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

NTSU
NOTTINGHAM TRENT STUDENTS' UNION

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





CONTENTS

01. GROCERIES

02. RESTAURANTS

03. BEAUTY

04. NTSU: YOUR STUDENTS' UNION

05. RELIGIOUS AND CULTURAL SERVICES

06. MENTAL HEALTH SERVICES & SUPPORT FACILITIES

07. FINANCIAL SERVICES

08. BLACK LEADERSHIP PROGRAMME

09. REPORTING DISCRIMINATION

10. STUDENT SUPPORT

11. REPORT & SUPPORT

12. STUDENT SAFETY

A WARM WELCOME TO NOTTINGHAM TRENT UNIVERSITY



FAYLISHA SCOTT
COLLABORATIVE ENGAGEMENT AND RETENTION TEAM COORDINATOR (BLACK LEADERSHIP PROGRAMME)

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.



01.

GROCERIES

GROCERIES

1212 AFRO-CARIBBEAN FOODSHOP
41 MANSFIELD ROAD, NG1 3FB

GLOBAL MARKET
1 LORTAS ROAD, NG5 1EL

AFRO CARIBBEAN FOOD SHOP
90 UPPER PARLIAMENT ST, NG1 6LF

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

RENA COOKED IT
(TAKE-AWAY ONLY)
@renacookedit

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

MOKAD
157 ALFRETON ROAD,
NG7 3JR



03.

BEAUTY

SALONS

FUSION HAIR & BEAUTY - AFRO SPECIALIST
358 ASPLEY LANE,
NG8 5GB

EMB HAIR SALON
211 CASTLE BLVD,
NG7 1HA

PIPPA HAIR SALON
13 WOLLATON STREET,
NG1 5FW

KA'VOUR BEAUTY SALON
167B GORDON ROAD,
NG3 2LD

ALL HAIR & BEAUTY SALON
116 ALFRETON RD,
NG7 3NR

&

26 PEVERIL STREET,
NG7 4AL

LA SHAE HAIR SALON
98 ALFRETON ROAD,
NG7 3NS

BRAIDS AND BEAUTY PLACE (HAIR BY DORIS)
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

FIDELFADEZ BARBER SHOP
10 TRINITY WALK, NG1 2AN







04.

STUDENTS' UNION

WELCOME FROM NTSU

NTSU IS HERE TO MAKE YOUR UNIVERSITY EXPERIENCE THE BEST IT CAN BE. FROM YOUR FIRST DAY THROUGH TO GRADUATION, WE'RE HERE TO HELP YOU FEEL HEARD, CONNECTED AND SUPPORTED – GIVING YOU OPPORTUNITIES TO MAKE FRIENDS, TRY SOMETHING NEW, GET SUPPORT WHEN YOU NEED IT AND MAKE THE MOST OF YOUR TIME AT NTU.

JOIN A SOCIETY, ATTEND EVENTS, ACCESS FREE AND INDEPENDENT ADVICE, EARN MONEY THROUGH FLEXIBLE STUDENT JOBS, CAMPAIGN FOR CHANGE OR REPRESENT YOUR FELLOW STUDENTS. WHATEVER YOU WANT TO ACHIEVE AT UNIVERSITY, YOUR STUDENTS' UNION IS HERE TO HELP YOU MAKE IT HAPPEN.

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 VISITING OUR WEBSITE.

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 THAT PROVIDE FLEXIBLE WORKING HOURS AROUND YOUR STUDIES.

NTSU
NOTTINGHAM TRENT STUDENTS' UNION

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 NTSU WEBSITE NOW TO JOIN A SOCIETY OR EVEN START YOUR OWN.

HERE IS A SNEAK PEEK AT SOME OF OUR SOCIETIES

- AFRICA CONNECT
- FUNKY FRESH COLLECTIVE
- HIP HOP & RnB SOCIETY
- QUEER PEOPLE OF COLOUR (QPOC)
- CITY CHRISTIAN UNION
- AFRICAN CARIBBEAN SOCIETY (ACS)
- ISLAMIC SOCIETY
- FAITH SOCIETIES

NTSU
NOTT NGHAM TRENT STUDENTS' UNION

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







NTSU
NOTT NGHAM TRENT STUDENTS' UNION



05.

