

# The **IRIS** Magazine

January 2022

**FEBRUARY HALF TERM IDEAS**

**NOTTINGHAM CASTLE: WHAT DID ASK US YOUNG REVIEWERS THINK TO IT?**

**DISABILITIES IN COMICS: 5 CHARACTERS YOU NEED TO MEET**

For Parents Of Children And Young People With Special Educational Needs And Disabilities in Nottingham and Nottinghamshire

iris   
PROJECT



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## WELCOME TO THE JANUARY IRIS MAGAZINE!

**Happy New Year and welcome to the January IRIS magazine!**

This issue is all about planning for the future and reaching your goals!

For parents of younger children, pages 4-7 include tips on setting goals together, some fab ideas for the upcoming half term (we know, it feels like schools have only just gone back after Christmas!). We've also included a recipe for crumpet pizzas - a great mini treat when the days are still quite frosty! And, our Young Reviewers Group has put together their views on the newly opened Nottingham Castle.

For teens and young adults, check out the Young People's Zone, that's pages 7 to 14. Here you'll find some interesting facts about our favourite disabled comic book characters, a guide on managing your money, and some new developments in space travel for people with disabilities!

As always, you'll find the word search inside the back page - this one's themed around planning for the future - and the months you can expect to receive future IRIS mags on the back page.

We love hearing about things our readers are doing or suggestions for future magazines, so if there's anything you want to share with us at all, please email [communications@the-futures-group.com](mailto:communications@the-futures-group.com)

*The IRIS Team*

# MESSAGE FROM **ASK US**

**Happy New Year to you all! 2022 begins!**

As the nights remain dark and the weather remains cold, we find ourselves reflecting on the year that has passed, and planning for the year ahead. We hope that you all had a wonderful Christmas, spending time with your 'nearest and dearest', and have managed to have a break and a rest from your usual routines.

New Year is a time for reflection. With all of the planning, organising, budgeting and celebrating that goes on over Christmas, I always like to stop and reflect on the wonderful enthusiasm and energy that is given by our children's educational staff teams at Christmas time each year. We have heard from parents and carers who have been 'blown away' by the adaptations made, to be inclusive of our children with Special Educational Needs and Disability. To all of those members of our communities who go the extra mile, at Christmas time and throughout the year, we would like to say a big 'Thank you'.

In this reflective period, I would like to draw your attention to our Nottingham City and Nottinghamshire Local Offers. If you feel that you require some additional support, or want to explore what is available in our area, these are directories of local services for families of children and young people with SEND. We know that we have many wonderful services and support groups available throughout our county, and we would like to promote them to you. For Nottinghamshire County Local Offer please go to [www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk) and click on the link that says - Local Offer - Special Educational Needs and Disability (SEND). For the Nottingham City Local Offer, please go to [www.asklion.co.uk](http://www.asklion.co.uk) and click on the Special Education Needs and Disability Local Offer link.

For those families who may be struggling this New Year, please use the Local Offers to access information about food banks and benefit and debt advice. You are in our thoughts and we are happy to signpost you to support. If you want to get in touch, please call us on **0800 121 7772**.

We would like to wish all members of our community, children and young people, parents and carers and professionals that support our families, a very happy New Year.

**All the best for 2022!**

**Ask Us Nottinghamshire Team**





# TEACHING CHILDREN HOW TO SET GOALS

## 3 Top Tips for Setting Goals

The New Year can be a great time to think about the future and what you want to achieve. Setting goals also builds confidence, and by doing it together, children learn to think positively about the future.

1

### Collaborate!

Try not to tell your child what goals they should set. They are more likely to push towards goals they have chosen themselves and care about. As your child get older, you can decide when they are ready to set goals on their own.

2

### Start small

By starting with small and easy to achieve goals, it means your child experiences some success early on, building on their confidence in themselves. Being specific helps too! Instead of say 'I will help out at home more', try 'I will help cleaning the table after dinner'. The goals also need to be aligned with the skills they have. For example, it would be unrealistic for a five year old to have a goal of reading Harry Potter, but perhaps the goal is that you read it with them instead.

3

### Keep goals realistic

Track your progress. You're more likely to stick to your goals when you're making progress. Why not try a sticker chart, a graph with tally marks, or a spreadsheet? Make sure it's easy see the progress!

