

Bulwell & Top Valley interim support without Social Prescribing

Purpose: To provide practice staff with clear guidance on signposting patients to community resources during the temporary pause of the social prescribing service.

Contact for Further Information/Support: nnicb-nn.btvsrpenhs.net

Mental Health & Wellbeing Services



Service Name	Description	How to Refer/Access
BeU Notts	Free mental health and emotional wellbeing support for children & young people (0–25) and their parents/carers.	Self, parent/carer, or professional referral. Call 0115 708 0008. Be U Support Free Mental Health Service for Children and Young People
Kooth	24/7 online mental health support for young people.	Visit kooth.com to sign up.
Notts Mental Health Crisis Line	24/7 mental health crisis line for immediate support.	Call 0808 196 3779 - You can also reach us by dialling 111 and selecting option 2.
Harmless	Self-harm and suicide prevention support.	Self-referral: Harmless Referral or call 0115 880 0280.
Talking Therapies (NHS)	Free NHS service for stress, anxiety, and depression. Offers 1:1, group, and digital sessions.	Self-referral: notts-talk.co.uk or call 0333 188 1060.
Nottingham Counselling Service	Affordable counselling, accredited by BACP.	Call 0115 950 1743 or visit Unit 5, Victoria Court, Kent Street, NG1 3LZ. - Nottingham Counselling Service

Mental Health & Wellbeing Services Part 2



Service Name	Description	How to Refer/Access
Base 51	Counselling for young people.	Email: counselling@base51.org.uk
Tricky to Talk (Nottingham Forest CT)	Weekly mental health support hubs (Thursdays 5:30–7:30pm) online & in-person.	Book at: Tricky to Talk
Al Hurraya	Culturally sensitive counselling for emerging communities.	Referral form on website - Home Al Hurraya . Team will follow up.
Nottingham Women's Centre	Drop-in support, Welcome Space, groups and services for women.	Drop-in Mon–Fri, 9–5pm. Call 0115 941 1475 or email reception@nottinghamwomenscentre.com
When Women Gather (WWG)	Women's wellbeing support group in Nottingham.	Call 07768 789668 or email info@whenwomengather.uk
Improving Lives	Support for those leaving secondary mental health services.	Referral form submission required. Team will contact - Mental Health Care Services Improving Lives in Nottingham
The Silver Line	24/7 free confidential telephone service for older people (55+).	Call 0800 470 8090 - The Silver Line Helpline
Nottinghamshire Women's Aid	Services include counselling, refuge, DV support, youth support and recovery services.	Visit: Notts Women's Aid or via internal referral pathways.
Bottled Up Blokes	Peer mental health support group for men.	Look up sessions locally or via their social media - Bottled Up Blokes – #TALKITOUT

Financial Assistance & Debt Support



Service Name	Description	How to Refer/Access
Financial SPLW	Social Prescribing Link Workers (SPLWs) can support individuals to access appropriate financial and wellbeing support.	Referral via GP practice or Bestwood Advice Centre.
Bestwood Advice Centre	Free, confidential, and impartial advice on benefits, debt, housing (including Homelink applications), food vouchers, energy support, and cost of living signposting. They help residents access essential services and provide guidance on managing finances and household bills.	Address: 21 Gainsford Cres, Nottingham NG5 5FH Tel: 0115 962 6519 Website
Nottingham law Centre	Free, confidential, independent advice on Housing, Debt & Welfare Benefits. Offers representation in possession proceedings.	Address: 119 Radford Rd, Nottingham NG7 5DU Tel: 0115 978 7813 Website
Disability Support Nottingham	Support with PIP and disability-related benefits. Highly supportive charity.	Address: Bramble Cl, Old Basford, NG6 0QG Tel: 0115 978 5095 Email: info@ddnottingham.com Website
Citizens Advice Bureau	Wide-ranging advice service including benefits, debt, housing, and Universal Credit claims.	Address: 16-18 Maid Marian Way, NG1 6HS General Enquiries: 0808 278 7974 UC Help: 0800 144 8444 Website
National Debt line	National service offering free, expert debt advice.	Tel: 0808 808 4000 Website
StepChange	National debt charity offering free, expert help with managing debt.	Tel: 0800 138 1111 Website



