## Know your Numbers campaign

### September is Know Your Numbers week from 8th – 16th September 2025.

### Activities Taking Place from 8th to 16th September 2025

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| **Events** |
| **Monday 8th September 2025** **Nottingham for Heya** A charity supporting Arab women by providing a safe space to combat social isolation, improve mental health, and build stronger communities through various activities like workshops, health and well-being events, and community celebrations**What is the Event?**Culturally sensitive health talk with blood pressure check station **Who is this service for?**Women-only event Available in English and Arabic**Where is it at?**Sheila Roper Community Centre Tenants Hall Close Lenton Abbey NG9 2RW**How much does it cost?**Free to walk in and attend**What time is at?**1:00pm – 3:00pm**How to find the venue:**The NCT 36 bus from Nottingham City Centre to bus stop: Woodside Road shops, walk up Anslow Avenue, first right onto Baslow Drive and first left onto Tenants Hall Close. **Google Maps**[https://maps.app.goo.gl/Y1MfpDExQ9CimV816](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmaps.app.goo.gl%2FY1MfpDExQ9CimV816&data=05%7C02%7Cmichelle.freer6%40nhs.net%7C982bdb12b0ff48c4467708dde5796528%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638919031725846715%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=CC3XkbpKKD8WbzuL0vcuqDB6Mwy15wWqscGWSCKEiYo%3D&reserved=0)**Want to know more?**Email: heyanottingham@gmail.com |
| **Nottingham City East Primary Care Network**A network of GP Practices working together to provide care to individuals within Nottingham City East. Practices include: Bakersfield Medical CentreFamily Medical Centre Greendale Primary Care CentreParliament Medical PracticeVictoria & Mapperley Practice Wellspring SurgeryWindmill Practice**What is the Event?**Health & Wellbeing Hub focussed on Heart Health Blood pressure check stationMini health checksInformation and education stalls **Who is this service for?**All patients registered at one of the practices **Where is it at?**Cherry Lodge, King Edward Park, Carlton Rd, Nottingham NG3 2AS**How much does it cost?**Free to walk in and attend**What time is at?**11:00am – 1:00pm **How to find the venue:**The NCT 24 bus from Nottingham City Centre to bus stop: Handel Street. Walk up towards St Chad’s Road. Cherry Lodge Community centre is on the corner. Google Maps[Handel Street (Stop SN06) to Cherry Lodge - Google Maps](https://www.google.com/maps/dir/Handel%2BStreet%2B%28Stop%2BSN06%29%2C%2BNottingham%2BNG3%2B2AR/Cherry%2BLodge%2C%2BKing%2BEdward%2BPark%2C%2BCarlton%2BRd%2C%2BNottingham%2BNG3%2B2AS/%4052.9556654%2C-1.1346879%2C206m/data%3D%213m2%211e3%214b1%214m14%214m13%211m5%211m1%211s0x4879c1629a84b31b%3A0x1f0e6da6859397fc%212m2%211d-1.134668%212d52.955208%211m5%211m1%211s0x4879c1df8896f72b%3A0xd23a08d587e587f7%212m2%211d-1.1322128%212d52.9558386%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Nottingham City East (PCN 6) - NHS Nottingham and Nottinghamshire ICS - NHS Nottingham and Nottinghamshire ICS](https://healthandcarenotts.co.uk/care-in-my-area/nottingham-city-pbp/nottingham-city-primary-care-networks-pcns/nottingham-city-east/) |