# FEBRUARY HALF TERM IDEAS

## Toy Story In Concert (Film), Monday 21 February 7:30pm

Ever wonder what toys do when people aren't around? Toy Story in Concert will feature a screening of the ground-breaking complete film with Oscar® and Grammy®-winning composer Randy Newman's musical score performed live to the film by the Novello Orchestra, conducted by David Mahoney.

Disney and Pixar's Toy Story will be presented live in concert for the first time in the UK in 2022.

Tickets £32.00 to £68.00  
<https://trch.co.uk/whats-on/toy-story-cineconcert-22/>

## Titus T. rex is King, Wollaton Hall and Deer Park, until August 2022

Titus: T. rex is King is an exhibition showcasing the first real Tyrannosaurus rex to be displayed in England for over a century! Explore the world of this titanic predator and his story: you'll see the skeleton of the T. rex himself, as well as digital and interactive virtual media displays that will immerse you in his extraordinary journey from discovery in the Montana Badlands in the USA, through the experience of excavation, curation, examination, rebuild and final reveal.

Tickets from £8.75  
<https://visit-nottinghamshire.gigantic.com/titus-t-rex-is-king-exhibition-tickets>

## Justin Live, Saturday 19 February 2022

Come and see CBeebies superstar and children's favourite Justin Fletcher live on stage in an all-singing, all-dancing extravaganza. Justin Live is a fabulous show for all the family packed full of well-known songs, lots of dancing, hilarious comedy and plenty of slapstick fun!

Tickets £18.50 to £21.50 <https://trch.co.uk/whats-on/justin-live-2022/>

## Sherwood Forest Visitor Centre & National Nature Reserve

A new visitor centre opened in 2018, managed by the RSPB and their partners on behalf of Nottinghamshire County Council. From Robin Hood to learning about woodland crafts or the rich history of Sherwood and Edwinstowe to finding out about the conservation work being done there, there's something at Sherwood for all interests.

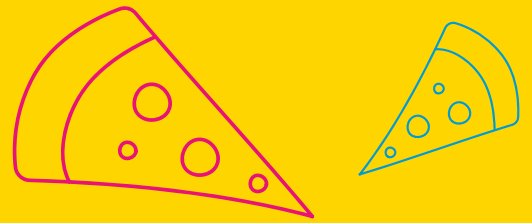
FREE

FREE

## Bilsthorpe Heritage Museum

In the early 1900s Bilsthorpe village's population was approximately 200 and slowly declining. Then coal mining arrived in Bilsthorpe in the 1920s and considerably changed the landscape and social development of the village. The Bilsthorpe Heritage Museum was officially opened in July 2014 marking a new beginning for the society and village. The museum is open to the public on Monday, Wednesday and Sundays, and boasts well stocked displays and memorabilia for visitors to see along with knowledgeable staff (very often ex miners) on hand to guide you through the displays.

# CRUMPET PIZZAS



You will need:

- 6 crumpets
- 4 tbsp passata
- 4 tbsp ketchup
- ½ tsp dried oregano
- Toppings of your choice (peppers, cherry tomatoes, red onion, sweetcorn, olives, ham and basil all work well)
- 75g grated cheddar cheese grated



## STEP 1

Heat the grill to high. Lightly toast the crumpets in a toaster or under the grill. Meanwhile, mix the passata, ketchup and oregano together in a bowl. Season. Chop your chosen toppings into small pieces - young children can tear basil, or chop soft veg in a cup using safety scissors.

## STEP 2

Line a baking tray with foil. Spread the sauce over the crumpets, then top with the veg and cheese. Arrange on the tray and grill for 3-4 mins, until the cheese is golden and bubbling. Leave to cool slightly before eating.



Remember to ask an adult for help when using scissors, knives and heat.



# NOTTINGHAM CASTLE: WHAT DID ASK US NOTTINGHAMSHIRE YOUNG REVIEWERS THINK TO IT?

Ask Us took their Young Reviewers team to Nottingham Castle to check it out. The Young Reviewers team is made up of amazing people who are 16 or older with SEND from Nottingham College, Bluecoat Aspley Academy, Oak Field School, and Sutherland House School. This is what they had to say...

“ There is disabled parking available, although limited and there are wheelchairs offered that can be used if needed, which is great. The ramp getting up to the castle was extremely steep- it was hard on foot, so we imagine pushing a wheelchair would be very difficult. However, the staff have explained that this winter, they are launching a ‘land train’ which will be wheelchair accessible and mean the steep incline walk will soon no longer be a barrier (plus, for any train lovers, it’s an added bonus to an already good day out!)

