 993 to find out more.

Alternatively, contact Sue Foster/Jackie Brown, Carers Unit Tel: 0115 8783565/6

[www.nottinghamshire.gov.uk/abreakfromcaring](http://www.nottinghamshire.gov.uk/abreakfromcaring)



# VISITORS TO SELF HELP NOTTINGHAM



## Three Chairs for Self Help Nottingham

Members of Self Help Nottingham receive a cheque from the Provincial Grand Master of the Nottinghamshire Lodge which paid for three high-backed chairs for the newly refurbished meeting room.



Glen Swanwick, Trustee, and Pat Firman of FDA receive a cheque on behalf of Self Help Nottingham from the Mayor of Broxtowe, Councillor John Longdon and the Mayoress

# Calendar of Health events

May-August 2010

## May

- 1-31 World Foot Health Month - Federation of International Podiatrists
- 1-31 Save a Baby Month - The Foundation for the Study of Infant Deaths
- 2-8 Asthma Awareness Week - Asthma UK
- 2-8 Motor Neurone Disease Week - Motor Neurone Disease Association
- 3-9 Deaf Awareness Week - UK Council on Deafness
- 4 World Asthma Day - Asthma UK
- 8-15 Dystonia Awareness Week - Dystonia Society
- 9-16 Myalgic Encephalomyelitis (ME) Awareness Week - Action for M.E.
- 10 World Lupus Day - Lupus UK
- 10-14 National Allergy Week - Allergy UK
- 12 Stroke Awareness Day - Stroke Association
- 15-23 Cleft Lip and Palate Awareness Week - Cleft Lip and Palate Association
- 17 World Hypertension Day - World Hypertension League
- 17-23 Cystic Fibrosis Week - Cystic Fibrosis Trust
- 17-23 Xtraordinary People Week - Xtraordinary People
- 17-23 Action for Brain Injury Week - Headway Brain Injury Association
- 31 World No Tobacco Day - World Health Organisation

Amble for Arthritis  
 During this year's Arthritis Care Week, 24-30 May, Arthritis Care is encouraging people right across the UK to do a sponsored Amble for Arthritis, to help promote walking as a way to ease the pain of the country's biggest single cause of disability.

## June

- 1-7 **Volunteers' Week to turn 25** - [www.volunteersweek.org.uk](http://www.volunteersweek.org.uk)
- 1-30 Everyman Male Cancer Awareness Month - Everyman
- 1-30 Help a Heart Campaign - British Heart Foundation

- 1-30 National Osteoporosis Month - National Osteoporosis Society
- 5 World Environment Day - United Nations
- 8-13 Tampon Alert Week - Tampon Alert
- 8-14 Down's Syndrome Week - Down's Syndrome Association
- 8-14 National Glaucoma Awareness Week - International Glaucoma Association
- 8-14 Carers Week
- 13-19 Diabetes Week - Diabetes UK -
- 13-20 Green Transport Week - Environmental Transport Association
- 13-21 National Bike Week
- 14 World Blood Donor Day
- 14-21 Homeopathy Awareness Week - Society of Homeopaths
- 15-21 National Men's Health Week - Men's Health Forum
- 15-21 Breathe Easy Week - British Lung Foundation - TBC
- 20-28 MND Week - Motor Neurone Disease Association
- 20 World Refugee Day
- 21-28 Learning Disability Week - MENCAP
- 21-28 UK Myeloma Awareness Week - Myeloma UK
- 22-28 Deafblind Awareness Week - Deafblind UK
- 28-3July **Twins, Triplets & More Week**

## July

- 1-31 Sickle Cell Awareness Month [www.sicklecellsociety.org](http://www.sicklecellsociety.org)
- 1-31 International Group B Strep Awareness Month [www.groupbstrepinternational.org](http://www.groupbstrepinternational.org)
- 5-11 National Metabolic Disease Awareness Week [www.climb.org.uk](http://www.climb.org.uk)
- 5-11 Alzheimer's Awareness Week [www.alzscot.org](http://www.alzscot.org)

## August

- 1-7 World Breastfeeding Week [www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)
- 12 International Youth Day [www.un.org/youth](http://www.un.org/youth)

# Cultural Events in Nottingham

June-August 2010



## 1940s Knees Up

**Date and venue:** 3 May at Brewhouse Yard

**Details of event:** Visit this award winning event and take a trip down memory lane. Re-live the atmosphere of the 40s and see life on the home front.

