

A HOME AWAY FROM HOME

AFRICAN-CARIBBEAN STUDENTS GUIDE TO A NEW CITY

FROM STUDENTS TO STUDENTS

BROUGHT TO YOU BY THE BLACK LEADERSHIP PROGRAMME



**DISCOVER A RANGE OF VALUABLE RESOURCES AND SUPPORT
SERVICES AVAILABLE TO BLACK STUDENTS WHILE STUDYING
AT NOTTINGHAM TRENT UNIVERSITY.**



A WARM WELCOME TO NOTTINGHAM TRENT UNIVERSITY



SAMIA MUSE

DIVERSITY PROGRAMMES OFFICER

HELLO AND A VERY WARM WELCOME TO NOTTINGHAM, NOTTINGHAM TRENT UNIVERSITY AND TO NOTTINGHAM TRENT STUDENTS' UNION.

Here at NTU, we have a diverse community of students and are dedicated to creating a safe and inclusive space for all.

This guide isn't just for the start of term but is filled with information that will be useful throughout the year! With the collaboration of students, this guide features the city's favourite hotspots. Our goal is to help you smoothly transition into university life and fully enjoy your experience in Nottingham.



CONTENTS

- | | | | |
|------------|---|------------|----------------------------|
| 01. | GROCERIES | 07. | FINANCIAL SERVICES |
| 02. | RESTAURANTS | 08. | BLACK LEADERSHIP PROGRAMME |
| 03. | BEAUTY | 09. | REPORTING DISCRIMINATION |
| 04. | NTSU:
YOUR STUDENTS'
UNION | 10. | STUDENT SUPPORT |
| 05. | RELIGIOUS AND
CULTURAL SERVICES | 11. | REPORT & SUPPORT |
| 06. | MENTAL HEALTH
SERVICES & SUPPORT
FACILITIES | 12. | STUDENT SAFETY |

01.

GROCERIES



GROCERIES

1212 AFRO-CARIBBEAN FOODSHOP

41 MANSFIELD ROAD,
NG1 3FB

GLOBAL MARKET

1 LORTAS ROAD,
NG5 1EL

TY'S CONTINENTAL FOOD STORE

INTU VICTORA MARKET,
NG1 3PT

THAMARS FOOD AFRICANS AND CARIBBEAN FOOD STORE

3 CARLTON ROAD
NG3 2DG

YOMADE FAVOURITE FOODS AFRICAN FOOD STORE

334 RADFORD ROAD,
NG7 5GP

WILOKS INTERNATIONAL FOOD STORE

3 CARLTON ROAD,
NG3 2DG

SHARIF AND SONS

106-110 RADFORD ROAD,
NG7 5FU



02.

RESTAURANTS

RESTAURANTS

JAMAICAN WAYS LTD

107 HARTLEY ROAD,
NG7 3AQ

TROPICAL TASTE CARIBBEAN TAKEAWAY

212 ILKESTON ROAD,
NG7 3HG

HOT & SPICY

28 -30 PEVERIL STREET,
NG7 4AL

LEKKII RESTAURANT

206 / 210 ILKESTON ROAD
NG7 3HG

BALAGERU ETHIOPIAN & ERITREAN RESTAURANT

19 MANSFIELD ROAD,
NG1 3FB

THE MARINA AFRICAN RESTAURANT & BAR

144 ALFRETON ROAD,
NG7 3NS

TASTY WILLOWS

91 MANSFIELD ROAD,
NG5 6BH

A&W CARIBBEAN & ENGLISH CAFE & RESTAURANT

580 MANSFIELD ROAD,
NG5 2FS

THE COMPATRIOT

157 ALFRETON ROAD,
NG7 3JR



03.