We arrived at the visitor centre excited and were ready to explore, on first impressions the staff were super friendly and explained all we needed to know about the visit.

After we reached the top of the hill, we were in absolute awe of the views. We spent a fair amount of time admiring them and seeing what shops and landmarks we could spot- there is also a café round the back with a ramp for entry, outdoor seating and a disabled toilet.

Next on our itinerary was the cave tour - this is definitely not accessible, and we were informed that unfortunately it never will be due to them not being able to add any access other than the very steep steps that are there now. Although a shame, the staff did say there is a video experience and a room that will be open soon where everyone can still experience the smells and sights of the rest of the caves. The tour guide was very knowledgeable and enthusiastic, but there is no other way to access the information and history of the caves other than listening. In our feedback, our Young Reviewers expressed they felt other sources of information down in the caves would be ideal to make it more disability friendly, for example signage, braille and/or audio devices.

We finished our afternoon exploring the Galleries. The website has downloadable ‘sensory maps’, which we felt were a really positive addition. Overall, the Galleries were really good, we loved the ‘Hello, My Name is Paul Smith’ Gallery, and the Rebellion and Art Galleries were super interactive with some games too. Signage around the building wasn’t too brilliant and you had to search to find the only lift. Again, the staff and volunteers around the galleries were lovely and helpful, so if you aren’t sure where you’re going, there’s always someone to get you on the right track. Our reviewers also recommended QR codes around the Castle, to provide people with alternative and accessible ways of retrieving information.

There is also a ‘Robin Hood Experience’ to add to your itinerary- it looks really exciting, but we can’t comment fully on this part as we were only there for the afternoon, so ran out of time.

For a final thought, we had a chat with the Castle Staff at the end of our visit and it was really positive and refreshing to know they are putting in a lot of effort to make visiting Nottingham Castle a more inclusive experience for all. Not only is there the land train to look forward to, they are also working on a bag, with sensory toys, ear defenders and PECs cards to give to those who may need it during their visit and there was even talk about reintroducing a sensory room in the future, which we would really like to see happen!

The Castle comes with, what we feel is, a bit of a sharp price tag. However, it can be a full day out and a really fun, educational and different experience. Definitely worth it and it seems to be on the road to further continuous improvements, which we simply cannot fault. Go and visit this Christmas! ”

If you’d like to join the young reviewers please email [AskUs@futuresforyou.com](mailto:AskUs@futuresforyou.com) - you need to be 15+ and have SEND to join.



Information, advice and support  
for children and young people with  
a disability or special educational  
needs and their parents/carers

## Are you 16-25 with SEND?

### Become one of our 'Young Reviewers'

- great opportunity for your CV
- help to design and build the group
- get your opinions and ideas heard
- make a difference
- meet new friends

We will meet on the last Wednesday of every month at 4pm to share views and ideas, have a good time, and help shape and review Nottingham City Services.



Please express your interest at: [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)



Information, advice and support  
for children and young people with  
a disability or special educational  
needs and their parents/carers

### Calling Nottingham City Parents/Carers of Children with Special Educational Needs or Disabilities: Your feedback matters!

We are setting up a new focus group, with likeminded parents/carers, where we you can share opinions and ideas to make a difference to the local services for Children and Young People with SEND.

#### Meeting Dates:

Wednesday 30th March 2022 1pm



If this group is something you are interested in, then we'd love to hear from you.

Please express your interest at: [enquiries@askusnotts.org.uk](mailto:enquiries@askusnotts.org.uk)



# INFORMATION AND HELPLINES

SignHealth has produced videos with information about Coronavirus in BSL, they can be found at [signhealth.org.uk/resources/coronavirus](http://signhealth.org.uk/resources/coronavirus). More links and resources are available at [askusnotts.org.uk/resources/HelpinesandInfo](http://askusnotts.org.uk/resources/HelpinesandInfo)

## LOCAL AUTHORITIES

### Nottingham City Council Switchboard

[www.nottinghamcity.gov.uk/coronavirus](http://www.nottinghamcity.gov.uk/coronavirus)

Customer hub number:  
0115 915 5555

Contact Notts Deaf Society if you need sign language interpretation to access council services 0115 978 6984 [nslis@nottsdeaf.org.uk](mailto:nslis@nottsdeaf.org.uk)

[nslis@nottsdeaf.org.uk](mailto:nslis@nottsdeaf.org.uk)

**Nottinghamshire County Council Coronavirus Information Customer Service Centre 0300 500 8080 8am-6pm Monday - Friday [www.nottinghamshire.gov.uk/care/coronavirus](http://www.nottinghamshire.gov.uk/care/coronavirus).**

Latest news and information about the ongoing situation.

