

## SUGGESTIONS FOR 'DOING SOMETHING'

Below is a list of groups, clubs and organisations in Nottingham and Nottinghamshire that can provide the incentive and motivation to improve your health and wellbeing. This list is not exhaustive and we would encourage you to also look on the internet for other groups and societies that may be of interest for you.

If you are reviewing these lists but live outside this area then please investigate options locally to you. There will be similar groups and clubs offering positive ways forward for you. This list will be reviewed and updated frequently.

### Things to do in Nottingham and Nottinghamshire

#### **Ginny's Good Yarn**

*Purpose:* Therapeutic lifelong learning using textile crafts for people living with dementia, mental health difficulties, learning disabilities, enduring grief or end of life illnesses.

*Website:* [www.ginnysgoodyarn.co.uk/](http://www.ginnysgoodyarn.co.uk/)

*Telephone:* 07776 284238

*Email address:* [info@ginnysgoodyarn.co.uk](mailto:info@ginnysgoodyarn.co.uk)

*Address:* Various venues around the county

#### **'Lost The Plot' Allotment**

*Telephone:* 07492 863007

*Email address:* [stott.julian123@gmail.com](mailto:stott.julian123@gmail.com)

*Address:* Newark Allotments Hawton Road, Next to 50 Hawton Road, Newark on Trent, Nottinghamshire, NG24 4QB

#### **National Ice Centre**

*Purpose:* Creating a space where individuals at any age and ability can ice skate or learn how to ice skate.

*Website:* <https://www.national-ice-centre.com/>

*Telephone:* 0843 373 3000

*Email address:* [generalenquiries@national-ice-centre.com](mailto:generalenquiries@national-ice-centre.com)

*Address:* Bolero Square, The Lace Market, Nottingham, NG1 1LA

#### **Nottingham Athletics Club**

*Purpose:* Offering individuals to train in a range of athletic disciplines.

*Website:* <https://nottsac.co.uk/>

*Telephone:* 0115 9854289

*Email address:* [info@nottsac.com](mailto:info@nottsac.com)

*Address:* Harvey Hadden stadium, Wigman Road, Bilborough, Nottingham, NG8 4PB

**Nottingham Panthers Ice Hockey Club**

*Purpose:* Offering the chance to watch the local ice hockey team play.

*Website:* <https://www.panthers.co.uk/>

*Telephone:* 0115 9413103

*Email address:* [info@panthers.co.uk](mailto:info@panthers.co.uk)

*Address:* Nottingham Panthers, 3 Malin Hill, Nottingham, NG1 1JQ

**Nottingham & Union Rowing Club**

*Purpose:* Providing the chance to join the Nottingham & Union Rowing Club which gives access to excellent facilities and boats, as well as top level coaching.

*Website:* <https://nurc.co.uk/>

*Telephone:* 07860 928694

*Email address:* [trevor.rainbow@ntlworld.com](mailto:trevor.rainbow@ntlworld.com)

*Address:* Trentside. Trent Bridge, Nottingham, NG2 5FA