



We understand that anyone can reach crisis point and we want to help you find the support you need

Advice and Support	
Citizen's Advice (Help Through Hardship)	0808 208 2138
The Law Centre	0115 978 7813
Welfare Rights	0115 915 1355
Medical/Health/Mental Health	
NHS Walk-in Centre	0115 844 0212
NHS Direct	111
Mind	0115 985 8735
Nottinghamshire Crisis Sanctuaries (6pm-11pm)	0115 844 1846
24 Hour Crisis Helpline	0808 196 3779
Homeless/Vulnerable Support	
Emmanuel House	0115 950 7140
Friary	0115 982 5448
Street Outreach	0800 066 5356
Housing Aid	0115 876 3300
Young peoples support	
Base 51 (12-25 year olds)	0115 950 7140
Childline	0800 1111
Young Minds	0808 802 5544
Domestic Violence Support	
National Domestic Violence 24 Hour Helpline Number	0808 200 0247
Juno Women's Aid (Women, Children and Teens)	0808 800 0340
Equation (Male Support)	0115 960 5556
Karma Nirvana (Honor-Based Violence)	0800 599 9247
Refugee and Asylum Support	
Migrant Help	0808 8010503
Refugee Forum	0115 960 1212
Refugee Roots	0745898 2110
Belong	0115 979 0015
Clothing	
Sharewear	0330 057 7844

Hope Nottingham's vision is to inspire and grow communities of Hope

We are a Christian Charity established in 2010 which supports those of all faith or none. We work in shared mission with local churches, organisations and community groups, empowering volunteers to serve those in need in local neighbourhoods all around Nottingham.

We have been supporting the people of Carlton since 2013 when our foodbank first opened in partnership with Main Street Methodist Church. When the Church announced it would not re-open after the pandemic in 2021, we stepped in to transform the building into a Community Hub.

We could not operate the Hub without the dedicated support of our amazing volunteer team, the many partner organisations who work alongside us and the many individuals, groups, companies and funders who support us financially. Most importantly we value our guests who are our daily inspiration to do more and reach more.

Find out more at www.hopenottingham.org.uk



INSPIRING AND GROWING COMMUNITIES OF HOPE

CARLTON COMMUNITY HUB



WEEKLY ACTIVITIES

Mon
Arts & Crafts Club
1.30 - 3.30pm



Supported
by Jigsaw

Tues & Fri
Drop in Cafe
12.00 - 2.30pm



Free tea & coffee
and light snack

Tues & Fri
Foodbank
12.00 - 2.30pm



Benefit & Welfare
Advice provided
by The Ark

1st & 3rd Tues
Work Club
12.00 - 2.30pm



Run by Jigsaw
Homes

Wednesday
Falls Prevention
10.45 am - 12.15 pm



The Active
Health Coach

Wednesday
Stay and Play
1.30 pm - 3.00 pm



Run by Netherfield
Children's Centre

Thursday
Foodclub
12.30 pm - 2.00 pm



Low cost food
support

Saturday
Friendship Group
11.00 am - 1.00 pm



A warm welcome,
singing & snacks

GET INVOLVED

Join our volunteer team

We cannot operate without the support of local people giving up their time and skills, from chatting to our guests, sorting food, cooking, admin, cleaning, maintenance.

Ask about our current vacancies

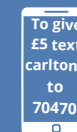
Donate food

We rely on donations of food to provide emergency parcels to those referred to our foodbank. Find out more about our franchise with Trussell Trust here: www.eastwestnottingham.foodbank.org.uk
Most needed are tins of meat, fish, puddings, vegetables and fruit

Fundraising

It costs many tens of pounds to run our hubs and we rely on local communities to fund our work so we can provide it free to those in need

If you are able to support us, you can donate online or by text



Follow us on social media:   

Registered Charity 1161248

Gedling  Outreach Service
Tuesday 11.00 am - 2.45 pm

Help for local residents with benefits, council tax, housing, environmental services, elections. anti social behaviour and more

For further details on any of our Hub's activities visit our website or talk to any of our team



 hope@hopenottingham.org.uk

 www.hopenottingham.org.uk

 0303 040 1110

 Carlton Community Hub
Former Methodist Church
88 Carlton Hill, Carlton, NG4 1EE