Service Name	Description	How to Refer/Access
Bulwell Forest Gardens – Big Friendly Lunch Club	Weekly social lunch group with gardening, cooking, and shared meals. Open to all ages. Suggested donation £3 adults / £1 kids.	Fridays from 10:30am Bulwell Forest Gardens, Austin St, NG6 9HE Tel: 0115 779 0155 Email: hello@bulwellforestgarden.co.uk
Knit and Natter – Bulwell Library	Social craft group for knitting, crochet, and sewing. All skill levels welcome.	Tuesdays & Wednesdays 10am–12pm Bulwell Riverside Centre, NG6 8QJ. Tel: 0115 883 3500
Reading Group – Bulwell Library	Book club to discuss shared reads and enjoy literature together.	Second Friday each month, 10:15–11:30am Bulwell Riverside Centre, NG6 8QJ Tel: 0115 883 3500
Knit and Natter – Southglade Library	Craft and chat social group in Top Valley area.	Thursdays, 12:30–2:30pm Southglade Park Library, NG5 5GU Tel: 0115 876 1055
Over 50s Coffee Mornings – Top Valley	Friendly social groups with crafts, tea/coffee, and chat.	Tuesdays (women's craft): 10am–12pm Thursdays: 10am–12pm Top Valley Community Centre, NG5 9DD Tel: 0115 975 6016 Email: info@topvalleycommunitycentre.co.uk
Bulwell Forest Bowls Club	Social outdoor bowls for all levels.	Sundays, Mondays, Wednesdays, Fridays – 10am–12pm Contact: John 07952 860 756 or Alan 07538 158 035
Bulwell Men in Sheds	Weekly men's group for DIY, crafts, and socialising.	Tuesdays, 10:30am–3:30pm St Mary's Church, Bulwell, NG6 9AD. Contact: Steve 07989 163 658 Email: steven.lack@phe.gov.uk

Community Group & Social Support Part 2



Service Name	Description	How to Refer/Access
Art & Craft Session - Duchess Gardens	Informal arts and crafts group.	Fridays, 1–3pm Duchess Gardens Community Centre £1 per session
Crabtree Farm Lunch Club	Social lunch gathering with food and activities.	Thursdays, 12–6pm Crabtree Farm Estate, Bulwell
Snapewood Community Centre Group	Social group with hot meal, games, and refreshments.	Thursdays, 10am–2:30pm Snapewood Community Centre
Drop-in Café Lady of Perpetual Succor Church	Friendly café with refreshments and social chat.	Thursdays, 9:30am–12:30pm
Sewing Bee – Tesco Community Room	Social sewing group.	Fridays, 11:30am Tesco Extra, Bulwell (Community Room), Jennison Street, NG6 8EQ. Ask at customer service for room location.
Crochet Clinic – Tesco Community Room	Casual crochet help and meet-up group.	First Wednesday each month, 6pm, Tesco Extra, Bulwell (Community Room) Ask at customer service for directions.
Arts & Crafts– Tesco Community Room	Weekly drop-in arts and crafts sessions.	Wednesdays, 11am–3:30pm Thursdays, 12–4pm, Tesco Extra, Bulwell (Community Room).
Bulwell Runners – Ken Martin	Community running group for all fitness levels.	Ken Martin Leisure Centre, Bulwell- Check local listings or speak to reception at Ken Martin for group times.
Friends of Bestwood Country Park	Community group supporting and organising activities at the park.	Email: fbcg.org@uk

Refugee and Asylum Seeker Support



Service Name	Description	How to Refer/Access
Nottingham Refugee Forum	Provides wide-ranging support for asylum seekers and refugees including general advice, projects, and volunteer opportunities.	Drop-in: Mon–Thurs, 10am–3pm (first come, first served) Address: 16 Sturton Street, Nottingham NG7 4AQ Tel: 0115 960 1230
Al Hurraya	Offers culturally sensitive support including counselling, advocacy, and advice to refugees and asylum seekers.	Referral required - Usually via referral form completed by a professional. Website: www.alhurraya.org
Refugee Roots ESL Classes	Free English classes for refugees and asylum seekers, promoting inclusion and language skills.	Thursdays, 11am–12:30pm Location: St. Leo's Church, Nottingham. Contact Refugee Roots via their website: www.refugeeroots.org.uk
Sfice Foundation ESOL	Free online and face-to-face English classes for refugees and migrants, supporting integration.	Thursdays Online: 10–11am In-person: 11am–12pm To join: Email hannah@sfice.org Website: www.sfice.org

Bereavement Support Services



Service Name	Description	How to Refer/Access
Cruse Bereavement Support	Support for anyone affected by grief, including helpline and 1:1 or group support.	Call 0808 808 1677 or visit cruse.org.uk to find local services.
At a Loss	Online portal for bereavement resources and local support.	Visit ataloss.org
Maggie's Nottingham	Bereavement support for those affected by cancer.	Drop-in Mon–Fri, 9am–5pm, or call 0115 924 6210. Email: nottingham@maggies.org
Harmless – Suicide Bereavement	Specialist suicide bereavement support.	Self-referral: Bereavement Form or call 0115 880 0280.
Blue Cross Pet Bereavement	Blue Cross Pet Bereavement	Call 0800 096 6606 or visit bluecross.org.uk

