

West Area Committee

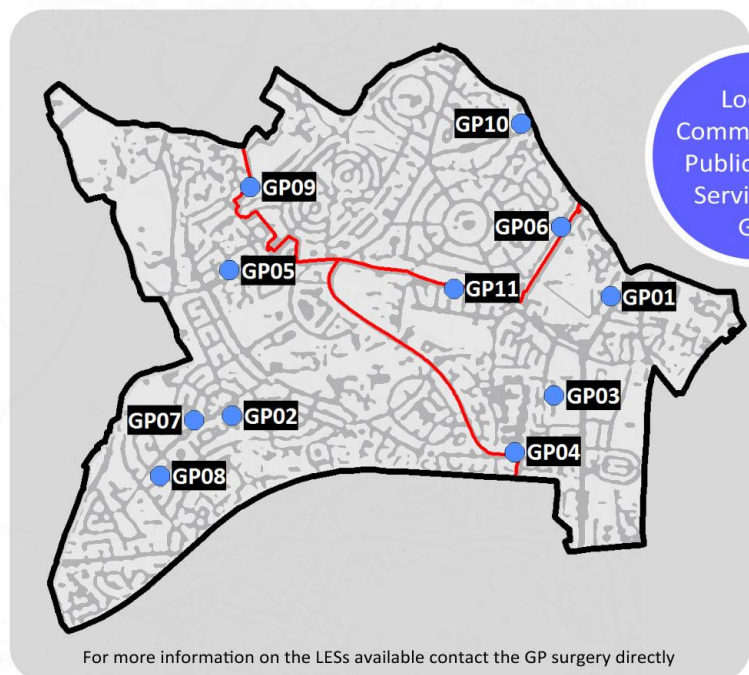
Directory of Public Health Commissioned Services

January 2014, Version 1.1

Introduction

Public Health is a directorate within Nottingham City Council. Public Health take an evidence-based approach to improving the health of the city's population – either directly through commissioning health improvement services, or alongside partners and other departments which may have an impact on health. By identifying the health needs of the population, it is possible to implement or commission services to help address those needs and improve health and wellbeing. Public Health includes three main areas: health improvement, health protection and commissioning/services.

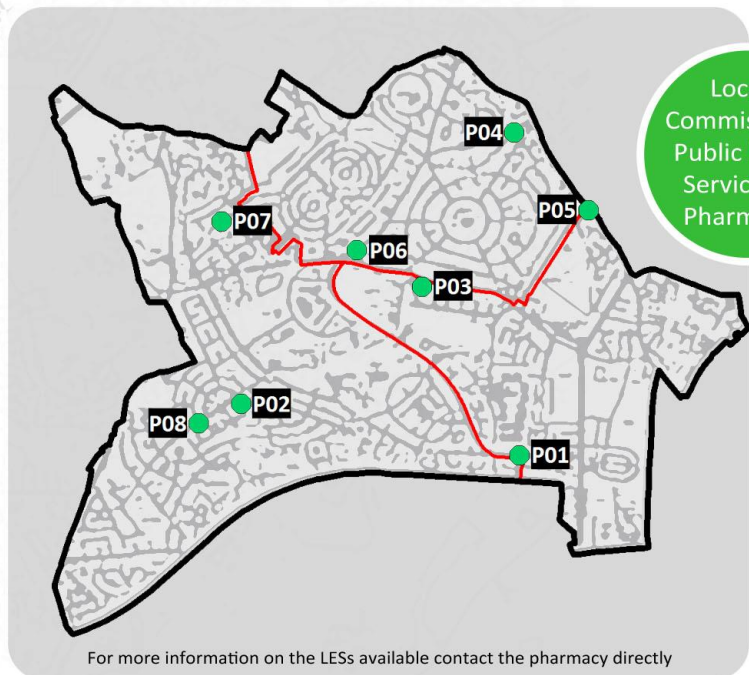
The following document details the third main area regarding the Public Health commissioned services within the West Area of Nottingham City. For further details please contact Helen Robinson, Secretary to the Public Health Consultants on **tel:** 0115 876 5102 **e-mail:** helen.robinson@nottinghamcity.gov.uk



Locally Commissioned Public Health Services via GPs

Key	Name	Alcohol	Asymptomatic Chlamydia Screening Service	Asymptomatic Sexual Health Screening	Sexual Health Screening Level 2	NHS Health Checks	Nexplanon (SD)	Nexplanon - Non Registered patients	IUDs	IUD's Non Registered Patients	Substance Misuse
GP01	Boulevard Medical Centre	✓	✓			✓					
GP02	Bilborough Surgery					✓					
GP03	The Forest Practice	✓				✓	✓	✓			✓
GP04	Beechdale Surgery	✓	✓			✓	✓	✓			✓
GP05	Strelley Health Centre					✓					
GP06	Melbourne Park Medical Centre	✓	✓			✓	✓				
GP07	Bilborough Medical Centre	✓	✓	✓		✓	✓	✓	✓	✓	✓
GP08	Grange Farm Medical Centre	✓	✓	✓		✓	✓	✓	✓	✓	✓
GP09	RHR Medical Centre	✓	✓			✓	✓	✓	✓	✓	
GP10	Lime Tree Surgery	✓	✓			✓	✓	✓	✓	✓	
GP11	Aspley Medical Centre	✓	✓			✓	✓	✓	✓	✓	