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| **Thriving Nottingham**Helping you to live well and feel great **What is the event?**Adult Weight Management SessionsUndertaking Blood Pressure ChecksOne-to-one sessions with your own coach, plus a discovery call to get startedFocus on setting realistic goals, improving motivation, and building healthy habitsSupport for your emotional wellbeing, stress, and activity levels **Where is it at?**Strelley Road Library, Strelley Road, Strelley, NG8 3BJ**Who is this service for?**All adults that want to understand more about their lifestyle and make improvements. **How much does it cost?**Free to walk in and attend**What time is at?**9:30am – 4:30pm**How to find the venue:**The NCT 77 bus from Nottingham City Centre to bus stop: Strelley Road ASDA, walk past ASDA and the library is on the left. Google Maps[Strelley Road Library - Google Maps](https://www.google.com/maps/place/Strelley%2BRoad%2BLibrary/%4052.9740596%2C-1.21992%2C411m/data%3D%213m2%211e3%214b1%214m6%213m5%211s0x4879ea3fc9482157%3A0x8ad247f83123e0ed%218m2%213d52.9740596%214d-1.2173451%2116s/g/1tdb3t6r?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Thriving Nottingham | Helping you to live well and feel great](https://thrivingnottingham.org.uk/) |
| **Nottingham Forest Community Trust**Healthy Horizon Hub’s led by Nottingham Forest Community Trust provide physical and wellbeing activities, resilience building including education on healthy hearts **Where is it at?**Brendon Lawrence Sports Centre, Hungerhill Road, St Ann’s, NG3 4NB**What time is it on?**10:00am – 12:00pm**Who is this service for?**All adults that want to understand more about their lifestyle and make improvements. **How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 61 bus from Nottingham City Centre to bus stop: Hungerhill Road. Google Maps[Brendon Lawrence Sports Centre - Google Maps](https://www.google.com/maps/place/Brendon%2BLawrence%2BSports%2BCentre/%4052.9674684%2C-1.1404373%2C411m/data%3D%213m3%211e3%214b1%215s0x4879c170f86da03f%3A0xc05b243dd91ce740%214m6%213m5%211s0x4879c170f7438dc5%3A0xddf1a4d4fa66b2fa%218m2%213d52.9674684%214d-1.1404373%2116s/g/11c2njw8bm?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Nottingham Forest Community Trust | Supporting those who need us](https://nottinghamforestcommunitytrust.co.uk/) |
| **Tuesday 9th September 2025** **Clifton NG11 Food Bank** Providing emergency support with food and basic provision. Offering support and advice on hypertension and blood pressure checks. **Where is it at?**The Hope Centre, South Church Drive, Clifton, NG11 8AQ**How much does it cost?**Free to walk in and attend**What time is it on?**10:00am – 12:00pm**How to find the venue:**The NCT 3, 3A bus from Nottingham City Centre to bus stop: South Church Drive North, walk towards Farnborough Road, Turn Left towards The Community Way.  Google Maps[Southchurch Drive North to Hope Centre - Google Maps](https://www.google.com/maps/dir/Southchurch%2BDrive%2BNorth%2C%2BSouthchurch%2BDr%2C%2BClifton%2C%2BNottingham%2BNG11%2B8AQ/Hope%2BCentre%2C%2B2%2BSouthchurch%2BDr%2C%2BClifton%2C%2BNottingham%2BNG11%2B8AR/%4052.9112059%2C-1.1713705%2C206m/data%3D%213m2%211e3%214b1%214m14%214m13%211m5%211m1%211s0x4879c2f5659ca0c3%3A0xba730048e5c3e601%212m2%211d-1.170441%212d52.9107982%211m5%211m1%211s0x4879c2f57c3000cf%3A0x7e2e08a1abf4032%212m2%211d-1.170397%212d52.9110545%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Clifton NG11 Foodbank | Helping Local People in Crisis](https://cliftonng11.foodbank.org.uk/) |
