

<b>Venue</b>	<b>Address</b>	<b>Days/Times</b>	<b>Facilities</b>
Richard Herrod Centre	Foxhill Road, Carlton, Nottingham, NG4 1RL	Mon-Sun: 8:15am -9pm	Daily newspapers, Wi-Fi and TV screens available. Tea and coffee available to purchase.
Bonington Theatre (Lounge Area)	High Street, Arnold, Nottingham, NG5 7EE	Mon – Sun: 9am-6pm	Wi-Fi
Bethesda Community Hall (Netherfield)	Forester Street, Netherfield, NG4 2LJ	Tues: 10am-2pm	Wi-Fi, plenty of space for organised activities and fellowship
Bonington Club	High Street, Arnold, NG5 7DN	Tues: 12noon - 3pm	Parkinson's Support Group
Netherfield Forum	St George's Centre, 91 Victoria Road, Netherfield , NG4 2NN	Mon – Fri: 9am-4pm	Wi-Fi available and a range of social activities.
St Mark's Church, Woodthorpe	De Vere Gardens, Woodthorpe, NG5 4PH	Mon: 10am-12pm	
Daybrook Baptist Church - "Kettles on!"	14 Mansfield Road, Daybrook Square NG5 6AA	Weds 10.30am-12.30	Knitting/sewing, art, games, magazines. Wi-Fi available if assistance needed to complete forms
Carlton Community Hub	Main street Methodist church, on the corner of Carlton Hill and Cromwell street, NG4 1EE	Tues/Fri: 12pm-2.45pm Sat: 11am-1pm	
Sacred Heart Catholic Church and Community Centre	91 Carlton Hill, NG4 1FP	Thurs: 1:30pm -3pm  The church is also open all day, every day and whilst there are not activities outside of our usual service times, it is a warm, quiet space for people to just sit if they wish.	Fully accessible, Wi-Fi, activities include bingo, cards games, dominos, newspapers and magazines, other social activities
Newstead Centre Courtyard Café	Tilford Road, Newstead Village, Nottinghamshire. NG15 0BS	Mon – Fri: 9am-2pm	The Newstead Centre is a Community Centre which supports the community offering classes and activities in the Centre. We do have second hand books in the Café to purchase at only 50p and offer magazines to read for free.

The Salvation Army	99 High Street, Arnold, NG5 7DQ	Mon – Thurs: 9.30am-12pm	A friendly chat is always available
Phoenix Farm Methodist Church	6A Wollaton Avenue, Gedling, NG4 4HY	Mon: 11am-2pm	Dominoes, Jigsaws, Colouring in, knitting, Scrabble, a repair shop and lots of chat
Arnold Methodist Church	54 Front Street Arnold, Nottingham, NG5 7EL	Friday: 11am-2pm - Mental Health Befriending and Support Group	
Carlton Baptist Church Community Kitchen	108 Station Road, Carlton, Nottingham, NG4 3DA	Mon: 12.30pm - 2.30pm	Opportunities to socialise with others.
Gedling Children's Centres	Arnbrook, Netherfield, Killisick and Calverton	Various Mon - Fri	The Children's Centres offer a range of free sessions for parents and children under 5 years.
Calverton Young People's Centre (year 7 to 13)	Flatts Lane, Calverton, Nottingham, NG14 6JZ	Tuesday - 6.00pm - 8.15pm Wednesday - 6.30pm - 8.45pm Thursday - 6.30pm - 8.45pm Friday - 6.30pm - 8.45pm	50p per session. Wi-Fi, plus a variety of activities available for young people from year 7 -13.
Redhill Young People's Centre (year 6 to 13)	Redhill Road, Arnold, Nottingham, NG5 8GX	Monday - 6.15pm - 8.30pm (junior group, years 6 to 8) Tuesday - 6.30pm - 8.45pm (years 7 to 13) Wednesday - 6.30pm - 8.45pm (years 9+) Friday - 6.30pm - 8.45pm (years 9+)	50p per session. Wi-Fi, plus a variety of activities available for young people from year 7 -13.
The Core Centre Charity Hub	Based at The Calverton working Men's Club, Collyer Road, Calverton, NG14 6JX	Mon - Thurs 9am-3:45pm	Ample Free Parking, Disabled Access, Free Wi-Fi and access to Public Computer, Newspapers and Board Games
Men in Sheds Carlton	Back of St. Paul's Church, 5 Church Street, Carlton, Nottingham NG4 1BJ	Tuesday and Thursday morning 9am to 12 noon	Men in Sheds Carlton supports older men who want to get together, share and learn new skills - all in the welcoming space of a Shed.
Men in Sheds Daybrook Age UK	The Stores Building, The Stores Building, Nottingham Road, Daybrook, Nottingham, NG5 6LU	Mon - Weds, 9.00am – 3:30pm (One morning session 9.00am – 12pm / 12.30 – 3.30pm)	£3 per session. Men in Sheds supports older men in search of a hobby and those who want to socialise, share and learn new skills all in the welcoming setting of a workshop. Equipment and tools are provided and volunteers are there for support. Members take part in the day-to-day running of the shed and decide on activities they want to follow

