



Time for Tea - An afternoon down to a tee

Improving Lives celebrated their hard work and achievements over the last two years with service users, partner organisations and friends of the charity.

Partnership with Shoosmiths

We are excited to announce that the law firm Shoosmiths has chosen Improving Lives as one of its partner charities this year.

11th September, 2 - 4pm - Picnic in the Park

In partnership with Shoosmith's, we invite our service users to join us in an afternoon trip to Highfields Park.

Introducing...

Three months on from the launch of the JCare and Improving Lives project supporting people connected with the Jewish community, **Josh Wood**, one of the community support workers for the project, introduces himself to the newsletter's readership:

'Having previously worked with Macmillan Cancer Support and been a support worker and group facilitator for people with a learning disability, it has been a pleasure getting to know the Jewish community in Nottingham and how best we can support them. It has also been extremely rewarding to get to know the wider Improving Lives team and I feel privileged to work alongside such a talented and compassionate bunch.'



Time for Tea - 21st June

We held a celebration event on 21st June to bring together people who use our service with those who commission us or fund us. Our venue was the beautiful ballroom in Nottingham's Council House. The event was opened by The Lord Mayor of Nottingham, Councillor Liaqat Ali. The Sherriff of Nottingham, Councillor Catherine Arnold, Alex Norris MP and Paddy Tipping Nottingham's Police and Crime Commissioner also attended. We served a cream tea and were entertained by the amazing Summer Voices choir.

Our raffle raised £977 and we were lucky to have some fantastic prizes donated including a Nottingham Forest Football shirt and tickets for a cricket match at the famous Trent Bridge ground.

We were very excited to be able to announce that Shoosmiths Nottingham had chosen us as their charity of the year. Deborah Gordon Brown, Partner at Shoosmiths Nottingham and her colleague Michael Briggs attended on behalf of the Nottingham team.

We had a great afternoon and loved bringing people together.



A word from Shoosmiths - our corporate sponsors.

'We are delighted to have had the opportunity to partner with Improving Lives. Our firm's strategy includes corporate responsibility as a priority as we seek to be the leading national law firm famous for its positive contribution to society. It is extremely important for us locally to build and maintain sustainable community relationships, to inspire and empower our staff to use their talents to make a positive difference in their communities and to recognise the unique contribution they make. Whilst our office only has approximately 65 staff members at any given time, we are a generous community of people all with different strengths and talents to bring to Improving Lives' and the service users it supports. Following our meetings to date with the Improving Lives team we very much look forward to working for the benefit of its service users, whether that be through fundraising activities, social events, local support or simply just getting a better understanding of the complex needs that individuals face in Nottingham'

Newsletter Joke-time!

Bought a TV yesterday. The sign said '£10 - volume stuck on full.'

I thought, I can't turn that down!



11th September, 2 - 4pm, Picnic in the Park



We're taking a trip to Highfields Park!

Transport and food are included: all we ask is that you enjoy yourself! We will be joined by some lovely folk from Shoosmiths, our corporate partners.

Please speak to your worker or a member of the Improving Lives' Team for more information and to let us know if you would like to join us.

How to get in touch:

Email: info@improvinglivesnotts.org.uk

Tel: 0115 9348411

Address: 7 Mansfield Road, Nottingham, NG1 3FB

Whack-it Wednesday

Improving Lives' staff have been improving their mental wellbeing by setting aside their Wednesday lunchtimes for table tennis, with other members of the building also invited. It also gets our competitive juices flowing!



New to Improving Lives: Reiki

People accessing our service can now benefit from a free six week course of Reiki, delivered by a Reiki Grandmaster Helen Shortland. One person had this to say about the experience:

'I felt really floaty and relaxed during the session. I guess that's not a bad thing as I realised that was probably the first time in god knows how long I sat, did nothing and thought of nothing and relaxed!'

Follow us on Social Media:

 [@ImproLivesNotts](https://twitter.com/ImproLivesNotts)  [Follow us on Instagram](#)

 [Search 'Improving Lives Notts' on Facebook](#)

[Our regular events - please contact the office for further information](#)

Pot Black Pool Group

A monthly pool group, which takes place at Riley's, James Street Nottingham. Show us your skills with a cue and have a chat.

Art Group

A monthly art group, led by former art teacher and our amazing volunteer Eddie, focusing on different art techniques. Check out the group's handiwork in the NCVS reception.

The Drop-in

A new social group drop-in, currently planning their next venture: ideas include mini golf, indoor sports and white water rafting!