| **Nottingham Forest Community Trust**Healthy Horizon Hub’s led by Nottingham Forest Community Trust provide physical and wellbeing activities, resilience building including education on healthy hearts **Where is it at?**Evolve Nottingham (Strelley Social Club), Strelley, Helston Drive, NG8 6JZ**What time is it on?**10:30am – 12:00pm**Who is this service for?**All adults that want to understand more about their lifestyle and make improvements. **How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 77 bus from Nottingham City Centre to bus stop: Morris Road, walk up Flamsteed Road towards Helston Drive, turn left onto Helston Drive, walk along Helston Drive to Evolve Nottingham (Strelley Social Club). Google Maps[Morris Road (Stop ST12), Nottingham NG8 6LQ to Helston Dr, Nottingham - Google Maps](https://www.google.com/maps/dir/Morris%2BRoad%2B%28Stop%2BST12%29%2C%2BNottingham%2BNG8%2B6LQ/Helston%2BDr%2C%2BNottingham/%4052.9756845%2C-1.22817%2C291m/data%3D%213m1%211e3%214m14%214m13%211m5%211m1%211s0x4879ea4080c6c8d9%3A0x6879f7342b4bf5d2%212m2%211d-1.229562%212d52.975365%211m5%211m1%211s0x4879ea6aa556ccbd%3A0x65986331cae63eb8%212m2%211d-1.2253963%212d52.9757536%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Nottingham Forest Community Trust | Supporting those who need us](https://nottinghamforestcommunitytrust.co.uk/) |
| **Nottingham Forest Community Trust**Healthy Horizon Hub’s led by Nottingham Forest Community Trust provide physical and wellbeing activities, resilience building including education on healthy hearts **Where is it at?**ICCA Carrington, Hucknall Road, NG5 1QZ**What time is it on?**1:00pm – 3:00pm**Who is this service for?**All adults that want to understand more about their lifestyle and make improvements. **How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 15, 16, 17 bus from Nottingham City Centre to bus stop: Bernard Street stops right outside the building. Google Maps[Bernard Street (Stop SH59) to The Indian Community Centre Association (ICCA) - Google Maps](https://www.google.com/maps/dir/Bernard%2BStreet%2B%28Stop%2BSH59%29%2C%2BCarrington%2C%2BNottingham%2BNG5%2B2AE/The%2BIndian%2BCommunity%2BCentre%2BAssociation%2B%28ICCA%29%2C%2B99%2BHucknall%2BRd%2C%2BNottingham%2BNG5%2B1QZ/%4052.9755687%2C-1.1588028%2C411m/data%3D%213m3%211e3%214b1%215s0x4879c19f544495c1%3A0x170e532efe6b019a%214m14%214m13%211m5%211m1%211s0x4879c19f5757c98f%3A0x81b633d6a02d6ebe%212m2%211d-1.155901%212d52.975521%211m5%211m1%211s0x4879c1a1fe2613b3%3A0xce1e7fb37268a72a%212m2%211d-1.1566091%212d52.9758111%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Nottingham Forest Community Trust | Supporting those who need us](https://nottinghamforestcommunitytrust.co.uk/) |
| **Wednesday 10th September 2025** **Nottingham Forest Community Trust**Healthy Horizon Hub’s led by Nottingham Forest Community Trust provide physical and wellbeing activities, resilience building including education on healthy hearts **Where is it at?**Crabtree Community Centre Steadfold Close, Bulwell, NG6 8AX**What time is it on?**10:00am – 12:00pm**Who is this service for?**All adults that want to understand more about their lifestyle and make improvements. **How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 68 bus from Nottingham City Centre to bus stop: Courtfleet Way, take a left onto Steadfold Close towards Crabtree Farm Primary School and the community centre is on the left.Google Maps[Crabtree Farm Community Centre to Courtleet Way (Stop HV08) - Google Maps](https://www.google.com/maps/dir/Crabtree%2BFarm%2BCommunity%2BCentre%2C%2BSteadfold%2BClose%2C%2BBulwell%2C%2BNottingham/Courtleet%2BWay%2B%28Stop%2BHV08%29%2C%2BBulwell%2C%2BNottingham%2BNG6%2B8GY/%4052.9960347%2C-1.2045477%2C205m/data%3D%213m1%211e3%214m14%214m13%211m5%211m1%211s0x4879c02a2c7ed4fb%3A0x51a630b68dbf344f%212m2%211d-1.2030713%212d52.9966504%211m5%211m1%211s0x4879ea7f953de501%3A0x3103b5e2252e73e7%212m2%211d-1.203295%212d52.995419%213e2?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Nottingham Forest Community Trust | Supporting those who need us](https://nottinghamforestcommunitytrust.co.uk/) |