RELIGIOUS & CULTURAL SERVICES

RELIGIOUS AND CULTURAL SERVICES AROUND THE CITY

NOTTINGHAM CONTEMPORARY
WEEKDAYCROSS,
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

Nottingham Trent University

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 – bit.ly/SupportandWellbeingReferralForm

BLACK MINDS MATTER UK

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

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

kooth

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

Wellness in Mind
Connecting Nottingham to better mental health

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

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.

ncs

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

NOTTS LGBT+ NETWORK

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.

IAS
NTSU's INFORMATION AND ADVICE SERVICE

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



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 a dependant adult living with them
- Support for those with long-term ill health, disability or specific learning differences

And much more...

Call +44 (0) 115 848 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 visit the Student Money Team webpage https://bit.ly/ntu-student-money-team.

FINANCIAL SUPPORT

EXTRA FINANCIAL SERVICES

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

- NTU Bursary
- 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 - https://bit.ly/ntu-bursaries-and-scholarships



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 here -

https://machform.ntu.ac.uk/machform/view.php?id=13642



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:

- A launch event where you'll meet fellow participants
- A range of social, personal and professional development workshops
- Opportunities to network with peers, leaders, and employers
- Mentorship from a black professional in industry
- A final celebration event with a certificate

WHO CAN APPLY?

This programme is crafted specially for second-year undergraduate 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, just visit our website!



WANT TO FIND OUT MORE?

Check the website for more information:
https://bit.ly/NTUBLP

Email our team for any questions:
blackleadershipprogramme@ntu.ac.uk



09.

REPORTING DISCRIMINATION

REPORTING DISCRIMINATION

AT NOTTINGHAM TRENT UNIVERSITY, WE BELIEVE EVERYONE DESERVES TO FEEL SAFE, WHETHER THEY ARE A COLLEAGUE OR STUDENT BOTH 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 ZERO-TOLERANCE OF DISCRIMINATORY OR DEROGATORY BEHAVIOUR.

THIS INCLUDES:

- Sexism
- Homophobia
- Misogyny / Misandry
- Sexual Harassment
- Transphobia
- Sexual Assault
- Sexual Violence
- 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 AND CARE 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.



SUPPORT FOR SEXUAL VIOLENCE

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

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, 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

EMERGENCY TAXI SCHEME

IT'S THE END OF THE NIGHT, YOU'VE RUN OUT OF MONEY, DON'T HAVE YOUR BANK CARD WITH YOU, AND NEED TO GET A TAXI HOME. WHAT CAN YOU DO? 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.

THIS SCHEME IS FOR EMERGENCIES ONLY AND OPERATES BETWEEN 9PM AND 9AM. IT'S DESIGNED TO HELP YOU GET HOME SAFELY FROM NIGHTS OUT WHEN YOU HAVE NO OTHER OPTION.

HOW DO I USE THE SAFE TAXI SCHEME?

1. Call **Nottingham Cars** on **0115 9700 700**, stating you need to use the **Student Emergency Taxi Scheme.**
2. When you're in the taxi, the driver will take note of your student card number and check your student card photograph to confirm your identity. You'll 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 the cost of your taxi fare.
4. We will temporarily cover the fare on your behalf. You'll then settle the fare with us once we're invoiced by Nottingham Cars.
5. We'll email you confirming your fare and how to settle your bill. You'll have one week to pay. If you have any questions about payment, please contact finance@su.ntu.ac.uk.

WE ALSO WORK WITH LOCAL TAXI PROVIDER NOTTINGHAM CARS TO OFFER FIXED FARES BETWEEN CAMPUSES AND HALLS OF RESIDENCE. DOWNLOAD THE NOTTINGHAM CARS APP TO BOOK A TAXI.

FIND OUT MORE ON: WWW.TRENTSTUDENTS.ORG/SUPPORT-ADVICE/SAFETY-ADVICE/EMERGENCY-TAXI-SCHEME



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

THANK YOU



NTSU
NOTTINGHAM TRENT STUDENTS' UNION

GOT ANYTHING ELSE YOU THINK SHOULD BE FEATURED IN THIS GUIDE?
LET US KNOW BY EMAILING BLACKLEADERSHIPPROGRAMME@NTU.AC.UK