Service Name	Description	How to Refer/Access
PCN 1 Health & Wellbeing Coaches	Health and Wellbeing Coaches in PCN1 support patients to take control of their health by setting personalised goals, building healthier habits, and improving overall wellbeing.	Referrals are made through a medical professional at your local GP practice
Thriving Nottingham	Thriving Nottingham supports residents with quitting smoking, managing weight, and getting active for a healthier lifestyle.	Referrals can be made online via: https://thrivingnottingham.org.uk/professionals/
Breathe Easy	Supportive group session for breathing exercises.	Bulwell Tesco Community Room Mon 2:15–3:15pm. Just turn up.
Healthy Horizons Hubs	Wellbeing and physical activity sessions.	Contact colin.eley@nottinghamforest.co.uk or just turn up.
Clubbercise	Free dance workout session to 90s music.	Mondays 6–6:45pm, Crabtree Farm Community Centre. Call 07811 797752.
Runspire Walks	Community walks at Bulwell Riverside & Ken Martin Centre.	https://www.runspire-notts.com/sessions
Bulwell Barkers	Outdoor dog walking	Contact Charlotte: 07890 557854
Bulwell Forest Gardens	A vibrant community space in Bulwell, where local residents come together to engage in food growing, wildlife conservation, and various wellbeing activities.	https://www.bulwellforestgarden.co.uk/
Weight Management - NFFC	12-week support programme for adults with BMI 23+.	<u>Sign up at Nottingham Forest CT</u>
FIT Magpies - Notts County Foundation	Free 12-week health programme for BMI 28+ adults.	Contact Josh Stevenson: josh.stevenson@nottscountyfoundation.org.uk
On The Ball (Notts County)	Inclusive sports sessions for adults with learning disabilities.	Mondays 12–1:30pm at Portland Leisure Centre. Call 0115 905 5896.

Domestic Abuse & Safety Support

Service Name	Description	How to Refer/Access
Equation	Reducing impact of domestic abuse and sexual violence across all genders.	Call 0800 995 6999 or visit equation.org.uk
Juno Women's Aid	24/7 support for women and families affected by abuse.	Call 0808 800 0340 or visit junowomensaid.org.uk
Nottingham Muslim Women's Network	Domestic violence support for Muslim women and girls.	Referral-based. Team will contact client after submission. https://nottinghammuslimwomensnetwork.co.uk/

Housing & Accommodation Support

Service Name	Description	How to Refer/Access
Housing Aid	Supports people who are homeless or at risk of homelessness.	Call 0115 876 3300 or visit Loxley House, Trent Street, NG2 3NG.
Framework – Street Outreach	For individuals sleeping rough.	Call 0800 066 5356 or text SOT to 80800.
HomeLink	Choice-based letting system for social housing.	Visit HomeLink
Various Housing Associations	Including Housing 21, PA Housing, Guinness Trust, etc.	Refer via individual websites (e.g., pahousing.co.uk) or search "Nottingham social housing providers".

Employment Support Services

Service Name	Description	How to Refer/Access
Work Clubs (Basford, Bulwell Riverside, Southglade)	Free drop-in support for job searching, CVs, and training.	Visit your local library or Nottingham Libraries
Futures for Business	Employment support and training.	Call 0345 850 8899 or visit The Hub, 40 Friar Lane, Nottingham.
Nottingham College	Further education, training, and apprenticeships.	Call 0115 9100 100 or visit nottinghamcollege.ac.uk
Inspire Adult Learning	Adult education and upskilling opportunities.	Call 01623 677 200 or visit inspireculture.org.uk
Journey to Employment (J2E)	Holistic employment support for disabled people.	Call 0115 934 8400 or visit nottinghamcvts.co.uk
Life CIC	Employment support for adults with learning difficulties.	Call 0115 975 7712 or visit lifecic.co.uk
Opportunity & Change	Support for unemployed adults with complex needs.	Call 0115 9709549 or visit frameworkha.org/opportunityandchange
Towards Work	Tailored support into employment for 18+.	Call 0115 978 8212 or visit towardswork.org.uk

Support for Individuals with Autism

Service Name	Description	How to Refer/Access
Notts Autism Information and Advice Service (via Citizens Advice)	Support for those aged 16+ who do not yet have a diagnosis but are awaiting assessment. Offers info on rights, services and next steps.	Self-referral online Website: nottsautisminformation.org.uk
Autism East Midlands	For people with a formal autism diagnosis. Offers support around employment, day services, and respite for carers.	Website: autismeastmidlands.org.uk Accessible citywide including Bulwell and Top Valley.
Southglade Access Centre – Family Support (Top Valley)	Offers some family and child support services. Can assist families with children with autism in navigating local resources	Location: Southglade Access Centre, Southglade Rd, NG5 5GU Tel: 0115 876 1600
ASK US Nottinghamshire (SENDIASS)	Supports families of children with special educational needs, including autism. Advice on education, EHCPs, and local support.	Website: askusnotts.org.uk Tel: 0800 121 7772

Carers' Wellbeing and Support

Service Name	Description	How to Refer/Access
Carers Federation - Carers Hub	Free, confidential support for unpaid carers in Nottingham.	Call 0808 802 1777 or email carershubin@carersfederation.co.uk
Bulwell Carers Support Group	Peer support group with guest speakers and refreshments.	Second Monday of the month, 12:30–3pm at Ravensworth Road Methodist Church. Call 0808 802 1777 to book.

Transport Assistance

Service Name	Description	How to Refer/Access
Easylink (CT4N)	Door-to-door minibus service for people unable to use standard public transport.	Visit ct4n.co.uk or call 0115 969 1801.
Accessible Taxi Services	List of local providers offering wheelchair-accessible taxis.	<u>See Nottinghamshire County Council site.</u>

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