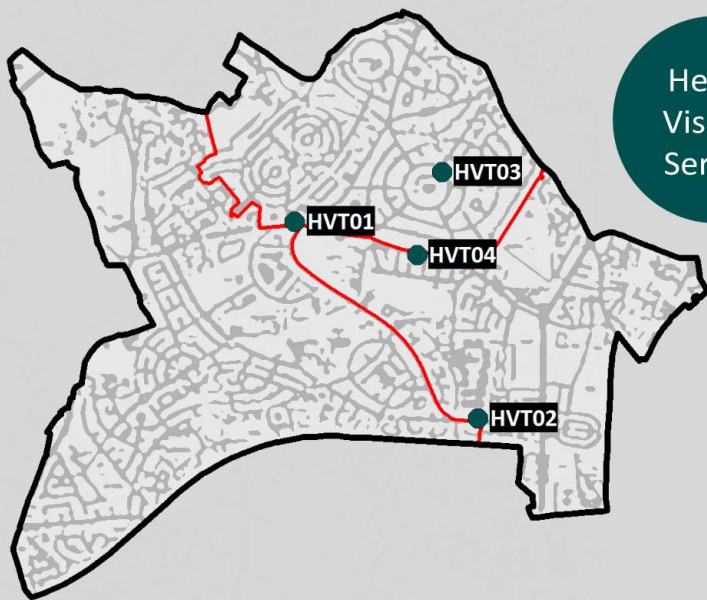
Public Health commission GP practices to deliver a wide range of services over and above the standard provision. These Locally Commissioned Public Health Services have been developed to respond to local needs and priorities. The above table identifies which LESs are delivered in GP practices within the West Area. Further details related to Sexual Health Services can be found under the "Sexual Health Services" section of the directory.



Locally Commissioned Public Health Services via Pharmacies

Key	Name	EHC	Chlamydia Treatment	Chlamydia Screening	C-Card Pick Up	C-Card Registration	Pregnancy Testing	Supervised Methadone	Supervised Subutex / Buprenorphine	Needle Exchange	NHS Health Checks	New Leaf
P01	Lloyds Pharmacy	✓	✓		✓		✓	✓	✓	✓		✓
P02	Coop Pharmacy	✓	✓		✓		✓	✓				
P03	Boots The Chemist	✓	✓		✓		✓	✓				
P04	Boots The Chemist	✓	✓				✓	✓	✓			
P05	Vantage Pharmacy	✓	✓		✓		✓	✓	✓			
P06	Coop Pharmacy	✓	✓		✓		✓	✓				
P07	Omega Chemist	✓	✓		✓		✓	✓				
P08	Boots The Chemist	✓	✓		✓		✓	✓	✓			

Public Health commission local pharmacies to deliver a range of Local Enhanced Services (LESs). LESs are schemes that have been developed to respond to local needs and priorities. The above table identifies the pharmacies within the West Area where a range of LESs are available. Further details related to Sexual Health Services can be found under the "Sexual Health Services" section of the directory.



Health Visiting Service

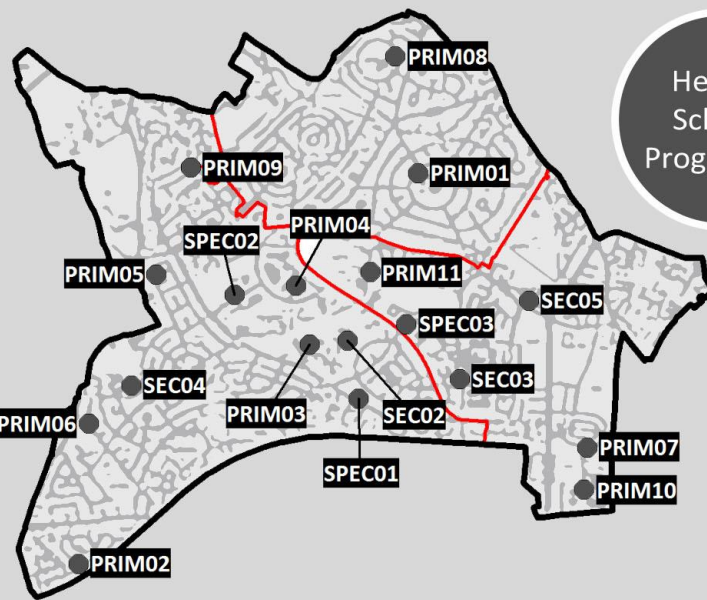
Public Health will become responsible for commissioning The Health Visiting Service from 2015.

Health visitors lead on the implementation of the universal Healthy Child Programme offered across the city. The Healthy Child Programme 'offers every family a programme of screening tests, immunisations, developmental reviews and information and guidance to support parenting and healthy choices'.

This is achieved by working alongside parents and children, to identify health needs (utilising a strengths based approach to physical, emotional and social need) and to provide services to meet those needs, including therapeutic programmes of care, signposting, safeguarding and multiagency working.

For more information e-mail: jane.wilson@nottinghamcitycare.nhs.uk

Key	Name	Day(s)	Time	Venue	Postcode
HVT01	Baby Clinic	Tuesdays	10am - 12pm	Broxtowe Children's Centre	NG8 3AP
HVT02	Baby Clinic	Mondays	9.30am - 12pm	Beechdale Surgery	NG8 3LF
HVT03	Inbetweenies	Wednesdays (term time)	10am - 11.30am	Aspley Children's Centre	NG8 5PJ
	Diddy Dots	Fridays (term time)	10am - 11am		
	Weaning Group	1st Weds of every month	10am - 11.30am		
	Baby Clinic	Tuesdays	1pm - 2.30pm		
	Baby Clinic	Thursdays	9am - 10.30am		
HVT04	Breastfeeding Group	Wednesdays (alt. weeks)	1.30pm - 3.30pm	Aspley Medical Centre	NG8 5RU
	Baby Clinic	Wednesdays	1.30pm - 3.30pm		



Healthy Schools Programme

The Nottingham Healthy Schools Programme is led and delivered through a partnership between Nottingham City Public Health and the Early Intervention and Partnerships team. The service is free to all primary and secondary schools in the city. The service provides a range of free advisory and training services for educational establishments within the city. The team supports schools to adopt a whole school approach to health which enables children and young people to be healthy and achieve at school and in life.