| **Thursday 11th September 2025** **The Bridge Project**The Bridge Notts CIC is a Nottingham-based social enterprise promoting community wellbeing through practical life skills, mentoring, and inclusive activities in safe, accessible spaces. **Heart Health Event with Healthy BBQ Cooking Demonstration** Education and support available for heart health conditionsBlood pressure station **Where is it at?**Bridgeway Hall, Arkwright Walk, allWalkThe Meadows, NG2 2JD**What time is it on?**3:30pm – 6:00pm**Who is this service for?**Families welcome that want to understand more about their lifestyle and learn about healthy cooking. **How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 11 bus from Nottingham City Centre to bus stop: Arkwright Street, walk 5 minutes towards the Bridgeway Hall church. Google Maps[Bridgeway Hall Methodist Church to Arkwright Street (Stop ME01) - Google Maps](https://www.google.com/maps/dir/Bridgeway%2BHall%2BMethodist%2BChurch/Arkwright%2BStreet%2B%28Stop%2BME01%29%2C%2BNottingham%2BNG2%2B2JR/%4052.9446883%2C-1.1484753%2C411m/data%3D%213m2%211e3%214b1%214m14%214m13%211m5%211m1%211s0x4879c3cd862d735f%3A0xce9b38c1d5dcfe0%212m2%211d-1.14512%212d52.9435459%211m5%211m1%211s0x4879c3d2fb64a3c7%3A0x2c33293cc26003f3%212m2%211d-1.146623%212d52.946041%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [The Bridge Notts CIC | Facebook](https://www.facebook.com/thebridgenotts) |
| **Muslim Women’s Organisation**To offer Muslim Women and girls of Nottingham the recreational, cultural, religious traditional and education activities they need.**Healthy Hearts, Empowered Communities Event** Providing support and advice in cardiovascular wellbeing among women. Activities will include free blood pressure checks, interactive workshops on healthy lifestyle choices, and educational talks led by healthcare professionals. Refreshments will be provided, and attendees will be encouraged to share their experiences and ask questions in a supportive, inclusive environment**Where is it at?**Radford Park, 165b Ilkeston Road, NG7 3HF**What time is it on?**11:00am – 2:00pm**Who is this service for?**Women-only event Available in English and Arabic**How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 35 bus from Nottingham City Centre to bus stop: Harrington Drive, walk towards Kimbolton Avenue and turn left onto Kimbolton Avenue, walk towards Ashburnham Avenue and turn left, walk along and turn right into Radford Park.Google Maps[Harrington Drive (Stop LE05) to Radford Recreation Ground - Google Maps](https://www.google.com/maps/dir/Harrington%2BDrive%2B%28Stop%2BLE05%29%2C%2BNottingham%2BNG7%2B1PR/Radford%2BRecreation%2BGround%2C%2BIlkeston%2BRd%2C%2BNottingham%2BNG7%2B2BY/%4052.9541494%2C-1.1729962%2C206m/data%3D%213m1%211e3%214m14%214m13%211m5%211m1%211s0x4879c2209282506b%3A0x1756cfad95909c23%212m2%211d-1.170747%212d52.953011%211m5%211m1%211s0x4879c18aa44d6c01%3A0xc299bcb0ae720fd4%212m2%211d-1.1735859%212d52.9545219%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Muslim Women's Organisation | Nottingham | Facebook](https://www.facebook.com/Muslimwomen098/?locale=en_GB) |