BEAUTY

SALONS

FUSION HAIR & BEAUTY – AFRO SPECIALIST

358 ASPLEY LANE,
NG8 5GB

ALL HAIR & BEAUTY SALON

26 PEVERIL STREET,
NG7 4AL

PIPPA HAIR SALON

13 WOLLATON STREET,
NG1 5FW

KA'VOUR BEAUTY SALON

167B GORDON ROAD,
NG3 2LD

BRIGHT & BEAUTIFUL AFRO- CARIBBEAN HAIRDRESSING SALON

326 ALFRETON ROAD,
NG7 5LU

LA SHAE HAIR SALON

98 ALFRETON ROAD,
NG7 3NS

GENEVIEVE'S HAIR DESIGN

33 ALFRETON ROAD,
NG7 3JE



COSMETIC STORES

TISE BEAUTY EXCLUSIVES

97 - 101 SNEINTON ROAD,
NG2 4QL

THE XPRESSION HAIR & BEAUTY

84 PARLIAMENT STREET,
NG1 6LF

THE XPRESSION TOO

6 LINCOLN STREET,
NG1 3DJ

BEAUTY SPOT COSMETICS

499 - 501 ALFRETON ROAD,
NG7 5NH

JABZ HAIR & COSMETICS

107 ALFRETON ROAD,
NG7 3JL



BARBERS

PEOPLE'S BARBER

4 THURLAND STREET,
NG1 3DR

ULTIMATE BARBERS

131 RADFORD ROAD,
NG7 5DU

UNITY BARBERS

166 ALFRETON ROAD,
NG7 3NS

T-CUTS

134 ALFRETON ROAD,
NG7 3NS

YESS JAM BARBERS

88 HARTLEY ROAD,
NG7 3AF

DK NOTTS BARBERS

186 ALFRETON ROAD,
NG7 3PE

R&S RICKY BARBERS

97 LESLIE ROAD,
NG7 6PQ





04.

STUDENTS' UNION

WELCOME FROM NTSU

NTSU EAGERLY AWAITS YOU AND YOUR UNIVERSITY JOURNEY. OUR MISSION IS TO ENSURE AN AMAZING EXPERIENCE, HELPING YOU TO UNLOCK YOUR FULL POTENTIAL AND FOSTERING STUDENT INVOLVEMENT IN YOUR STUDENTS' UNION. GET READY FOR A THRILLING ADVENTURE FILLED WITH FUN, DISCOVERY, AND LIFELONG MEMORIES. LET'S MAKE YOUR TIME AT UNIVERSITY TRULY REMARKABLE.

WHETHER YOU'RE SEEKING ADVICE, LOOKING TO CREATE A NEW SOCIETY AND CONNECT WITH LIKE-MINDED INDIVIDUALS, OR IN NEED OF REPRESENTATION TO ENSURE YOUR VOICE IS HEARD, WE'VE GOT YOU COVERED.

GOT A BIG IDEA?

TELL US SO WE CAN HELP YOU MAKE IT HAPPEN. OUR BIG IDEAS SCHEME IS A QUICK AND EASY WAY TO SUGGEST CHANGES TO YOUR STUDENT EXPERIENCE. IF YOUR IDEA GETS ENOUGH SUPPORT FROM OTHER STUDENTS, NTSU WILL TRY TO MAKE IT A REALITY. [SUBMIT YOURS NOW BY CLICKING HERE.](#)

WORK AND EARN WITH NTSU

EXPLORE STUDENT STAFF OPPORTUNITIES ACROSS A VARIETY OF ROLES TO HELP YOU EARN AT UNIVERSITY AND EXPAND YOUR CV. NTSU OFTEN ADVERTISES STUDENT STAFF JOBS VIA [TRENTSTUDENTS.ORG](https://www.trentstudents.org) THAT PROVIDE FLEXIBLE WORKING HOURS TO ACCOMMODATE AROUND YOUR STUDIES.

CHECK OUT NTSU SOCIETIES

WANT TO MEET STUDENTS WITH SIMILAR INTERESTS TO YOURS AND SOCIALISE WITH THEM REGULARLY? JOIN AN NTSU SOCIETY. IT'S ONE OF THE BEST THINGS YOU CAN DO AT NTU.

YOU CAN VISIT THE NTSUW WEBSITE NOW TO [JOIN A SOCIETY](#) OR EVEN [START YOUR OWN](#).

HERE IS A SNEAK PEAK AT SOME OF OUR SOCIETIES

**NTU FIRST
LOVE SOCIETY**

**FUNKY FRESH
COLLECTIVE**

**HIP HOP &
RnB SOCIETY**

**NIGERIAN
SOCIETY**

**CITY CHRISTIAN
UNION**

**AFRICAN
CARIBBEAN
SOCIETY**

**ISLAMIC
SOCIETY**

**NTU
FAITH**

DON'T FORGET TRENT EVENTS

FOR THE BEST CLUB NIGHTS, GIGS, BINGO AND SO MUCH MORE, CHECK OUT **TRENT EVENTS** TO SEE ALL OF NTSU'S EXCLUSIVE NIGHT-TIME ENTERTAINMENT.

THE ONLY PLACE TO BOOK TICKETS FOR TRENT EXCLUSIVE EVENTS



THE BEST STUDENT NIGHTS IN NOTTINGHAM

TRENTEVENTS.CO.UK
🎵 📱 📷 🐦 TRENTVENTS





05.

