Season’s Greetings from your ResX Team

2. Mulberry Cafe & Costcutter
3. Library
4. SB Sport Centre
5. ResX Support
6. University Support
7. Friends, Chaplaincy & Faith
8. Chaplaincy & Faith
9. International Students
10. Hopper & Local Transport Links
11. Local Village Amenities
12. Support Services
13. Support Services (Cont’d)
14. How to Contact Us
13th – 19th December
Monday to Friday 8am to 7pm
Saturday and Sunday 10am to 6pm
Café stops serving 30 mins before close

20th – 26th December
Monday to Thursday 8am to 7pm
Friday to Sunday Closed
Café stops serving 30 mins before close

27th December – 2nd January
Monday to Friday 10am to 2pm
Saturday and Sunday Closed
Café stops serving 30 mins before close

3rd – 9th January
Monday 10am – 2pm
Tuesday to Friday 8am to 7pm
Saturday and Sunday 10am to 6pm
Café stops serving 30 mins before close
From 10th January going forward
Monday to Friday 8am to 7pm
Saturday and Sunday 10am to 6pm
Café stops serving 30 mins before close
## Vacation opening hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Hours</th>
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</thead>
<tbody>
<tr>
<td><strong>Friday 17 December</strong></td>
<td>8am - 9.45pm</td>
</tr>
<tr>
<td><strong>Saturday 18 December</strong></td>
<td>9am - 4.45pm</td>
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<tr>
<td><strong>Sunday 19 December</strong></td>
<td>9.30am - 4.45pm</td>
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<tr>
<td><strong>Monday 20 - Thursday 23 December</strong></td>
<td>8am - 9.45pm</td>
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<tr>
<td><strong>Friday 24 December - Monday 27 December</strong></td>
<td>Closed</td>
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<tr>
<td><strong>Tuesday 28 December</strong></td>
<td>9am - 5pm</td>
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<tr>
<td><strong>Wednesday 29 December - Monday 3 January</strong></td>
<td>Closed</td>
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<tr>
<td><strong>Tuesday 4 - Friday 7 January</strong></td>
<td>8am - 9.45pm</td>
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<tr>
<td><strong>Saturday 8 January</strong></td>
<td>9am - 4.45pm</td>
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<tr>
<td><strong>Sunday 9 January</strong></td>
<td>9.30am - 4.45pm</td>
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<tr>
<td>Dates</td>
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</tr>
<tr>
<td>24/12/2021</td>
<td>Closed</td>
</tr>
<tr>
<td>25/12/2021</td>
<td>Closed</td>
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<tr>
<td>26/12/2021</td>
<td>Closed</td>
</tr>
<tr>
<td>27/12/2021</td>
<td>11.45-19.30</td>
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<tr>
<td>28/12/2021</td>
<td>11.45-19.30</td>
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<tr>
<td>29/12/2021</td>
<td>11.45-19.30</td>
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<tr>
<td>30/12/2021</td>
<td>11.45-19.30</td>
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<tr>
<td>31/12/2021</td>
<td>07.30-15.15</td>
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<tr>
<td>01/01/2022</td>
<td>Closed</td>
</tr>
<tr>
<td>02/01/2022</td>
<td>11.45-19.30</td>
</tr>
<tr>
<td>03/01/2022</td>
<td>11.45-19.30</td>
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</tbody>
</table>
Staying in SB Halls over the Winter break? Your Residential Experience Team is continuing to work throughout the vacation period, to support you and your Halls community.

Saturday 18th December to Sunday 9th January

Come to The Nest in The Barn every evening between 6-10pm (except Christmas Day) to join in with the nightly ResX social where residents can get together for games, crafts, refreshments and snacks, or simply relax and listen to music or watch a film. This facility is for everyone staying on Campus throughout the festive period.

Between Saturday 18th December and Sunday 9th January you can reach the ResX Team by calling 0115 748 7600 from 18:00 – 03:30 and a member of the team will be able to support you. Outside of this time please email non-urgent queries to resx@nottingham.ac.uk and a member of the team will get back to you as soon as possible.

Your invite to Dinner - 25th December Dinner at Derby Hall, University Park

The ResX Team has invited those students remaining in Halls to join other University students for Christmas Dinner at Derby Hall, this meal is free and includes transport to and from Derby Hall, University Park (booking essential). Please see your email for your invite to submit your form or contact gail.bembridge@nottingham.ac.uk.

Deadline for booking is Monday 20th December 2021.

