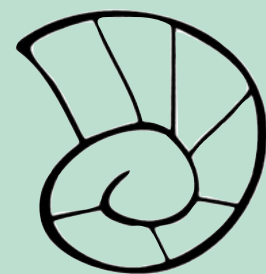
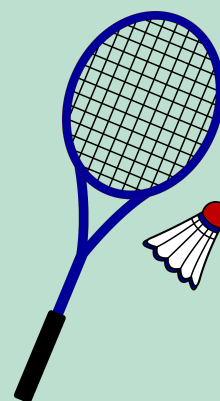


NERVOUS



Befriending and Social Group



- **Do you find it hard to make friends, socialise or fit in?**
- **Do you need help with confidence and want some support?**
- **Do you want to be part of regular and fun social activities?**
- **Do you want to meet new people and make friends easily?**

‘Nervous’ is a way for Young People aged 16-25 to get together and take part in regular social activities with people just like them. It’s a way to meet new people to share our interests, ideas, skills and struggles.

We have a list full of activities to choose from and we will help you create an activity timetable. This is also a befriending service, so if you need support with anything, we are here to help.

Just contact us and we will send you our info pack and you can decide where, when and how you want to do things.

Azeem Mahomed
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NERVOUS



Befriending and Social Group

Objectives and Ethos

- ★ To help young people communicate and exchange information about themselves and their lives.
- ★ To create an informal, friendly and predictable way to meet, socialise and participate in common social activities.
- ★ To help people share their knowledge and find other people with similar interests.
- ★ To give people an informal point of contact if they need help or advice with anything in their life.
- ★ To help spread information on events and activities available in the city.
- ★ To help spread awareness and existence of Aspergers Syndrome, Autism and Social Anxiety.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Available	Available			Available	Available

I am free on Tuesdays, Wednesdays, Saturdays and Sundays. Pick whichever activities you want, are interested in or want to find out more about and I will do the research for you. I will tell you What's On at each location including times, places, activities and prices. Please also look at our Weekly Timetable to see What's On at all of these places during the next week.

If I haven't met you already, I will make an appointment to see you first and get to know you. I will also try to get the group together for the activities if you want.

My Activities

Swimming - Leys Leisure Centre (Beaumont Way, Beaumont Leys, LE4 1DS), Aylestone Leisure Centre or Spence Street Leisure Centre (Spence St, LE5 3NW)

Badminton - Leys Leisure Centre (Beaumont Way, Beaumont Leys, LE4 1DS) or Aylestone Leisure Centre (2 Knighton Lane East, LE2 6LU)

Football - Playing football either in Goals! (Wakerley Road, LE5 4WJ), Abbey Park or Victoria Park

Library - (Central Library, Town Hall Square, Bishop Street, LE1 6AA) - Hanging out in the central library, sharing our favourite books and subjects, doing homework and also having long discussions about our interests.

Cinema - Odeon Cinema (Freemans Park, 90 Aylestone Road, LE2 7LB) or Showcase Cinema, Highcross. Watch any movie, any time.

Exploring - We can explore our favourite shops in the city centre or nature areas/parks in Leicester. This is great if you are photographer, like long walks or want to get something off your mind.

Activities In Leicester

Each of the places below have their own timetable. If you are interested in a place I can send you their timetable for you to choose events and activities from.

Monday Club - (Peepul Centre, Orchardson Avenue, LE4 6DP, 7pm 9pm) — Social club for people with Aspergers/Autism. They meet every Monday and have 2 activities on every night. They also meet every other Wednesday for outdoor activities.

'Nervous' Befriending - Activity Choices

Embrace Arts - Free art drop-in sessions, sculpture, painting, music and many other art forms.

Jewry Wall Museum - (Jewry Wall, LE1 4LB) - Remains of Roman Leicester and a museum with archeological finds in Leicester.

New Walk Museum & Art Gallery - (53 New Walk Leicester LE1 7EA) - Has an Ancient Egypt, Dinosaurs, Space, Arts & Crafts and Ceramics exhibition.

Newarke Houses Museum & Gardens (The Newarke, LE2 7BY) - History of Leicester including toys, films, street scenes, and famous people.

Abbey Pumping Station Museum (Corporation Road, LE4 5PX) - Science and Technology Museum for Leicester's industrial heritage. Includes engines and old railways.

The Guildhall (Guildhall Lane, LE1 5FQ) - 600 year old hall in Leicester. Displays architecture and history. Also hosts lectures by Architects.

Belgrave Hall & Gardens (Church Road, LE4 5PE) - Free to explore the varied gardens. Easter events and activities.

National Space Centre (Exploration Drive, LE4 5NS) - Has everything to do with space and astronauts. planets, rockets, earth and the universe. Has theatres, rocket towers, galleries and models.

De Montfort Hall (Granville Road, LE1 7RU) - Hosts theatre performances, comedians, dances, music, shows and all sorts of events.

Phoenix Cinema Digital, Arts and Theatre (4 Midland Street, LE1 1TG) - Has a cinema and hosts many live theatre performances and events.

Activities at your local Community Centre - Remember that even more activities are available at your local community centre. Every Community Centre in Leicester has their own timetable of social activities. I can find out what activities are available at your nearest centre.

If you would like to do anything else, let me know and I will try to make arrangements.