



All Ours is all yours on Thursdays from 6.30pm till 9pm

All Ours:-

A weekly do
 With healthy food, but not "lentil stew"
 It's only a pound,
 Pop by, come round
 It's table tennis, it's pool
 Not a pub, a club or especially "cool"
 But definitely friendly folk,
 Laughter and a joke
 Board games, a listening ear
 Someone to chat to, someone to hear
 So take time out of your head
 And out of your home
 Be with us at All Ours
 So you're not on your own.

**At Hillview
 Community Centre,
 Ransom Road,
 St Anns,
 Nottingham**

Transport available
 from the city centre
 & Sneinton. Please see
 flyers or call us
 for more information



Contact information

Telephone:

07947 656651

email:

all.ours@hotmail.co.uk

www.allours.org.uk

Supported by

- Roots Natural Foods
- Ecoworks
- Tanc
- Making Waves
- Arkwright Meadows Community Gardens
- Metropolitan Housing Trust
- Make Hay Ethical E-Media



**We are a newly formed grass roots voluntary
 organisation committed to providing out of
 hours provision for adults who feel
 socially excluded.**

**Healthy food, healthy mind
 Be included, be involved**