Aims

- To support children and young people in developing healthy behaviours
- To help raise pupil achievement
- To help reduce health inequalities
- To help promote social inclusion
- To support schools in becoming health-promoting environments
- To contribute to relevant local health strategies as appropriate

Key Objectives

- To support City schools to achieve Healthy School Status (HSS) (based on the national criteria)
- To support City schools to implement the Health and Well-being Improvement Model (HWBIM) following a "Plan, Do and Review" cycle of health improvements for children and young people.
- To support schools and partner organisations to improve their planning, delivery and assessment of all aspects of PSHE/Life Skills

Priority Issues

- Sex and Relationships Education
- Emotional Health and Wellbeing including SEAL and anti-bullying
- Oral Health
- Healthy Lifestyles including Nutrition and Physical Activity
- Substance Misuse, including Alcohol and Tobacco
- Participation, including school councils
- Raising Aspirations
- Health and Hygiene
- Safety (including internet safety)

The schools identified on the map are all engaged with the HSP and are at different stages in regards to achieving the Health Schools Status. Further information is available on request – please contact Jane Hyland for more information:

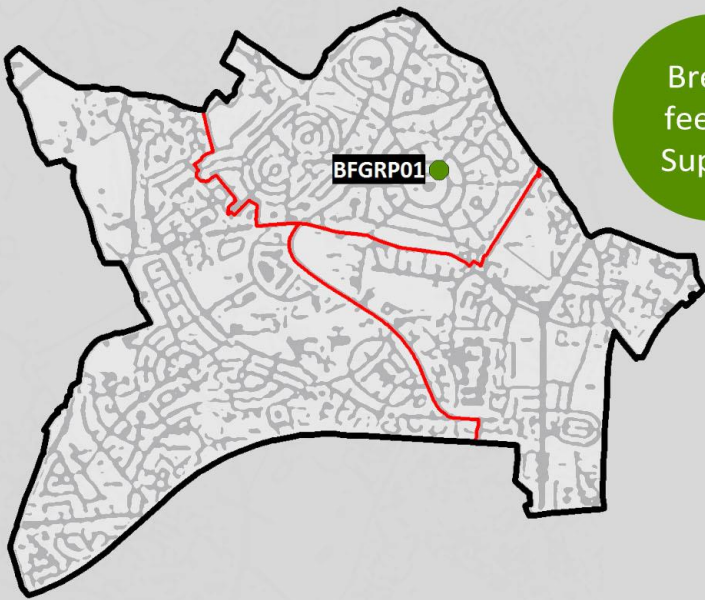
e-mail: jane.hyland@nottinghamcity.gov.uk
tel: 0115 8764794

For more information e-mail: jane.hyland@nottinghamcity.gov.uk, tel: (0115) 8764794

Key	School Name	Address	Sector
PRIM01	Ambleside Primary Academy	Minver Crescent, Aspley, Nottingham, NG8 5PN	Primary
PRIM02	Firbeck Primary Academy	Firbeck Road, Wollaton, Nottingham, NG8 2FB	Primary
PRIM03	Glenbrook Primary and Nursery School	Wigman Road, Bilborough, Nottingham, NG8 4PD	Primary
PRIM04	Jubilee Primary School	Highwood Avenue, Bilborough, Nottingham, NG8 3AF	Primary
PRIM05	Melbury Primary School	Melbury Road, Bilborough, Nottingham, NG8 4AU	Primary
PRIM06	Portland Primary and Nursery School	Westwick Road, Bilborough, Nottingham, NG8 4HB	Primary
PRIM07	Robert Shaw Primary School	Southfield Road, Western Blvd, Nottingham, NG8 3PL	Primary
PRIM08	Rosslyn Park Primary and Nursery School	Amesbury Circus, Aspley, Nottingham, NG8 6DD	Primary
PRIM09	Seagrave Primary School	Helston Drive, Strelley, Nottingham, NG8 6JZ	Primary
PRIM10	Southwold Primary and Early Years Centre	Kennington Road, Radford, Nottingham, NG8 1QD	Primary
PRIM11	St Teresa's Catholic Voluntary Academy	Kingsbury Drive, Aspley, Nottingham, NG8 3EP	Primary
SEC01	Trinity School	Beechdale Road, Aspley, Nottingham, NG8 3EZ	Secondary
SEC02	Hadden Park High School	Glenbrook Crescent, Bilborough, Nottingham, NG8 3GP	Secondary
SEC03	Nottingham Girls' Academy	Robins Wood Road, Aspley, Nottingham, NG8 3LD	Secondary
SEC04	Nottingham University Samworth Academy	Bramhall Road, Bilborough, Nottingham, NG8 4HY	Secondary
SEC05	Bluecoat Academy (Aspley Site)	Aspley Lane, Aspley, Nottingham, NG8 5GY	Secondary
SPEC01	Oak Field School and Specialist Sports College	Wigman Road, Bilborough, Nottingham, NG8 3HW	Special
SPEC02	Westbury Special School	Chingford Road, Bilborough, Nottingham, NG8 3BT	Special
SPEC03	Woodlands Special School	Beechdale Road, Aspley, Nottingham, NG8 3EZ	Special



Breast-feeding Support



Further information via "The Baby Feeding Team" tel: (0115) 8834900

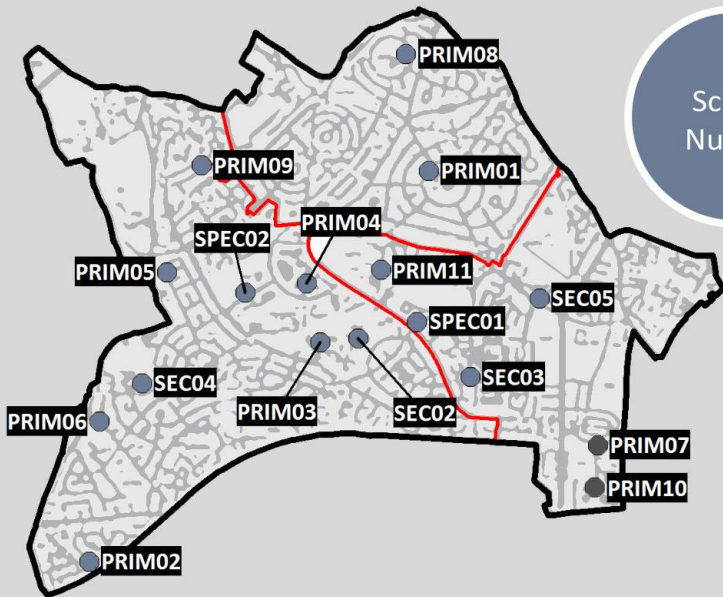
The Nottingham Baby Feeding Team provide breastfeeding peer support to pregnant women and new mums. The service aims to support all women to develop loving relationships with their babies before they are born and to help those who breastfeed their babies to do so for as long as they want to. Local volunteers lead breastfeeding peer support groups at Children's Centres and mothers aged under 25 years (those least likely to breastfeed) can access intensive one-one support from Breastfeeding Peer Support Workers. The team has received accredited breastfeeding peer support training and have all breastfed themselves.