**RELIGIOUS &
CULTURAL
SERVICES**

CULTURE SERVICES AROUND NOTTINGHAM

The African Caribbean community of Nottingham has a long-established and integrated relationship that is woven into the fabric of our diverse city and county. We see the imprint of the African Caribbean influence at cultural festivals, civic life, food, sport, churches and the vast contribution to commerce over the decades.

The African Caribbean community has also been the voice of challenge to ensure racial equality, fairness and justice across our city and county. The culture and presence of the African Caribbean community is very much part of our city and county.

CLIVE FOSTER

**EXECUTIVE DEAN EQUALITY
DIVERSION & INCLUSION, MULTI FAITH MANAGER
AT NOTTINGHAM TRENT**





RELIGIOUS AND CULTURAL SERVICES AROUND THE CITY

NOTTINGHAM CONTEMPORARY

WEEKDAY CROSS,
NG1 2GB

GOD'S VINEYARD CHURCH

292 DERBY ROAD,
NG7 1QF

NEW ART EXCHANGE

39 - 41
GREGORY BOULEVARD,
NG7 6BE

THE CHURCH OF PENTECOST NOTTINGHAM

BLUECOAT ACADEMY,
NG8 5GY

ISLAMIC CENTRE NOTTINGHAM CENTRAL MOSQUE

3 CURZON STREET,
NG3 1DG

MASJID AL-KHAZRA QUEENSBERRY STREET, NG6 0DG





06.

**MENTAL
WELL-BEING**

MENTAL HEALTH SERVICES & OTHER SUPPORT FACILITIES



The Mental Health Mentoring and Access team (MHMA) are for students who declare a diagnosed mental health condition. The team offer specialist mentoring support to remove barriers to study for students with mental health difficulties. This support is funded through **Disabled Students' Allowances** and is provided through a mix of internal support and external agency support.

[Support and Wellbeing referral form](#)



Black Minds Matter UK is a fully registered charity operating in the UK; connecting Black individuals and families with free mental health services- by professional Black therapists to support their mental health.



Silvercloud offers secure and immediate access to online Cognitive Behaviour Therapy (CBT). Many programmes designed to help you with a wide range of mental health concerns.



Kooth: Online mental wellbeing community. Free, safe and anonymous support including daily journals, discussion boards, articles and chats with the team.



Wellness in Mind provides information, advice and support for anyone in Nottingham experiencing issues with their mental wellbeing.

The service will help people understand mental health issues, and connect people to the services which may best support them.



Headwize delivers culturally sensitive 1-1 and group support services by expert and trusted local BAME organisations including workers with lived experience who will act as role models.



Nottingham Counselling Services is a Black, Asian and Minority Ethnic (BAME) Counselling Hub in Nottingham. They are a listening ear, without prejudice, without judgement, recognising culture differences.



Notts LGBT+ Network creates a safe space for people looking for information, advice and help relating to LGBT+ issues, including sexuality, gender identity, sexual health and emotional well-being.



NTSU's Information and Advice Service (IAS) provides independent, free, confidential advice, information and representation service to all students at Nottingham Trent University.

[Book an appointment](#)

A smiling woman with short dark hair, wearing a light-colored blouse, is holding a laptop. The background is dark with some bokeh light effects. At the bottom of the image, there is a colorful abstract pattern with orange, purple, and white brushstrokes.

07.

**FINANCIAL
SUPPORT**



FINANCIAL SUPPORT

NTU STUDENT FINANCIAL SUPPORT SERVICE

NTU OFFER SUPPORT AND GUIDANCE ON:

- Money management and budgeting
 - Eligibility for and entitlement to government and non-government student funding
 - Bursaries
 - Hardship and emergency funding
 - Support for those with children or dependant adult living with them
 - Support for those with long-term ill health, disability or specific learning differences
- And much more...

Call + 44 (0)225 848 2494

MONEY ADVICE APPOINTMENTS

YOU CAN BOOK A MONEY ADVICE APPOINTMENT IF YOU:

- Have a complex funding issue
- Are struggling with managing your money

WE HAVE A TEAM OF FRIENDLY STUDENT FINANCE ADVISERS WHO CAN GIVE YOU IMPARTIAL, PRACTICAL AND SUPPORTIVE ADVICE ON A ONE-TO-ONE BASIS.