**Admission Fee:** Admission charges apply

## City Pulse Music Festival

**Date and venue:** 29-31 May in the City Centre

**Details of event:** Nottingham's favourite family party returns for the Spring Bank Holiday with live music from disco boogie to rock'n'roll, salsa and tango to big band and swing. City Pulse is guaranteed to get your hips swaying and your toes tapping.

**Admission fee:** FREE

## Armed Forces Weekend

**Date and venue:** 26-27 June, Wollaton Park

**Details of event:** A weekend of family fun to celebrate and honour Britain's armed forces - past, present and future with music, arena events, static displays and activities galore.

**Admission fee:** FREE

**Car Parking:** Charges will apply

## Caribbean Carnival

**Date and venue:** 3-4 July, Forest Recreation Ground

**Details of event:** Experience the sights and sound of the Caribbean - live music, arts & crafts stalls, carnival parade (Sunday), global market and music from Nottingham and across the world.

**Admission fee:** FREE

## Mela

**Date and venue:** 18 July, Arboretum Park

**Details of event:** A celebration of Asian culture with live music, dancing, arts and crafts stalls and a host of Asian sub-continent food in the city centre's Arboretum Park.

**Admission Fee:** FREE

## One World Festival

**Date and venue:** July (TBC), Old Market Square

**Detail of event:** Bringing you music and dance from across the globe with international food and markets.

**Admission fee:** FREE

## Splendour Festival

**Date and venue:** 24 July, Wollaton Park

**Details of event:** Nottingham's exciting annual summer festival season brings you Splendour - a weekend of outdoor music at its best for fans and festival goers in the beautiful grounds of Wollaton Park.

**Admission fee:** Admission charges apply

**Car Parking:** Charges will apply

## Nottingham Riviera

**Date and venue:** 24 & 25 July - 5 September, Old Market Square

**Details of the event:** The Old Market Square becomes a seaside complete with sand, giant paddling pool and fairground rides - this is the perfect way to keep children (and adults!) entertained during the summer.

**Admission fee:** FREE admission

## Pride

**Date and venue:** 31 July, Forest Recreation Ground

**Details of event:** LGBT festival with live music and performance for all to enjoy.

**Admission fee:** FREE admission

## Nottingham Children's Festival

**Date and venue:** 31 July-15 August, Various locations around the city

**Details of event:** A festival just for children filled with fun-packed activities both indoors and outdoors that will keep them enthralled during the summer holiday.

**Admission fee:** Some events are chargeable, but there'll be lots of FREE activities!

Continued overleaf

## Cultural Events in Nottingham continued

### Riverside Festival

**Date and venue:** 6-8 August, Victoria Embankment

**Details of event:** Nottingham's largest outdoor festival returns to the beautiful Trent riverside with live music, street theatre, global crafts and food stalls, arts zone and street fair plus Saturday night's spectacular fireworks. On Sunday join in the fun of the Dragon Boat Challenge in aid of charity.

**Admission fee:** FREE admission  
Car parking charges will apply.

**For more information about these events and others in Nottingham call Nottingham Tourism Centre on 08444 77 5678.**



Help raise funds for Self Help Nottingham by shopping on-line at:

[www.buy.at/selfhelpnottingham](http://www.buy.at/selfhelpnottingham)

All your favourite retailers



## First Aid

for self help support groups

At the end of March Self Help Nottingham arranged for Guy Freeman from the British Red Cross to come and deliver a Community Based First Aid (CBFA) session tailored to the needs of self help support groups.

The idea behind CBFA is that instead of training a few individuals in great depth on first aid they now want to equip lots of people with the vital basics. The session was a great success, covering the key advice for the top 10 situations you need to know how to deal with including heart attack, stroke, choking, blood loss, burns, breaks, epilepsy and diabetic emergency.

It was a very interactive course with plenty of opportunities to practise and the feedback was so good that we would happily host another session here at Pelham Street.

Guy is also keen to present directly to self help groups for a small donation. Please let us know if you are interested in either option. Contact Caroline, Mat or Susan on the number below if you are interested.



Ormiston House, 32-36 Pelham Street, Nottingham NG1 2EG  
0115 911 1661, Information Service, Monday-Friday, 9.00am-1.00pm  
0115 911 1662, Administration and Office, Monday-Friday, 9.00am-5.00pm  
Fax: 0115 911 1660  
email: [admin@selfhelp.org.uk](mailto:admin@selfhelp.org.uk) or visit our website at [www.selfhelp.org.uk](http://www.selfhelp.org.uk)

**General Office Hours: Monday-Friday, 9.00am-5.00pm**