CityCare Partnership also coordinate a "Breastfeeding Welcome" programme which promotes greater acceptance of breastfeeding by helping local businesses and venues to adopt 'breastfeeding welcome' standards. The aim is to ensure mums can feel comfortable to breastfeed in public without the fear of being asked to leave.

Below are the details of the breastfeeding support group within the West Area. Whilst not within the West Area boundary, there are additional support centres in close proximity. One to one support is available to any pregnant woman or new mother (aged under 25) in the West Area. Contact 0115 883 4900 for more details.

Key	Venue	Address	Day(s)
BFGRP01	Aspley Children's Centre	Minver Crescent	Wednesdays

School Nursing



For more information tel: 0115 883 8900 and select option four

School nurses are specialist public health nurses, who deliver evidence based public health interventions to school-aged children and young people. Together with their team, they lead and deliver the Healthy Child Programme which includes school entrant and Year 7 health assessments, height and weight measurements, HPV (cervical cancer prevention) immunisations, health promotion and drop-ins for advice and support.

As such, school nurses play a crucial role in ensuring that children, young people and families get good, joined-up support and access to available services at the earliest point, from a child's transition into school and continuing through their school-aged years. The service is provided to 40,628 pupils through fifteen school groups, with 18 of these within the West Area.

School nursing is a Universal Service, which also intensifies its delivery offer for children and young people who have more complex and longer term needs (Universal Plus). For children and young people with multiple needs and/or safeguarding concerns, school nurse teams are instrumental in co-ordinating services (Universal Partnership Plus).

Priority Issues are based on need within each school group and include:

- School readiness
- Pupil absence
- Excess weight in 4-5 and 10-11 year olds
- Under 18 conception rate
- Hospital admissions caused by unintentional and deliberate injuries in under 18s
- Mental and Emotional well-being (inc. self-harm)
- Smoking
- Sexual health and relationships
- Oral health

As part of the review of the school nursing service, Public Health have developed school health profiles for the groups of schools that the nurses work in. There are a total of 15 school nursing groups within Nottingham City.

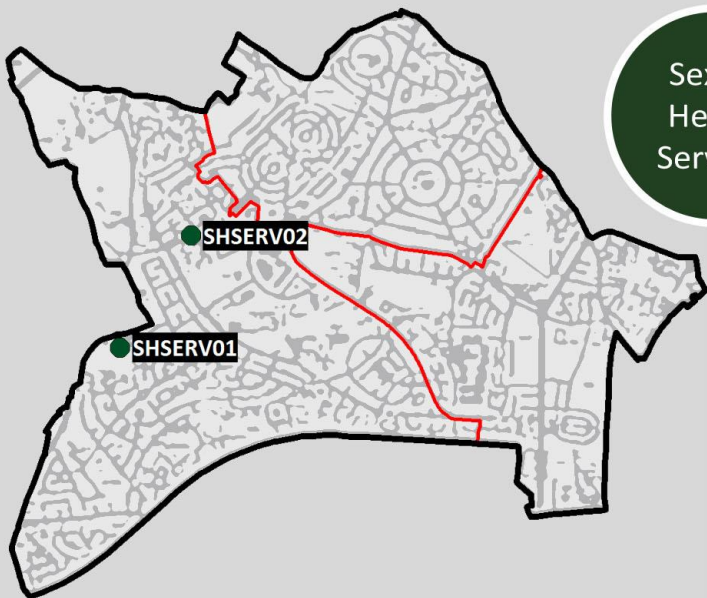
These profiles include up to date information about children and young people covering a wide range of key indicators (e.g. demographics, wider determinants of health, health improvement). Using the profiles, you can see at a glance how your school group performs against a wide range of indicators. You can also compare the data with other school groups in Nottingham City via the spine charts.

<http://www.nottinghaminsight.org.uk/insight/partnerships/public-health/school-health-profiles.aspx>

Key	School Name	Address	Sector
PRIM01	Ambleside Primary Academy	Minver Crescent, Aspley, Nottingham, NG8 5PN	Primary
PRIM02	Firbeck Primary Academy	Firbeck Road, Wollaton, Nottingham, NG8 2FB	Primary
PRIM03	Glenbrook Primary and Nursery School	Wigman Road, Bilborough, Nottingham, NG8 4PD	Primary
PRIM04	Jubilee Primary School	Highwood Avenue, Bilborough, Nottingham, NG8 3AF	Primary
PRIM05	Melbury Primary School	Melbury Road, Bilborough, Nottingham, NG8 4AU	Primary
PRIM06	Portland Primary and Nursery School	Westwick Road, Bilborough, Nottingham, NG8 4HB	Primary
PRIM07	Robert Shaw Primary School	Southfield Road, Western Blvd, Nottingham, NG8 3PL	Primary
PRIM08	Rosslyn Park Primary and Nursery School	Amesbury Circus, Aspley, Nottingham, NG8 6DD	Primary
PRIM09	Seagrave Primary School	Helston Drive, Strelley, Nottingham, NG8 6JZ	Primary
PRIM10	Southwold Primary and Early Years Centre	Kennington Road, Radford, Nottingham, NG8 1QD	Primary
PRIM11	St Teresa's Catholic Voluntary Academy	Kingsbury Drive, Aspley, Nottingham, NG8 3EP	Primary
SEC01	Trinity School	Beechdale Road, Aspley, Nottingham, NG8 3EZ	Secondary
SEC02	Hadden Park High School	Glenbrook Crescent, Bilborough, Nottingham, NG8 3GP	Secondary
SEC03	Nottingham Girls' Academy	Robins Wood Road, Aspley, Nottingham, NG8 3LD	Secondary
SEC04	Nottingham University Samworth Academy	Bramhall Road, Bilborough, Nottingham, NG8 4HY	Secondary
SEC05	Bluecoat Academy (Aspley Site)	Aspley Lane, Aspley, Nottingham, NG8 5GY	Secondary
SPEC01	Woodlands Special School	Beechdale Road, Aspley, Nottingham, NG8 3EZ	Special
SPEC02	Westbury Special School	Chingford Road, Bilborough, Nottingham, NG8 3BT	Special