As well as being experts in all things student finance, the team can also provide guidance on:

- Maximising your income and welfare benefits
- Budgeting

Email financial.support@ntu.ac.uk or [book a 30-minute Microsoft Teams appointment](#)

FINANCIAL SUPPORT

EXTRA FINANCIAL SERVICE

NTU OFFER EXTRA FINANCIAL SUPPORT FOR UNDERGRADUATE STUDENTS. CHECK TO SEE IF YOU ARE ELIGIBLE FOR ADDITIONAL FUNDING:

- NTU Bursaries 2024
- NTU Opportunity Bursary
- NTU Care Leavers and Foyer Resident Bursary
- NTU Estranged Student Bursary
- Nursing, Teacher Training and Social Work Bursaries

Find out more about the different bursaries we offer [here](#).

STILL NEED ADVICE?

YOU CAN BOOK AN APPOINTMENT WITH NTSU'S INFORMATION AND ADVICE SERVICE (IAS).

They're here to help you with any money troubles you might be having.

[Book an appointment](#)

GRAB YOURSELF SOME STUDENT DISCOUNTS

UNiDAYS  **TOTUM®** ***StudentBeans***





08.

**BLACK
LEADERSHIP
PROGRAMME**



BLACK LEADERSHIP PROGRAMME

THE BLP OFFERS A TRANSFORMATIVE EXPERIENCE TO BUILD YOUR LEADERSHIP SKILLS WITH CONFIDENCE. THROUGHOUT THE ACADEMIC YEAR, YOU'LL PARTICIPATE IN SKILL-BUILDING SESSIONS, WORKSHOPS, AND COMMUNITY EVENTS, WHILE ALSO HAVING THE OPPORTUNITY TO CONNECT WITH A BLACK MENTOR FOR GUIDANCE DURING YOUR UNIVERSITY JOURNEY AND BEYOND.

APPLICANTS WILL HAVE ACCESS TO VALUABLE EVENTS AND OPPORTUNITIES SUCH AS:

- Safe spaces to be seen, heard and connect
- The opportunity to make meaningful connections and have open conversations
- A launch event where you'll meet fellow participants, external leaders, and session facilitators
- A range of personal and professional development workshops
- Opportunities to network with peers, leaders, and employers
- Mentorship from a Black professional in industry
- Employability modules and skills workshops
- A final celebration event and a letter of achievement from the Vice-Chancellor

Plus, your participation will be recognised on The Higher Education Achievement Report (HEAR), which records your achievements during your time at NTU.

WHO CAN APPLY?

This programme is crafted specially for second-year black heritage students.

NOT A SECOND YEAR? DON'T WORRY

Whilst the core programme is for our second-year students, there are many opportunities for first and third-year students at Nottingham Trent University to get involved in these events and workshops.



**CLICK HERE / SCAN
THE QR CODE TO
REGISTER YOUR
INTEREST**

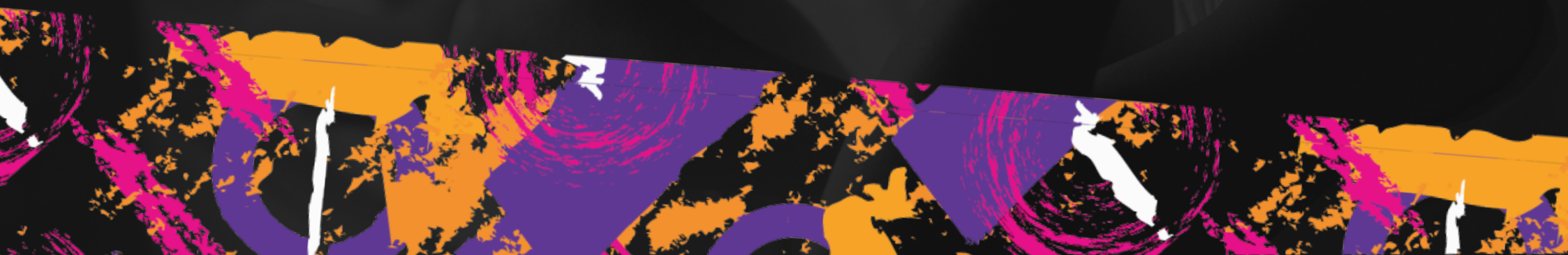
WANT TO FIND OUT MORE?

Check the [website](#) for more information

Email blackleadershipprogramme@ntu.ac.uk
for any questions or more information

09.