### Nottinghamshire community support and volunteering response hub

[www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-community-support-and-volunteering-response-hub](http://www.nottinghamshire.gov.uk/care/coronavirus/nottinghamshire-community-support-and-volunteering-response-hub)

### District Council Homepages and phone numbers

All District council websites have links to their Coronavirus updates on their homepage.

### Ashfield District Council

[www.ashfield.gov.uk](http://www.ashfield.gov.uk)  
01623 450 000

### Bassetlaw District Council

[www.bassetlaw.gov.uk](http://www.bassetlaw.gov.uk)

### Gedling Borough Council

[www.gedling.gov.uk/coronavirus](http://www.gedling.gov.uk/coronavirus)  
0115 901 3901

### Mansfield District Council

[www.mansfield.gov.uk](http://www.mansfield.gov.uk)  
01623 463 463

### Newark and Sherwood District Council

[www.newark-sherwooddc.gov.uk](http://www.newark-sherwooddc.gov.uk)  
01636 650 000

### Rushcliffe Borough Council

[www.rushcliffe.gov.uk](http://www.rushcliffe.gov.uk)  
0115 981 9911

### Disabled Living Foundation

Free, impartial advice about mobility products or other types of daily living equipment for older and disabled people  
0300 999 0004 (Monday-Friday 9am-5pm)

## MENTAL HEALTH SUPPORT

### Young Minds

Information on child and adolescent mental health. Services for parents and professionals. Call the Parents' helpline 0808 802 5544 (Monday-Friday, 9.30am-4pm) or visit [www.youngminds.org.uk](http://www.youngminds.org.uk)

### SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers. SANEline: 0300 304 7000 (daily, 4.30pm-10.30pm) Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare) Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum) or visit [www.sane.org.uk/support](http://www.sane.org.uk/support)

### Samaritans

Confidential support for people experiencing feelings of distress or despair. Call 116 123 (free 24-hour helpline) or visit [www.samaritans.org.uk](http://www.samaritans.org.uk)

### CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35. Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: [www.thecalmzone.net](http://www.thecalmzone.net)

### Men's Health Forum

24/7 stress support for men by text, chat and email or visit [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## DISABILITY HELPLINES

### Mencap Charity

working with people with a learning disability, their families and carers. Helpline: 0808 808 1111 (Monday- Friday, 10am-3pm) Website: [www.mencap.org.uk](http://www.mencap.org.uk)

### Disabled Students Helpline

This line provides advice to disabled students who are studying in England. Opening hours: 11am-1pm on Tuesdays and Thursdays. 0330 995 0414 (Free) Email: [students@disabilityrightsuk.org](mailto:students@disabilityrightsuk.org)

### Disability Direct

Not-for-profit aiming to help people of all abilities to live independently. Phone: 0115 9785095 Website: [www.ddnottingham.com](http://www.ddnottingham.com)

### Scope

Scope's helpline provides free, independent and impartial advice and support on issues that matter to disabled people and their families.

Freephone: 0808 800 3333  
textphone: Use Type Talk by dialling 18001 from a textphone followed by 0808 800 3333 (Monday-Friday 9am-6pm, Saturday + Sunday 10am-6pm)



## DISABILITIES IN COMICS: 5 CHARACTERS YOU NEED TO MEET

Marvel's *Eternals* was released in early November and introduced Makkari, the first deaf superhero in the MCU (Marvel Cinematic Universe). She is played by deaf actress Lauren Ridloff, who fantasy fans may recognise from *The Walking Dead*.

According to research by Preply, the release of the film has sparked an interest in people looking to take courses to learn sign language - which can only be good news.

While Makkari may be the first deaf superhero we've seen on screen, she is not alone in the comic book world. Here are five of our favourite disabled comic book characters from across the universes!

### **Alicia Masters (Marvel)**

Alicia is a blind character who appears in the Marvel comics - she mainly appears in issues of *The Fantastic Four*, but can also be found in the *What If...?* comics, as well as some issues of *The Thing* (after all, she is married to him!)