Sexual Health Services



For more information e-mail: samantha.gamble@nuh.nhs.uk

Key	Name	Address	Postcode
SHSERV01	Bilborough College	College Way	NG8 4DQ
SHSERV02	Strelley Health Centre	Strelley Road	NG8 6LN

* Please see the section on GP Surgeries and Pharmacies for the location and sexual health services provided.

Sexual Health Clinic at Strelley Health Centre: This service provides a fully comprehensive contraceptive service offering a full range of contraception (not Intra Uterine Devices (IUD) fits or implants), smears, IUD checks, asymptomatic (no symptoms) sexually transmitted infection (STI) screening for Chlamydia and Gonorrhoea and treatment for Chlamydia, pregnancy testing, sexual health information and advice and condoms via the C-Card scheme. Most clients who access this service are from the Bilborough and Aspley areas. The service is open Friday morning 9-11am based on an appointment system only, these can be booked through Victoria Health Centre booking line on 0115 8839005. Alternatively, The Sexual Health Clinic at Victoria Health Centre (City Centre) is the specialist central site, with clients accessing from across Nottingham City and this service offers a drop in and appointments.

Young People's Outreach at Bilborough College: The Bilborough College Service is held on a Friday 11am-2pm. This service offers: a full range of contraception including coil fits on alternate weeks when there is a doctor in attendance. Asymptomatic (no symptoms) screening for chlamydia, gonorrhoea, Syphilis and HIV, chlamydia treatment, sexual health information and advice, pregnancy testing and condoms via the C Card scheme. IUD checks are offered and provided only for the Bilborough college attendees. This is a 'drop in service', which means you do not need to make an appointment.

GP surgeries: A number of GP's provide a range of sexual health services (see GP surgeries map): asymptomatic Chlamydia Screening, asymptomatic sexual health screening (screening for chlamydia, gonorrhoea, syphilis and HIV), Nexplanon (implant) and IUD's (the coil). Provision of services vary according to your GP, however some GP's provide implants and IUD's without needing to be registered with them.

Pharmacies: A number of Pharmacies provide sexual health services free of charge (see Pharmacies map), these include: emergency hormonal contraception (the morning after pill), Chlamydia treatment, Chlamydia Screening, C-Card pick up and registration and pregnancy testing.

C-Card Registration: The C-Card Scheme is a condom distribution scheme for young people age 13 to 24 which offers access to free condoms in a wide range of places and aims to reduce both unintended conceptions and the number of Sexually Transmitted Infections (STI) & HIV. The registration points are venues where young people can sign up to the scheme.

Key	Name	Postcode
CCARDREG01	Sure Start	NG8 3AP
CCARDREG02	The Zone	NG8 5HL
CCARDREG03	Positive Futures	NG8 4PB
CCARDREG04	Aspley Medical Centre	NG8 5RU
CCARDREG05	Bilborough Children's Centre	NG8 4PD
CCARDREG06	Bilborough Medical Centre	NG8 4PN
CCARDREG07	Bilborough Community Centre	NG8 4PN
CCARDREG08	RHR Medical Centre	NG8 6QN
CCARDREG09	Broxtowe Partnership Trust	NG8 6GD
CCARDREG10	Bilborough College	NG8 4DQ
CCARDREG11	The Vale Community Centre	NG8 2JA

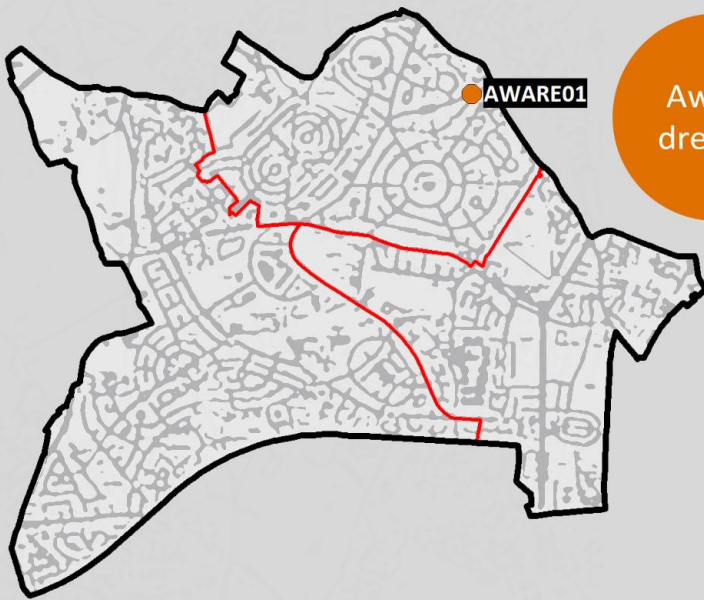
Pharmacy CCard Pickup: Pharmacies will not register young people onto the scheme. The pharmacy will publicise that they are a distribution point through their sexual health publicity, posters and stickers available on display at their pharmacy. This information will include how and when to access staff members who are able to distribute condoms.