			including woodworking, skills sharing and socialising.
St Mary's Church and Family Centre	Church Lane , Arnold, Nottingham, NG5 6HJ	Community Kitchen: Every Saturday 12:15pm to 13.30pm. Seniors Tea: First Saturday in every month 14:30pm-16:30pm. Community Cinema: Third Tuesday of every month 7:30pm	Community Kitchen: A warm welcome and friendly chat is always available.  Seniors Tea: Games, Quizzes, and Sing Along. Community Cinema: Different film each month, chance to meet new people and watch a good old movie with friends
Age Concern Carlton & District Tearoom	Inside the charity shop at 352-356 Carlton Hill, Carlton, Nottm, NG4 1JB	Monday to Saturday 9am – 2:30pm	Newspapers available. Opportunity to meet with others in a welcoming environment.
The Ark Advice Centre	12 Wollaton Avenue, Gedling, Nottingham, NG4 4HX	Monday – Friday 10am – 3pm	Wi-Fi, computers, games and company.
St Wilfrid's Church Calverton	Main Street, Calverton, Nottingham, NG14 6FG	Tuesday 9:15am - 10:30am (term time only) Parent and toddler. Tuesday 2-3:30pm Tea and Chat Church services take place Thursday 9-12pm (private prayer) and Sunday 9am and 10:30am and evening prayer 6pm 1st and 2nd Sunday of the month	Tuesday - Parent and Toddler includes Tea and Toast. Tuesday - Tea and Chat includes Tea, cake and biscuits Refreshments also served on a Sunday between the morning services.
Bestwood Miner's Welfare / Welfare Public House & Kitchen	Park Rd, Bestwood Village, Nottingham NG6 8TQ	Starting November 7th Mon - Thur 11am - 6pm.	Newspapers, TV in all rooms, kids' corner, place for older kids to do their homework.
St Judes Church (WSM)	405 Woodborough Road, Mapperley, Nottingham NG3 5HE	Mon 9.30am - 12.00 noon	Free refreshments, free Wi-Fi, newspapers, books and activities.  Church administrator is also available Mon 11.15am-3pm, Weds 1pm-3pm and Thurs/Fri 11am-3pm
Gleaners Inn	Bonner Lane, Calverton, NG14 6FS	12pm-11pm Daily	Wi-Fi available £1 per session

			<p>Refreshments available</p> <p>Providing light bites and hot affordable meals also tea and coffee</p> <p>TV and sky sports available</p> <p>Board games, pool, darts, dominoes and other games.</p>
St Albans Community Kitchen. (WSM)	Emmanuel Church Bestwood, 10 Church View Cl, Arnold, Nottingham NG5 9QP	Tues 3pm-6pm	<p>Small donations welcome for a three course sit down menu of soup, main, desert and refreshments. Takeaway option available.</p> <p>Activities for adults and children also on offer</p>
The King's Church	The King's Church, Shirley Drive, Arnold, NG5 7JX	<p>Thurs Community Cafe, open to all 10.30am-12pm.</p> <p>Fri Carer and Toddler Group 9.30am-11.30am</p>	Refreshments available at a small cost. Wi-Fi, activities and newspapers available.
St James Church	Marshal Hill Drive, NG3 6FY	<p>Monday, Craft Club, 1.30pm till 3pm (refreshments included, donations accepted)</p> <p>Tuesday, CONNECT, 3.30pm till 5pm (refreshments included, donations accepted)</p> <p>Wednesday, Toddlers Group, 9am till 11am (refreshments included, suggested donation £2)</p> <p>Thursday, Communion Service followed by Coffee Morning, 10am till 12pm (refreshments included, donations accepted)</p>	

		Sunday, Worship Service followed by refreshments, 10.30am till 12.30pm (refreshments included, donations accepted)	
Calverton Baptist Church	103 Main Street, Calverton, Nottinghamshire, NG14 6FG	Coffee Morning every Friday 10am -12pm  "Soup and surprise" every Friday 12pm-2pm	Refreshments including coffee, tea and biscuits.  No charge but voluntary contributions are accepted.  Other activities throughout the month as advertised in the Church.
Arnold United Reformed Church	37 Calverton Road, Arnold, NG5 8FF	Tuesdays 10am-12:30pm	Refreshments/food available Tea/coffee, biscuit/cake no charge.  Free newspapers and magazines available.