



The Resource Centre has six acres of land with specially developed indoor and outdoor facilities to encourage healthy living, learning and life skills



We are in the process of developing the land to provide more outdoor opportunities—gardening, allotments, conservation projects, and woodland activities.

## **BOOKING A SESSION**

Standard Sessions run on Monday, Tuesday, Wednesday & Saturday from 10am to 11.30am and from 11.30am to 1pm.

Book in advance for one session or for the whole morning. Costs £3.50 per session, £7 per morning.

Block bookings—for information and times ring 07568087771

Phone us to arrange a free introductory visit.

## **Springs Nottingham**

52 Cordy Lane

Brinsley

Nottinghamshire

NG16 5BY

Reg. Charity No. 1133585



Centre for adults and young people with learning disabilities



Phone: 0756 8087771

0774 2578987

E-mail:

[info@springsnottingham.org.uk](mailto:info@springsnottingham.org.uk)

Web:

[springsnottingham.org.uk](http://springsnottingham.org.uk)

# About Springs Nottingham Resource Centre

Springs Nottingham provides specialist facilities for adults and young people with learning disabilities/ people who are on the autistic spectrum, including

**Art & Craft Room -**

**Gardening Area -**

**Sensory Room -**

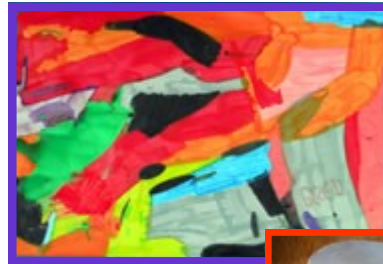
**Computing Room -**

**Quiet Room - Soft Play Area  
with Suspension Equipment -**

**Large Oak Woodland with  
Woodland Activities -**

**Kitchen & Snack Area -**

**Accessible Toilet**

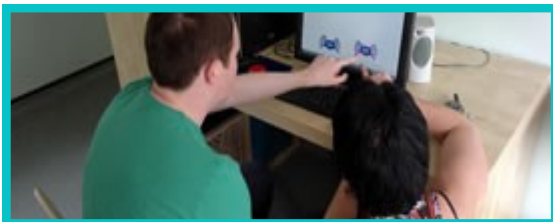


## VISITING SPRINGS NOTTINGHAM

We look forward to meeting you and showing you round.

People visit with their carers—family members, friends or paid carers.

Carers fill in a bookings form to agree that they are responsible for the person in their care.



## VOLUNTEERING AT SPRINGS

Springs Nottingham welcomes volunteers to help in all areas of our work. This may include fund raising, administration, helping in the Resource Centre, or working on the land.

Volunteering does not involve a direct caring role, because people visit with their carers.

Basic training will be provided as needed, in safeguarding vulnerable adults, autism and sensory awareness, first aid & emergency procedures. The fire point is in the lower car park by the stream.