Key	Name	Postcode
CCARDPU01	Strelley Health Centre	NG8 6LN
CCARDPU02	Boots the Chemist - Cinderhill Pharmacy	NG8 5NP
CCARDPU03	Boots Pharmacy	NG8 5RW
CCARDPU04	Vantage Pharmacy	NG8 5DB
CCARDPU05	Boots the Chemist	NG8 4PH
CCARDPU06	Harvey Hadden Sports Complex	NG8 4PB

C-Card
Registration
Points

C-Card
Pickup
Points





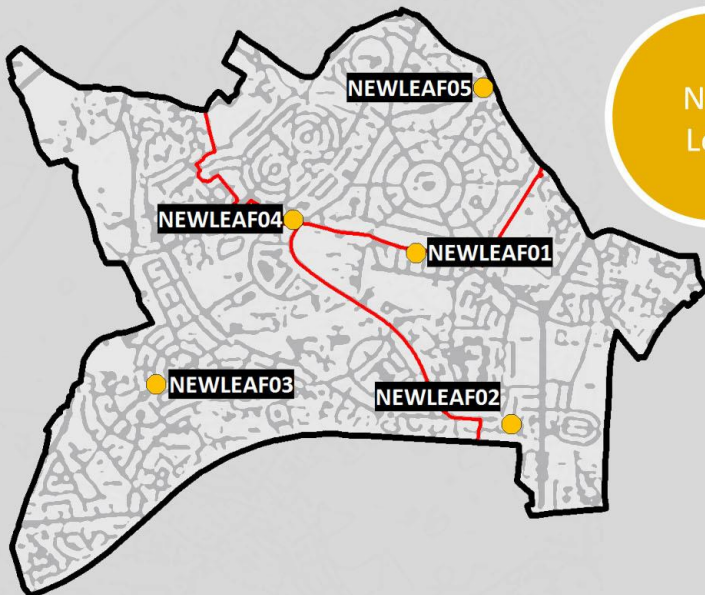
Aware-dressers

Awaredressers Nottingham is a project involving local African and Caribbean barbers, hairdressers, shops, studios and other businesses with an aim to improve the sexual health of the African and Caribbean communities in Nottingham

They help promote sexual health by providing free condoms and sexual health information in venues across the city. The project also provides a sexual health screening service.

Key	Name	Address	Postcode
AWARE01	Leonardos	Broxtowe Lane	NG8 5NP

For more information e-mail: vanessa.mcfarlane@nottinghamciticare.nhs.uk



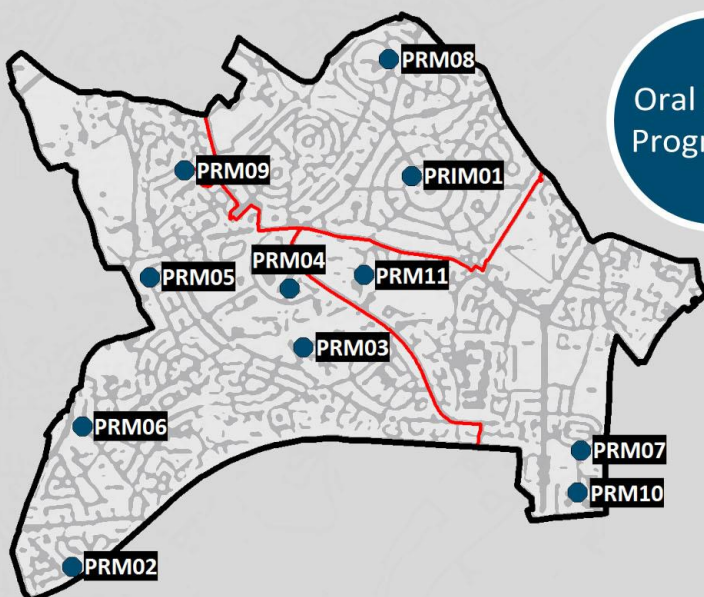
New Leaf

New Leaf Nottingham is a free local stop smoking service for smokers who live or work in Nottingham City. It offers friendly support, advice and individually tailored stop smoking plans.

There are more than 60 sessions available across the city, including one to one, drop in and telephone support. New Leaf can also supply direct access FREE stop smoking medications to help with the cravings (conditions apply).

Key	Area	Venue	Clinic Details	Postcode
NEWLEAF01	Aspley	Aspley Medical Centre	Tuesday 2.00 - 6:00	NG8 5RU
NEWLEAF02	Beechdale	Beechdale Swimming Centre	Thursday 4:30 - 7:30	NG8 3LL
NEWLEAF03	Bilborough	Bilborough Medical Centre	Thursday 9:00 - 2:00	NG8 4PN
NEWLEAF04	Broxtowe / Strelley	Sure Start Corner House	Wednesday 9:30 - 11:30	NG8 3AP
NEWLEAF05	Cinderhill	Limetree Surgery	Wednesday 3.00 - 6.00	NG8 6AB

For more information tel: 0800 5612121



Oral Health Programme

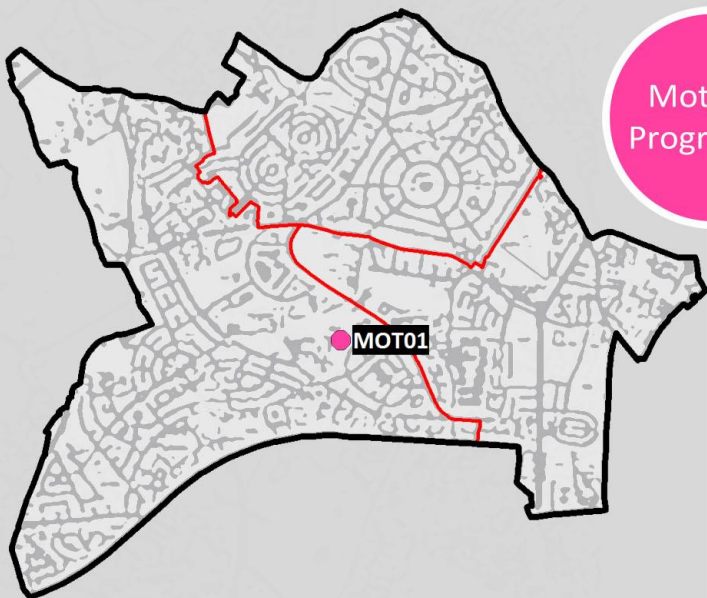
Public Health commission the Oral Health Promotion team, which works across both Nottingham City and Nottingham County. The Oral Health Team works within every Primary School in the city and each entrant receives an oral health pack which includes a free tooth brush and tooth paste.

