

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

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

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

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

Nottinghamshire Clubs for Young People

Purpose: Delivering events and training for youth provisions throughout the City and County of Nottinghamshire.

Website: <https://localgiving.org/charity/nottscyp/>

Telephone: 0115 9705405

Address: Monty Hind Training Centre Leengate, Nottingham NG7 2LX

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

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

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