| **Clifton NG11 Food Bank** Providing emergency support with food and basic provision. Offering support and advice on hypertension and blood pressure checks. **Where is it at?**The Hope Centre, South Church Drive, Clifton, NG11 8AQ**How much does it cost?**Free to walk in and attend**What time is it on?**9:30am – 1:00pm**How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 3, 3A bus from Nottingham City Centre to bus stop: South Church Drive North, walk towards Farnborough Road, Turn Left towards The Community Way.  Google Maps[Southchurch Drive North to Hope Centre - Google Maps](https://www.google.com/maps/dir/Southchurch%2BDrive%2BNorth%2C%2BSouthchurch%2BDr%2C%2BClifton%2C%2BNottingham%2BNG11%2B8AQ/Hope%2BCentre%2C%2B2%2BSouthchurch%2BDr%2C%2BClifton%2C%2BNottingham%2BNG11%2B8AR/%4052.9112059%2C-1.1713705%2C206m/data%3D%213m2%211e3%214b1%214m14%214m13%211m5%211m1%211s0x4879c2f5659ca0c3%3A0xba730048e5c3e601%212m2%211d-1.170441%212d52.9107982%211m5%211m1%211s0x4879c2f57c3000cf%3A0x7e2e08a1abf4032%212m2%211d-1.170397%212d52.9110545%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Clifton NG11 Foodbank | Helping Local People in Crisis](https://cliftonng11.foodbank.org.uk/) |
| **Friday 12th September 2025****Thriving Nottingham**Helping you to live well and feel great with Adult Weight Management SessionsUndertaking Blood Pressure ChecksOne-to-one sessions with your own coach, plus a discovery call to get startedFocus on setting realistic goals, improving motivation, and building healthy habitsSupport for your emotional wellbeing, stress, and activity levels **Where is it at?**Strelley Road Library, Strelley Road, Strelley, NG8 3BJ**What time is it on?**9:30am – 4:30pm**Who is this service for?**All adults that want to understand more about their lifestyle and make improvements. **How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 77 bus from Nottingham City Centre to bus stop: Morris Road, walk up Flamsteed Road towards Helston Drive, turn left onto Helston Drive, walk along Helston Drive to Evolve Nottingham (Strelley Social Club). Google Maps[Morris Road (Stop ST12), Nottingham NG8 6LQ to Helston Dr, Nottingham - Google Maps](https://www.google.com/maps/dir/Morris%2BRoad%2B%28Stop%2BST12%29%2C%2BNottingham%2BNG8%2B6LQ/Helston%2BDr%2C%2BNottingham/%4052.9756845%2C-1.22817%2C291m/data%3D%213m1%211e3%214m14%214m13%211m5%211m1%211s0x4879ea4080c6c8d9%3A0x6879f7342b4bf5d2%212m2%211d-1.229562%212d52.975365%211m5%211m1%211s0x4879ea6aa556ccbd%3A0x65986331cae63eb8%212m2%211d-1.2253963%212d52.9757536%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit:[Thriving Nottingham | Helping you to live well and feel great](https://thrivingnottingham.org.uk/) |
| **Majority Black Led Churches** Heart Health Event proving Mini health check including Free blood pressure check. Education to reduce your risk of heart disease. **Where is it at?**The Pilgrim Centre, Queen’s Walk, The Meadows, NG2 2DF**What time is it on?**10:00am – 2:00pm**Who is this service for?**All adults that want to understand more about blood pressure, cardiovascular health, inequalities and lifestyle behavioural improvements for healthy longer life. **How much does it cost?**Free to attend. Registration is required. A qr code with a few black squares  AI-generated content may be incorrect.Register here:**How to find the venue:**The NCT 48 bus from Nottingham City Centre to bus stop: Queens Walk, walk up to Houseman Gardens, turn into Houseman Gardens, across the road is the Pilgrim centre. Google Maps[Queens Walk (Stop ME22), Nottingham NG2 1LE to Pilgrim Centre - Google Maps](https://www.google.com/maps/dir/Queens%2BWalk%2B%28Stop%2BME22%29%2C%2BNottingham%2BNG2%2B1LE/Pilgrim%2BCentre%2C%2BQueens%2BWalk%2C%2BNottingham%2BNG2%2B2DF/%4052.9420889%2C-1.1521299%2C18z/data%3D%214m14%214m13%211m5%211m1%211s0x4879c23259bc5a47%3A0x3f00b122311d6166%212m2%211d-1.152391%212d52.941761%211m5%211m1%211s0x4879c2339445fcdd%3A0x683aa673b2308b77%212m2%211d-1.149612%212d52.9426145%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [thepilgrimchurch.org](https://www.thepilgrimchurch.org/) |