In addition there is the 'Teeth Tools for Schools' initiative. This initiative fits within the current Key Stage One national curriculum within science and personal, social and health education (PSHE) subject areas. There is also a year six magazine which all children receive which concentrates on good oral health and healthy eating.

Key	Name	Postcode
PRIM01	Ambleside Primary Academy	NG8 5PN
PRIM02	Firbeck Primary Academy	NG8 2FB
PRIM03	Glenbrook Primary and Nursery School	NG8 4PD
PRIM04	Jubilee Primary School	NG8 3AF
PRIM05	Melbury Primary School	NG8 4AU
PRIM06	Portland Primary and Nursery School	NG8 4HB
PRIM07	Robert Shaw Primary School	NG8 3PL
PRIM08	Roslyn Park Primary and Nursery School	NG8 6DD
PRIM09	Seagrave Primary School	NG8 6JZ
PRIM10	Southwold Primary School	NG8 1QD
PRIM11	St. Teresa's Catholic Academy	NG8 3EP

For more information e-mail: julia.wilkinson@nottshc-chp.nhs.uk





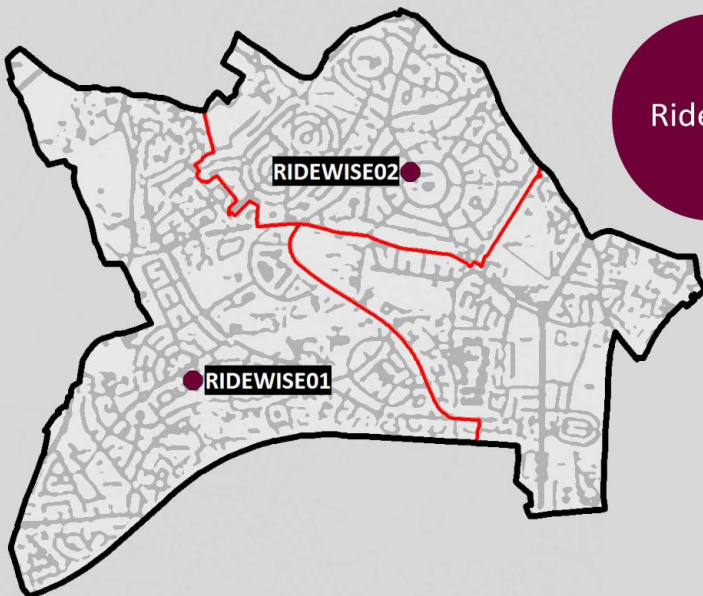
Motivate Programme

Motivate is a FREE 12 week weight management programme aimed at men with a BMI of 30 or above. There are 6 courses running each week across Nottingham City. Each session consists of support around healthy eating and group exercise sessions.

For more information or to simply sign up, call Notts County FC, Football in the Community on 0115 9557215. If you are aged 18 or over, and would like to lose weight, contact Healthy Change on 0345 6047352.

Key	Name	Time	Day(s)
MOT01	Hadden Park High School	Thursday	5.30 - 7pm

For more information tel: 0115 955715, e-mail: et@nottscountyfctc.org.uk



RideWise

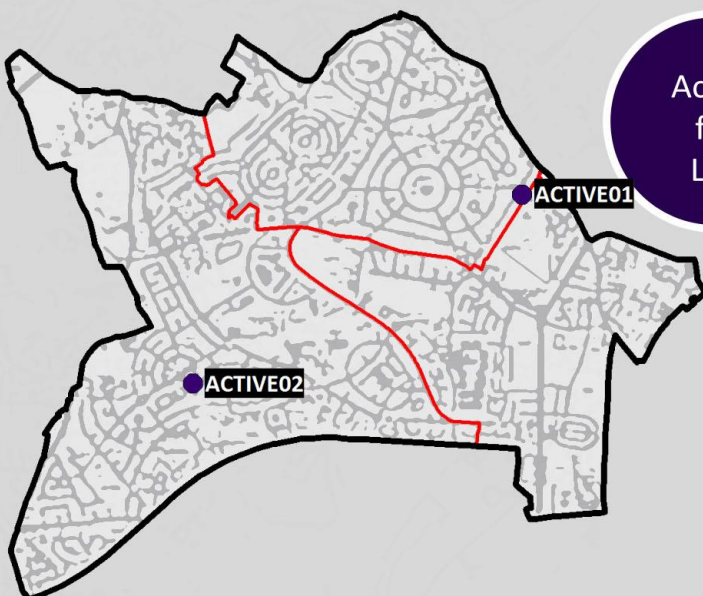
RideWise aims to get people at risk of CVD into cycling and fitness. This is achieved by:

- Attendance at community events in the area and arranging leisure rides with community groups
- Providing, at a time agreed with the service user, one-to-one cycling instruction and accompanied instruction on regular journeys to give them the confidence to embed cycling into their daily regime.
- Running cycling centres, usually on a weekly basis from community centres in the area. The cycle centre provides 3 weekly hour-long sessions for groups of up to 12 people. The first session is for beginners, the second for improvers and finally a leisure ride on quiet roads and cycle ways
- Helping overcome barriers to cycling by providing maintenance classes and the running of a 'try before you buy' bike service.

For information on RideWise telephone 0115 9552288 or visit the website: www.ridewise.org.uk.