### Oracle (DC)

After retiring from fighting alongside Batman as his sidekick Batgirl, Barbara Gordon is injured and becomes Oracle - a wheelchair-bound technology whizz. She uses computers and technology to create a worldwide network which helps other superheroes access intel and co-ordinate with each other. You might have heard of her if you're a fan of Suicide Squad, Birds of Prey or Justice League.

### Silhouette (Marvel)

Silhouette is paralysed from the waist down due to a spinal injury. Her main powers come from the darkness - she can control shadows and use them to help her when fighting. She can also use shadows to teleport from one place to another. As well as her super strength, speed and agility, Silhouette is skilled in martial arts, using her crutches to help her win in combat.

### Doctor Mid-Nite (DC)

Dr. Charles McNider is known as the first disabled superhero, and was introduced by DC comics in 1941. An injury left him with 'reverse sight' which meant that, during the day, he was blind, but in darkness he had perfect vision. He used his night vision to fight organised crime and, in his later life, turned to training a new generation of doctors, including Beth Chapel and Pieter Cross, who both went on to be superheroes in their own right, following Dr Mid-Nite's death in 1994.

### Echo (Marvel)

Also known as Ronin, Thunderbird and Maya Lopez, Echo is best known for appearing in the Daredevil comics. She now appears in the Hawkeye series, which debuted on Disney+ in December, and will soon have her own spin-off series, also on Disney+.

Echo is deaf and communicates by reading lips, although her powers mean she can read lips from very far away and even through fabric, if it's thin enough. She also has 'photographic reflexes', meaning she can perfectly copy another person's movements. She learns high-level skills just by copying others, including playing the piano, acrobatics, martial arts, ballet and even piloting a plane.

# LEARN MORE ABOUT YOUR MONEY

Looking after your money and making smart decision when it comes to spending are important skills to learn. You might just think that your money is something that sits in your pocket, but it's always a good idea to learn more about spending and saving.

If you're not sure where you can go to learn more about your money, don't worry! Here are **three** places you can go to find out more:

## The AskUs Website

We've recently introduced a brand new section on the Young People's Zone - My Money! It has all sorts of information about what a budget is and how to create one, how to save money, and how to open a bank account if you don't have one already.



## Your Bank

Sometimes it really helps to have someone explain things to you in person. If you're confused about money, setting up an appointment to speak to someone at the bank is a great place to start. They can talk to you about setting up an account, how to put in and take out money, and how to start saving.

Some banks, such as HSBC, have introduced a Quiet Hour in their branches. This is a time every day where the bank will turn off any background noises and make sure that specialists are available to talk to people with hidden disabilities such as autism, ADHD or dementia.

If you're not sure if your bank has a Quiet Hour, you or a parent or carer can call up beforehand to ask. If not, they might be able to let you know about times when the bank is normally quiet, or book you an appointment in a quiet room.

## Barclays Life Skills

If you enjoy learning new things online, Barclays Life Skills is the perfect way for you to learn more about money. Once you sign up, you'll be able to take quizzes, read articles, and complete tasks that will help you learn more about how to be smart and safe with money.

Barclays Life Skills doesn't just focus on money - there are also sections that teach you about online scams, applying for jobs, finding work experience, and building your confidence.



# 4 TOP TIPS FOR MANAGING MONEY

Getting money is exciting - especially if it's money that's you've worked hard for! It can be tempting to spend it all at once on new games for your PlayStation and trips to the cinema with your friends (with a massive popcorn to eat while you watch!)

It's important to remember to find the right balance when spending money - making sure that you treat yourself to the things you enjoy and learn how to save at the same time. To help you out, we've put together **four** of our top tips for managing money:

## Create a Budget

A budget is a way of seeing how much money you have and working out how much you have to spend and how much you want to save. Start by writing down how much money you get a month - this might be pocket money or money that you get from working.

Then, take away how much you need to spend every month on things like topping up your phone or getting the bus - the things that you have to spend money on! What is left is money that you can either spend or save.



## Save Up Your Change

You might be surprised to see how a little bit of leftover change can turn into a enough money for a new pair of jeans! If you collect all of your spare change into a jar, it won't take long for a few 10p and 20p coins to turn into £5 notes!

## Earn Money Doing Jobs for Your Family

Do you have an auntie with a dog that needs walking? Or a grandad with a shed that needs tidying? Or a sister with a car that needs cleaning? Let your family know that you're trying to earn some money and ask them if they have any jobs that you could do. It's a great way to start earning some of your own money!