| **Saturday 13th September 2025** **Diversify Education and Communities CIC**Bringing Communities Together. Diversify run impactful projects like Dads & Lads and Faith Housing Services and bring people together at Beechdale Community Centre.**Health awareness and blood pressure screening event**The event will specifically target Black African and Caribbean communities, Free blood pressure checks in partnership with local Health & Wellbeing CoachesCulturally sensitive health education talks about hypertension, diet, and stress managementA healthy lifestyle workshop, including food tasting of low-salt Afro-Caribbean dishes and tips on healthy cookingPhysical activity demonstrations, such as chair-based fitness and movement for older adults,**Where is it at?**Beechdale Community Centre, 1 Ambergate Road, Beechdale, NG8 3GD**What time is it on?**11:00am – 3:00pm**How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 28 bus from Nottingham City Centre to bus stop: Beechdale Road Top, walk along Beechdale Road towards Fremount Drive, walk along Fremount Drive, turn left onto Ambergate Road, walk towards Ranmere Road, Beechdale Community Centre is on the left. Google Maps[Beechdale Road Top (Stop BE12) to Beechdale Community Centre - Google Maps](https://www.google.com/maps/dir/Beechdale%2BRoad%2BTop%2B%28Stop%2BBE12%29%2C%2BNottingham%2BNG8%2B3AE/Beechdale%2BCommunity%2BCentre%2C%2B1%2BAmbergate%2BRd%2C%2BNottingham%2BNG8%2B3GD/%4052.964664%2C-1.2097022%2C206m/data%3D%213m1%211e3%214m14%214m13%211m5%211m1%211s0x4879ea12e1612e81%3A0xd6a46832edf46b78%212m2%211d-1.21643%212d52.973572%211m5%211m1%211s0x4879ea05f1b2a32d%3A0x6f5f24484acb0766%212m2%211d-1.2083528%212d52.9643966%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Home | Diversify Education & Communities CIC](https://www.diversifyeducation.co.uk/) |
| **Bulwell & Top Valley Primary Care Network** A network of GP Practices working together to provide care to individuals within the Bulwell and Top Valley areas.Practices include:Leen View Surgery Bulwell Riverside SurgeryParkside Medical PracticeRise Park SurgerySouthglade Health CentreSt Albans Medical CentreNirmala Medical Centre**Bulwell Forest Gardens Heart Health Event** Free lifestyle checks Education to reduce your risk of heart disease **Where is it at?**Bulwell Forest Gardens,Austin Street, Bulwell, NG6 9HE**Who is this service for?**All patients registered at one of the practices **What time is it on?**10:00am – 2:00pm **How much does it cost?**Free to walk in and attend**How to find the venue:**The NCT 68 bus from Nottingham City Centre to bus stop: Bulwell Church. Walk towards Church Lane, Turn right onto Belmont Lane, turn left onto Austin Street, walk along Austin Street and turn right into Bulwell Forest Gardens Google Maps[Bulwell Market to Bulwell Forest Garden - Google Maps](https://www.google.com/maps/dir/Bulwell%2BMarket%2C%2BBulwell%2C%2BNottingham%2BNG6%2B8QD/Bulwell%2BForest%2BGarden%2C%2BAustin%2BSt%2C%2BNottingham%2BNG6%2B9HE/%4053.0017734%2C-1.1934149%2C411m/data%3D%213m1%211e3%214m14%214m13%211m5%211m1%211s0x4879c02b93feabe1%3A0x25a87e42f94c15cf%212m2%211d-1.1969348%212d53.000586%211m5%211m1%211s0x4879c02e018e2961%3A0xe37d3768ee32ee90%212m2%211d-1.1903992%212d53.0025221%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Bulwell Forest Garden](https://www.bulwellforestgarden.co.uk/) |