Key	Cycle Centres	Postcode
RIDEWISE01	Aspley/Bilborough, St. John's Church	NG8 4FD
RIDEWISE02	Minver Crescent Sports Centre	NG8 5PN

For more information tel: 0115 9552288, e-mail: info@ridewise.org.uk



Active for Life

YMCA offers a 12 week exercise and education programme to support you to become more active. The programme is FREE and includes access to the YMCA Fitness Centre on Shakespeare Street and various community classes around the city.

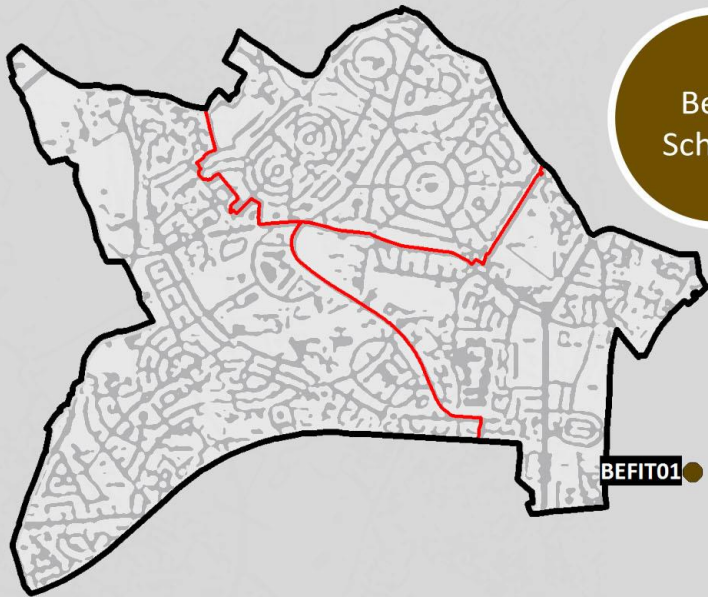
To access the programme you must be over 18 and have been diagnosed with/or are at risk of developing heart disease (such as being overweight or smoking).

Key	Venue	Address	Day(s)	Time	Sessions
ACTIVE01	YMCA	Melbourne Park Aspley	Monday	9.30 - 10.30am	Circuits
			Monday	10.30 - 11.30am	Fresh Start*
			Tuesday	11.45 - 12.45pm	Circuits
ACTIVE02	St. John's Church	Graylans Road Bilborough	Wednesday	10.00 - 11.00am	Circuits

* People are invited to sign up to the Physical Activity Referral Service (PARS)

For more information tel: 0115 9528803, e-mail: activeforlife@nottsymca.org





Be-fit Scheme

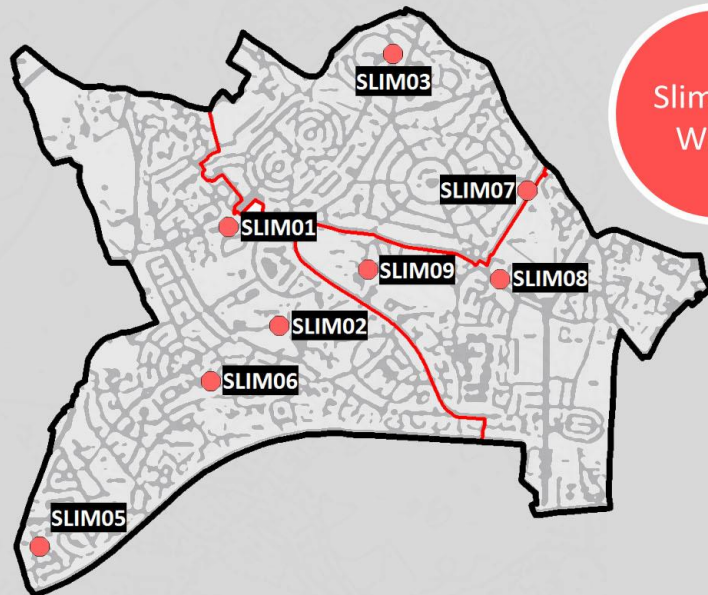
The Be-fit scheme is run through various Nottingham City Council Leisure Centres. This enables Nottingham City residents who are in receipt of the benefits listed below to access the gym, swim (during school holidays), fitness classes and also spin classes for free. This is during the times of 10.00 - 12.00pm and 13.00 - 15.00pm Monday to Saturday.

Not only do the scheme members get their gym introduction, but they also get four 'one on one' sessions with a fitness advisor to set up a programme to help them achieve their fitness goals.

Benefits eligible - Job Seekers Allowance, Income Support, Employment Support Allowance. Users can also be referred from the YMCA GP referral scheme.

For more information tel: 0115 8761600

Key	Name	Postcode
BEFIT01	John Carol Leisure Centre	NG7 3PS



Slimming World

Slimming world on referral offers sessions at local Slimming World groups for overweight individuals who want to lose weight. Groups around the city are run by trained, supportive and friendly consultants.

For more information please contact Healthy Change on: 0345 6047352

For more information contact "The Healthy Change Service", tel: 0345 6047352

Key	Name	Address	Day	When	Time One	Time Two
SLIM01	STRELLEY	Christian Family Centre	Wednesday	Morning	09:30	
SLIM02	BEECHDALE	Bilborough Baptist Church	Monday	Evening	17:30	19:30
SLIM03	CINDERHILL	Bells Lane Community Centre	Monday	Evening	17:30	19:30
SLIM04	BILBOROUGH	St Hughs Church Hall	Thursday	Morning	09:30	
SLIM05	WOLLATON	Wollaton Vale Community Centre	Tuesday	Evening	17:30	19:30
SLIM06	BILBOROUGH	St Hughs Church Hall	Tuesday	Evening	18:00	
SLIM07	ASPLEY	YMCA	Tuesday	Morning	10:00	
SLIM08	ASPLEY	St Margarets Church Hall	Tuesday	Evening	18:30	
SLIM09	ASPLEY	St Teresas Church Hall	Thursday	Evening	18:30	