REPORTING DISCRIMINATION





REPORTING DISCRIMINATION

AT NOTTINGHAM TRENT UNIVERSITY, WE BELIEVE EVERYONE DESERVES TO FEEL SAFE, WHETHER COLLEAGUE OR STUDENT AND WHETHER ON OR OFF CAMPUS.

AT NTU, WE STRONGLY URGE ALL INDIVIDUALS WITHIN THE NTU COMMUNITY TO BE MINDFUL OF THEIR CONDUCT AND INTERACTIONS WITH OTHERS AND RECOGNISING THE POTENTIAL EFFECTS THEY MAY HAVE. THERE IS A NO-TOLERANCE OF DISCRIMINATORY OR DEROGATORY BEHAVIOUR AND IN SOME CIRCUMSTANCES BE UNLAWFUL.

THIS INCLUDES:

- Sexism
- Misogyny / Misandry
- Transphobia
- Sexual Violence
- Homophobia
- Sexual Harassment
- Sexual Assault
- Racism

And other associated hate incidents

IF YOU NEED SUPPORT, HERE ARE SOME USEFUL CONTACTS FOR YOU

NTU SECURITY:

0115 848 2222

**available 24 hours a day, 7 days a week*

BEING ON CAMPUS:

0115 848 2999

enquiries@ntu.ac.uk

**available 9am - 5pm on weekdays*

NTSU IAS:

advice@su.ntu.ac.uk

0115 848 6260

**available 9am - 5pm on weekdays*

MEDICAL EMERGENCY:

Call **999** immediately
or if you're unsure call **111**



10.

**STUDENT SUPPORT
SERVICES**

STUDENT SUPPORT SERVICES

NTU WANT TO ENSURE THAT STUDENTS ARE ABLE TO LEARN AND ENJOY STUDENT LIFE WHATEVER THEIR PERSONAL IDENTITY OR CIRCUMSTANCES, WE AIM TO PROVIDE INFORMATION AND SUPPORT WHICH MEETS YOUR INDIVIDUAL NEEDS



SUPPORT FOR CARE LEAVERS OR EXPERIENCED STUDENTS

If you have spent time in foster care, residential care, or arrangements outside of family, we can provide practical advice, information and support.



SUPPORT FOR TRANSGENDER STUDENTS

Student Support Services recognise the unique issues faced by transgender students. We're committed to providing support from an advisor who understands your needs.



SUPPORT FOR STUDENT PARENTS AND STUDENT CARERS

Managing caring responsibilities with studies can sometimes be challenging. We can provide information and resources to help you plan your time and get the support you need.



SEXUAL VIOLENCE SUPPORT

Find out what sexual violence support is available from our student support team and get help and advice from external organisations.



SUPPORT FOR MATURE STUDENTS

Being a mature student can give you an advantage at university. It might also come with some challenges. We're here to offer information, guidance and support where you need it.



SUPPORT FOR STUDENTS WHO ARE ESTRANGED FROM FAMILIES

If you're studying without the support of a family network, we can offer information and advice that may help you.

WHERE TO FIND THE STUDENT SERVICES CENTRE

CITY STUDENT SERVICES

CENTRAL COURT,
NEWTON / ARKWRIGHT
BUILDING,
GOLDSMITH STREET,
NOTTINGHAM,
NG1 4BU

OPENING TIMES

MONDAY TO THURSDAY:

8.30AM - 5PM

FRIDAY:

8.30AM - 4.30PM

CLIFTON STUDENT SERVICES

CLIFTON LANE,
CLIFTON,
NOTTINGHAM,
NG11 8NS

OPENING TIMES

MONDAY TO THURSDAY:

8.30AM - 5PM

FRIDAY:

8.30AM - 4.30PM

BRACKENHURST STUDENT SERVICES

BRAMLEY BUILDING,
BRACKENHURST CAMPUS,
SOUTHWELL,
NOTTINGHAMSHIRE,
NG25 0QF

OPENING TIMES

MONDAY TO THURSDAY:

8.30AM - 5PM

FRIDAY:

8.30AM - 4.30PM

CONFETTI STUDENT SERVICES

CONFETTI MAIN RECEPTION
CONVENT STREET,
NOTTINGHAM, NG1 3LL

OPENING TIMES

8.30AM - 5PM

MANSFIELD STUDENT SERVICES

UNIVERSITY CENTRE, NOTTINGHAM RD
MANSFIELD, NG18 5BH

OPENING TIMES

TUESDAYS AND THURSDAYS

9.30 AM - 1 PM

STUDENT SUPPORT ADVISERS

STUDENT SUPPORT ADVISERS CAN HELP, THEY ARE BASED IN ACADEMIC SCHOOLS AND WORK CLOSELY WITH STUDENTS, ACADEMIC AND SUPPORT STAFF.

