



Dear Parent / Carer,

I wanted to get in touch to let you know about some of the free activities and support currently available through Support Through Sport for children, young people and families across Nottinghamshire.

Please see below our latest flyers which include details of our current sessions.

Our sessions provide opportunities for young people to:

- Take part in positive sports and physical activities
- Build confidence and social skills
- Improve their physical and mental wellbeing
- Make new friends in a safe and supportive environment

We currently work in partnership with organisations including Nottingham Forest Foundation and Notts County Foundation on a number of youth programmes, and these sessions can be a great opportunity for young people who would benefit from additional positive activities outside of school.

We also hope to have sessions starting up at Birch Park Community Hub (Bilborough) and The Ridge Adventure Playground (Top Valley) soon.

Thank you for your ongoing support.

Kind regards

Kirsty Chidwick (She/Her)

East Midlands Regional Manager | Support Through Sport



**COME
JOIN
THE FUN**

**ALWAYS
FREE
OF CHARGE**

ST ANNS FREE MULTI SPORTS

VENUE BRENDON LAWRENCE SPORTS
CENTRE, 35 HUNGERHILL RD, NG3 4NB

TIME 5:00PM - 6:30PM

DAY EVERY MONDAY!

AGE 12-18 YEAR OLDS

LOTS OF ACTIVITIES!

**BASKETBALL & FOOTBALL
TEAMWORK & LEADERSHIP
HEALTH & FITNESS
CONFIDENCE & GROWTH
FREE FOOD & DRINKS PROVIDED**



CONTACT US:

 info@supportthroughsport.org.uk

 0115 900 3151

 www.supportthroughsport.org.uk



**ALWAYS
OPEN
TO ALL 12-18**

In Partnership With...



**Health and
Wellbeing
Community
Champions**



**Nottingham
City Council**



**COME
JOIN
THE FUN**

**ALWAYS
FREE
OF CHARGE**

BULWELL GIRLS SESSIONS

VENUE

**CRABTREE COMMUNITY CENTRE,
STEADFOLD CL, BULWELL, NG6 8AX**

TIME

7:00PM - 8:00PM

DAY

EVERY WEDNESDAY!

AGE

8-16 year olds

LOTS OF ACTIVITIES!

FOOTBALL

BAKING

GAMES

BOXING

ARTS & CRAFTS

DODGEBALL

FREE FOOD & DRINKS

AND MORE...



**ALWAYS
OPEN
TO ALL 8-16**

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In Partnership With...



**Crabtree Farm
Community Centre**



**COME
JOIN
THE FUN**

**ALWAYS
FREE
OF CHARGE**

BULWELL

FREE MULTI SPORTS

VENUE

CRABTREE COMMUNITY CENTRE,
STEADFOLD CL, BULWELL, NG6 8AX

TIME

6:00PM - 7:00PM

DAY

EVERY WEDNESDAY!

AGE

8-16 year olds

LOTS OF ACTIVITIES!

FOOTBALL
CRICKET
GAMES
BOXING

ARTS & CRAFTS
DODGEBALL
FREE FOOD & DRINKS
AND MORE...



**ALWAYS
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TO ALL 8-16**



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In Partnership With...



Crabtree Farm
Community Centre



FOREST REC FREE FOOTBALL

VENUE

FOREST SPORTS ZONE
GREGORY BLVD, NG7 6LD

TIME

5:00PM - 6:00PM

DAY

EVERY TUESDAY!

AGE

10-18 YEAR OLDS

JOIN OUR SESSION FOR:

FOOTBALL
NEW SKILLS
GROWTH
NEW FRIENDS

TEAMWORK
FITNESS & HEALTH
CONFIDENCE
AND MORE...

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ALWAYS
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TO ALL 10-18



In Partnership With...



Health and
Wellbeing
Community
Champions



Nottingham
City Council



NOTTINGHAM FOREST
FOUNDATION



**ALWAYS
FREE
OF CHARGE**

**COME
JOIN
THE FUN**

MEADOWS FREE FOOTBALL

VENUE

THE PORTLAND CENTRE
MUSKHAM ST, NOTTINGHAM, NG2 2HE

TIME

4:00PM - 5:30PM

DAY

EVERY FRIDAY!

AGE

8-16 YEAR OLDS

JOIN OUR SESSION FOR:

FOOTBALL
NEW SKILLS
GROWTH
NEW FRIENDS

TEAMWORK
FITNESS & HEALTH
CONFIDENCE
AND MORE...



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**ALWAYS
OPEN
TO ALL 8-16**

In Partnership With...



Health and
Wellbeing
Community
Champions



Nottingham
City Council



Notts County
Foundation
Inspiring active change



ENGAGE | EMPOWER | ERADICATE

Creating Safer Communities & Building Brighter Futures
Through The Power Of Sport and Youth Work Combined

SUPPORTING DISADVANTAGED YOUNG PEOPLE THROUGHOUT:

Nottingham | Nottinghamshire | Derbyshire | Birmingham

Supporting young people in communities and schools, to colleges and custody

SPORT BASED INTERVENTION

Delivering free community sport sessions and youth clubs for 8-18 year olds, every week!

MENTORING & YOUTH WORK

Providing opportunity, hope and belonging for at-risk young people through impactful mentoring and youth work!

REFER A YOUNG PERSON

Refer a young person who would benefit from support and help to build a brighter future!

PARTNER WITH US

Collaborate with us to drive forward meaningful change for young people!

JOIN OUR TEAM

Volunteer or work with our dedicated team on a mission that matters!



CONTACT US:



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0115 900 3151



www.supportthroughsport.org.uk

Professional | Passionate | Proud





SUTTON FREE FOOTBALL

VENUE

SUTTON COMMUNITY ACADEMY,
55 HIGH PAVEMENT, NG17 1EE

TIME

7:00PM - 8:00PM

DAY

EVERY MONDAY!

AGE

8-12 YEAR OLDS

JOIN OUR SESSION FOR:

FOOTBALL
NEW SKILLS
GROWTH
NEW FRIENDS

TEAMWORK
FITNESS & HEALTH
CONFIDENCE
AND MORE...



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COME
JOIN
THE FUN

ALWAYS
FREE
OF CHARGE



ALWAYS
OPEN
TO ALL 8-12

In Partnership With...





SUTTON FREE FOOTBALL

VENUE

SUTTON LAWN, LAWN AVE,
SUTTON-IN-ASHFIELD, NG17 5FU

TIME

8:00PM - 9:00PM

DAY

EVERY MONDAY!

AGE

12-18 YEAR OLDS

JOIN OUR SESSION FOR:

FOOTBALL
NEW SKILLS
GROWTH
NEW FRIENDS

TEAMWORK
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ALWAYS
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TO ALL 12-18

In Partnership With...



Premier League

Kicks



**NOTTINGHAM FOREST
COMMUNITY TRUST**