## Open a Bank Account

Once you've started to earn some money, you want to make sure it's being kept in a safe place! Putting your money into a bank account means that it is all in one place and you can take money out whenever you need it. Some banks even have special offers for young people opening their first accounts!



# REACH FOR THE STARS! TESTING BEGINS FOR SPACE TRAVEL FOR PEOPLE WITH DISABILITIES

If you've always preferred Buzz to Woody when you watched Toy Story, or if you've spent hours obsessing over Star Wars, you might also have imagined yourself flying through space as an astronaut. In fact, an astronaut is one of the most popular choices when people are asked what they want to be when they grow up - alongside singer, footballer and doctor.

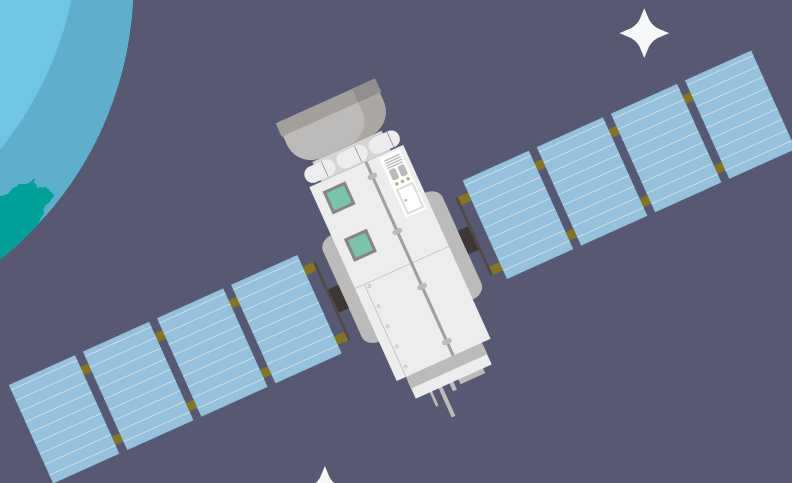
But becoming an astronaut isn't easy to do - there are loads of strict rules in place that mean only certain people are allowed to go into space. These rules have even stopped people whose feet are too flat from becoming an astronaut, so it's no surprise to hear that no people with disabilities have made it into space as the rules don't allow it.

However, several groups are trying to change those rules and have started running tests that would make space travel possible for people with disabilities!

Over in America, an organisation called AstroAccess are fighting to make space travel accessible for all. 12 people with disabilities took part in a parabolic flight - which copies the feelings of zero gravity that happens in space. During this flight, the passengers took part in tests such as returning quickly to seats and using special equipment, to measure how safe space travel would be, and they had a 90% success rate!

At the European Space Agency, there has been a push to recruit parastronauts. At the moment, they are looking to recruit people with physical disabilities that would normally stop them from becoming an astronaut, such as dwarfism, limb difference, or a lower limb deficiency.

If you've ever dreamed about shooting up to space, don't give up! Soon enough, you could be reaching to infinity... and beyond!



# WORDSEARCH

This wordsearch is all about planning! It's the start of a new year and that's when a lot of people start to set new goals or aims for the rest of the year. See if you can find all the words!

FUTURE

DREAMS

GOALS

HAPPY

PLAN

HOPE

THINK

AHEAD

IDEAS

AIM

U	N	I	N	I	J	V	I	F	L
U	J	H	T	H	P	B	D	U	K
S	L	A	O	G	A	S	E	T	H
B	Y	T	H	I	N	K	A	U	C
F	G	P	M	E	D	N	S	R	N
Q	U	Y	P	R	A	E	I	E	A
K	V	W	E	A	P	D	Z	P	L
X	E	A	B	O	H	Z	A	Z	P
D	M	Y	H	C	X	U	O	L	I
S	U	Y	U	P	F	R	M	P	Y

Keep up to date with the latest advice about Coronavirus, groups and events by visiting the Local Offers for Nottingham and Nottinghamshire.



**NOTTINGHAM**  
[www.asklion.co.uk](http://www.asklion.co.uk)



**NOTTINGHAMSHIRE**  
[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

You can also visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) for the latest changes to government guidelines and rules that could affect you and your family.

# UPCOMING ISSUES

April | July | October | January

## Moving House? Let us know!

To change your address or contact details, please go to [askusnotts.org.uk/IRIS](http://askusnotts.org.uk/IRIS) and click the link at the bottom of the page. Alternatively, please email [communications@futuresforyou.com](mailto:communications@futuresforyou.com).

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