| **Sunday 14th September 2025** **There are currently no events taking place.****Calling all Nottingham City Organisations….****Are you running a heart health event? Tell us about it and we will fill the space here and advertise your event for free.**  |
| **Monday 15th September 2025****Thriving Nottingham**Helping you to live well and feel great **What is the event?**Adult Weight Management SessionsUndertaking Blood Pressure ChecksOne-to-one sessions with your own coach, plus a discovery call to get startedFocus on setting realistic goals, improving motivation, and building healthy habitsSupport for your emotional wellbeing, stress, and activity levels **Where is it at?**Strelley Road Library, Strelley Road, Strelley, NG8 3BJ**Who is this service for?**All adults that want to understand more about their lifestyle and make improvements. **How much does it cost?**Free to walk in and attend**What time is at?**9:30am – 4:30pm**How to find the venue:**The NCT 77 bus from Nottingham City Centre to bus stop: Morris Road, walk up Flamsteed Road towards Helston Drive, turn left onto Helston Drive, walk along Helston Drive to Evolve Nottingham (Strelley Social Club). Google Maps[Morris Road (Stop ST12), Nottingham NG8 6LQ to Helston Dr, Nottingham - Google Maps](https://www.google.com/maps/dir/Morris%2BRoad%2B%28Stop%2BST12%29%2C%2BNottingham%2BNG8%2B6LQ/Helston%2BDr%2C%2BNottingham/%4052.9756845%2C-1.22817%2C291m/data%3D%213m1%211e3%214m14%214m13%211m5%211m1%211s0x4879ea4080c6c8d9%3A0x6879f7342b4bf5d2%212m2%211d-1.229562%212d52.975365%211m5%211m1%211s0x4879ea6aa556ccbd%3A0x65986331cae63eb8%212m2%211d-1.2253963%212d52.9757536%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Thriving Nottingham | Helping you to live well and feel great](https://thrivingnottingham.org.uk/) |
| **Nottingham City East Primary Care Network**A network of GP Practices working together to provide care to individuals within Nottingham City East. Practices include: Bakersfield Medical CentreFamily Medical Centre Greendale Primary Care CentreParliament Medical PracticeVictoria & Mapperley Practice Wellspring SurgeryWindmill Practice**What is the Event?**Health & Wellbeing Hub focussed on Heart Health Blood pressure check stationMini health checksInformation and education stalls **Who is this service for?**All patients registered at one of the practices **Where is it at?**The Chase Neighbourhood Centre, 24 Robin Hood Chase, Nottingham NG3 4EZ**How much does it cost?**Free to walk in and attend**What time is at?**11:00am – 1:00pm **How to find the venue:**The NCT 39 bus from Nottingham City Centre to bus stop: Nugent Gardens. Walk along Nugent Gardens for 5 minutes, The Chase Neighbourhood Centre is on the left. Google Maps[Nugent Gardens (Stop GR14) to The Chase Neighbourhood Centre - Google Maps](https://www.google.com/maps/dir/Nugent%2BGardens%2B%28Stop%2BGR14%29%2C%2BNottingham%2BNG3%2B3NB/The%2BChase%2BNeighbourhood%2BCentre%2C%2B24%2BRobin%2BHood%2BChase%2C%2BNottingham%2BNG3%2B4EZ/%4052.9623991%2C-1.13796%2C206m/data%3D%213m1%211e3%214m14%214m13%211m5%211m1%211s0x4879c1648c5e4585%3A0xe1f31c236c06bbc6%212m2%211d-1.134476%212d52.961094%211m5%211m1%211s0x4879c17ad4365875%3A0x370417be09b87bd8%212m2%211d-1.1374389%212d52.9628299%213e3?entry=ttu&g_ep=EgoyMDI1MDgyNS4wIKXMDSoASAFQAw%3D%3D)**Want to know more?**Visit: [Nottingham City East (PCN 6) - NHS Nottingham and Nottinghamshire ICS - NHS Nottingham and Nottinghamshire ICS](https://healthandcarenotts.co.uk/care-in-my-area/nottingham-city-pbp/nottingham-city-primary-care-networks-pcns/nottingham-city-east/) |