After understanding your circumstances and the impact on studies the adviser will offer information or signposting in more straightforward situations. Where the circumstances are more complicated or a number of issues need to be addressed at the same time, the advisers can help you to make a plan of action and keep in touch to provide ongoing support.

CLICK HERE FOR FULL DETAILS OF WHAT'S PROVIDED BY STUDENT SUPPORT SERVICES

CONTACT THE TEAM YOURSELF OR HAVE SOMEONE CONTACT FOR YOU VIA REFERRAL FORM.

Alternatively email student.support@ntu.ac.uk
or call 0115 848 6060





11.

REPORT AND SUPPORT

REPORT AND SUPPORT

**ALL MEMBERS OF THE NOTTINGHAM TRENT UNIVERSITY
COMMUNITY INCLUDING STUDENTS, STAFF AND VISITORS DESERVE
A SAFE ENVIRONMENT**

**IF YOU OR SOMEONE YOU'RE AWARE OF HAVE ENCOUNTERED INCIDENTS OF HARASSMENT, SEXUAL
ASSAULT, BULLYING, DISCRIMINATION OR HATE, WE URGE YOU TO INFORM THE TEAM. YOU HAVE THE
OPTION TO REPORT ANONYMOUSLY IF YOU PREFER.**

**CLICK HERE /
SCAN QR CODE**



**TO REPORT
AND SUPPORT**



12.

STUDENT SAFETY



SAFE TAXI SCHEME

NTSU HAS AN AGREEMENT WITH NOTTINGHAM CARS THAT MEANS YOU CAN GET A TAXI HOME WHENEVER YOU NEED TO AND PAY FOR IT THE FOLLOWING DAY. THAT MEANS THERE'S NO EXCUSE TO WALK HOME ALONE.

HOW DO I USE THE SAFE TAXI SCHEME?

1. Call Nottingham Cars on **0115 9700 700** to book a taxi and let them know you want to use the Student Emergency Fare Scheme
2. When you are in the taxi, the driver will take note of your student card number and check your student card photograph to confirm your identity. You will be given a receipt at the end of your journey
3. Nottingham Cars will then email the SU, stating your N-number, name, campus of study, and cost of your taxi fare
4. The SU will temporarily cover the fare on your behalf. You will then settle your bill with the University once they are invoiced by Nottingham Cars on a monthly basis
5. NTU will email you confirming your fare and how to settle your bill. You will have one week to settle your bill. If you have any queries about settling your bill, contact finance@su.ntu.ac.uk

FIND OUT MORE ON: TRENTSTUDENTS.ORG/SAFETAXI



SAFE PLACE

NTU AND NTSU HAVE WORKED TOGETHER TO LAUNCH SAFE AND SECURE PLACES ON OUR CITY, CLIFTON AND BRACKENHURST CAMPUSES. THE SPACES ARE ALL STAFFED BY NTU SECURITY AND WARDENS.

THEY CAN HELP YOU...

- after a night out
- if you're being followed
- to leave a situation if you're feeling uncomfortable
- to calm down if you're feeling anxious

EACH EVENING THE SAFE PLACE IS OPEN TO ANY NTU STUDENT WHO NEEDS SUPPORT, HELP, OR JUST A LITTLE TIME OUT.

**WE'RE HERE FOR YOU,
SO COME AND FIND US AT THE FOLLOWING LOCATIONS:**

CLIFTON

LOCATED ON THE UPPER
FLOOR OF THE PAVILION IN
ROOM 123A

OPENING HOURS

8AM - 8PM
EVERYDAY

CITY

ACCESSED THROUGH
GOLDSMITH STREET
SECURITY ENTRANCE OF
THE BOOTS LIBRARY

OPENING HOURS

9AM - 9PM
EVERYDAY

BRACKENHURST

LOCATED IN PIPPIN
COTTAGE ROOM PCL8

OPENING HOURS

8AM - 8PM
EVERYDAY

CONFETTI

VISIT THE CONFETTI MAIN
RECEPTION WHERE THE
TEAM CAN PROVIDE A SAFE,
DISCREET SPACE FOR YOU
TO TALK AND WORK OUT
THE NEXT STEPS IN THE
SUPPORT YOU NEED

THANK YOU



GOT ANYTHING ELSE YOU THINK SHOULD BE FEATURED ON THIS GUIDE?
[LET US KNOW HERE](#)

