

## Being a Good Neighbour

- **Don't forget** you are living in a residential area - your neighbours may work shifts, have to get up early in the morning or put children to bed early at night;
- **House parties** should only be held occasionally, preferably at the weekend, and finish between 23.00 and 23.30 to allow neighbours and other residents to sleep. They may be at work the next day and so require a good night's sleep;
- **Remember** to advise your neighbours of any parties and stick to an agreed finish time;
- **Do** get involved in your local community - there are lots of opportunities;
- **Do** take an interest in where you live - it is your home and your neighbourhood too;
- **Do** use local businesses and shops, there are some great shops in Beeston - they welcome your custom;
- **Don't** leave your bin on the street, remember to take it out for bin collection and bring back in. If you don't do this, it can block the way for pedestrians including people with disabilities;
- **Don't** dump your rubbish, leave it outside your property or in the garden - contact Broxtowe Borough Council for advice on waste disposal schemes;
- We hope you will enjoy living in this area, and make the most of your time as a member of the community in Beeston.



**Voluntary Action Broxtowe** on 0115 917 8080 or visit their website [www.vabroxtowe.org.uk](http://www.vabroxtowe.org.uk)

You can also volunteer through the University, for more information 0115 846 8750 or [volunteering@nottingham.ac.uk](mailto:volunteering@nottingham.ac.uk)

## Health

Find out how to register with a doctor or dentist and get health advice and information at [www.nhs.uk](http://www.nhs.uk).

Or call 111 for help and advice in accessing the right service to help you quickly.

For non-emergencies and without an appointment you can go to one of the walk-in centres at:  
Nottingham NHS Walk-in Centre  
Seaton House, London Road,  
Nottingham NG2 4LA  
Tel: 0115 883 8500  
Open 7am to 9pm every day of the year

Health Centre  
79a Upper Parliament Street,  
City Centre NG1 6LD  
Tel: 0115 883 1960  
Open 8am to 8pm every day of the year

## Student Health and Fitness Membership

Students can enjoy all of the benefits of a Vitality Health and Fitness Membership, which includes unlimited use of fitness gyms, swimming and classes at just a fraction of the standard price. For more information please visit [www.broxtowe.gov.uk/vitality](http://www.broxtowe.gov.uk/vitality)



## Bramcote Leisure Centre

Bramcote Leisure Centre offers health and fitness facilities to rival any other in the area; with a 120 station top of the range fitness gym, segregated "intro gym", over 80 fitness classes a week, 3 swimming pools and a health suite, including sauna steam room and spa. This is an extremely popular facility with varied programmes to suit every level and ability.

For more information please contact the centre 0115 917 3000 or visit our website [www.broxtowe.gov.uk/blc](http://www.broxtowe.gov.uk/blc)



## Chilwell Olympia Sports Centre

Boasting a state of the art gym facility and popular fitness class programme Chilwell Olympia Sports Centre offers something for everyone. In addition we offer an impressive range of sporting activities and facilities, so whether you are looking to continue your love of sport or just try something new Chilwell Olympia is the place for you. Facilities include:

- Vitality Fitness Suite
- Sports Hall
- Rubber Crumb Pitches
- Grass Pitches
- Squash Courts
- Fitness Studio
- Activity Room
- Badminton
- Free Car Park

For more information please contact the centre 0115 917 3333 or visit our website [www.broxtowe.gov.uk/cosc](http://www.broxtowe.gov.uk/cosc)



## Broxtowe Sport

There are a wide range of sports clubs and activity opportunities organised throughout Beeston and the surrounding area. If you would like to find out more please contact us 0115 917 3572 or visit our website [www.broxtowe.gov.uk/sport](http://www.broxtowe.gov.uk/sport)

## Getting involved

**Are you interested** in community/ neighbourhood issues and becoming a volunteer in the area you live? For more information contact:



## Leisure and Culture

For more information about local events, workshops, sporting activities and leisure centres please visit [www.broxtowe.gov.uk/leisure](http://www.broxtowe.gov.uk/leisure). For information University of Nottingham events visit the Students' Union page: [www.su.nottingham.ac.uk/events/](http://www.su.nottingham.ac.uk/events/)

## Arts and Events

Throughout the year Beeston plays host to a wide range of events and activities organised by Broxtowe Borough Council many of which are totally FREE. Come and enjoy the annual Christmas Lights Switch On, Chinese New Year Celebrations, Music in the Square and much, much more...

For more information please contact the Arts and Events Team 0115 917 3695 or visit our website [www.broxtowe.gov.uk/artsandevents](http://www.broxtowe.gov.uk/artsandevents)



## Broxtowe Borough Council's Waste & Recycling Services



Advice and information for all waste and recycling collections, what, when, where and how are available on our web site at [www.broxtowe.gov.uk/index.aspx?articleid=1335](http://www.broxtowe.gov.uk/index.aspx?articleid=1335)

Collection calendars are similarly downloadable. Available for viewing on this site is a short informative DVD in English and Mandarin.

You can telephone our Customer service department at 0115 917 7777, or email [recycling@broxtowe.gov.uk](mailto:recycling@broxtowe.gov.uk) with an address for a calendar or further information. We are here to help, enabling you to recycle and dispose of your waste in an environmentally friendly way.

## Top 10 Student Fire Safety Tips

1. Fit smoke alarms on each level of the property and test them weekly. Ask your landlord to fit them if you don't have them.
  2. Never leave cooking unattended.
  3. It is advisable to never attempt to cook while under the influence of alcohol or drugs.
  4. Don't overload plug sockets with multiple adaptors.
  5. Switch off and unplug electrical appliances like phone chargers and hair straighteners when not in use.
  6. Dispose of cigarettes and smoking materials in a safe way.
  7. Never leave candles unattended. Most tenancies do not allow a naked flame.
  8. Check furniture has the permanent fire-resistant label. If it does not contact your landlord or student services.
  9. Plan escape route and keep exits clear.
  10. If a fire starts, get out, and stay out and dial 999.
- Smoker's materials (i.e. cigarettes, cigars or pipe tobacco) have caused the largest share of deaths in dwelling fires, while cooking appliances are the source of ignition in more than half of fires in dwellings.*

### Follow Broxtowe with social media

Keep up-to-date with the latest Council news, jobs and activities in your area by following Broxtowe Borough Council on your favourite social networking sites.



[www.broxtowe.gov.uk/socialmedia](http://www.broxtowe.gov.uk/socialmedia)

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