(Note*If you decide attend the dinner after the deadline booking date you are welcome, but would need to make your own way to Derby Hall.

Evening dinner is also offered to students on New Year’s Eve 5:00pm-6:30pm, no booking is required, the cost is £5.60 and own transport also necessary.

(Student ID is necessary at both dinners)
The University of Nottingham is offering a Winter Vacation Support package for all students who are in Nottingham throughout the winter break. The package is available for anyone staying in Nottingham or anyone who is joining us for the first time - whether that's as a new starter or as someone who has previously been studying remotely.

The package consists of meals (depending on your Hall of Residence), events and welfare support, as well as accommodation for those joining us for the first time. Click on the link to find out more, including information about arriving into the UK for those who are joining us from abroad.

Winter Vacation Support - The University of Nottingham
Sutton Bonington Baptist Church

Carols by Candlelight – Sunday 19th December 6pm. Refreshments afterwards.

Christmas Day Service – 10:30am

All taking place at Sutton Bonington Baptist Church (next to the Post Office)

Sutton Bonington – St Michaels & St Anne’s Church

NINE LESSONS AND CAROLS BY CANDLELIGHT

Although we don’t expect to replicate last year’s superb ecumenical on-line carol service, we are planning to hold a traditional Nine Lessons and Carols Service by Candlelight on Sunday 19th December at 6.30pm. Ring Beth (672110) for advice about numbers. No morning service on this Sunday.

CHRISTMAS EVE BLESSING THE CRIB

This popular service, where all the figures from the Christmas Story are put into the stable, will be held this year on 24th December at 4.00pm in St Michael’s church where there is more room for distancing. Some adaptations to the usual service will be necessary.

MIDNIGHT COMMUNION

This will be held on Christmas Eve at 11.30pm at St Anne’s church. Numbers may have to be limited so please ring David Etherton (672725) or e-mail etherton1@tiscali.co.uk.

CHRISTMAS DAY FAMILY SERVICE

25th December at 11.00am. A short service with carols suitable for all the family in St Anne’s church

To find out more about things to do in the local Sutton Bonington Village Community, why not read the SB Village News: https://www.suttonboningtonparishcouncil.org.uk/search.html?query=village+news
Read our Chaplaincy & Faith Nov/December Newsletter – follow this link:
Chaplaincy and Faith Support Newsletter (office.com)

Our online Faith Calendar details many of the different faith festivals and observances. Here is a summary of the coming months.....

December

21 MARTYRDOM OF SAHIBZADA AJIT SINGH AND SAHIBZADA JUJHAR SINGH
[Sikh]
21 WINTER SOLSTICE (Alban Arthan or Alban Arthuan) [Druid]
21 YULE (archaic form Geola, pronounced Yula) [Wiccan / Pagan]
25 CHRISTMAS DAY [Christian]
26 ZARATOSHT NO DISO [Zoroastrian (Iranian)]

January

1 THE CIRCUMCISION OR NAMING OF JESUS [Christian]
5 BIRTHDAY OF GURU GOBIND SINGH [Sikh]
6 THEOPHANY / BAPTISM OF CHRIST [Christian Orthodox]
6 EPIPHANY [Christian]
6/7 CHRISTMAS EVE AND DAY [Christian Orthodox]
6/7 ETHIOPIAN CHRISTMAS DAY [Rastafarian]
9 BAPTISM OF CHRIST/ BAPTISM OF THE LORD [Catholic]
12 BIRTHDAY OF SWAMI VIVEKANANDA [Hindu]
13/14 MAKAR SANKRANTI/LOHRI/PONGAL [Hindu]
16 SHINRAN MEMORIAL DAY [Buddhist]
16 WORLD RELIGION DAY [Baha’i and other groups]
17 TU B’SHEVAT [Jewish]
18-25 WEEK OF PRAYER FOR CHRISTIAN UNITY [Christian]
25 HONEN MEMORIAL DAY [Buddhist]
27 HOLOCAUST MEMORIAL DAY [National]
30 JASHN-E SADEH [Zoroastrian (Iranian)]
Globe Cafe ‘What’s app group’, find out about more activities, such as local walks, online events etc. Any Internationals who would like to join this group please email val.owens@nottingham.ac.uk
The Hopper services will cease for University closure days and public holidays, which in effect means that there is no service from Friday 24th December until Monday 3rd January 2022 inclusive.

https://www.nottingham.ac.uk/sustainability/documents/transport/901-901k-hopper-timetable.pdf

https://www.trentbarton.co.uk/services/skylinknottingham/timetable

https://www.thetram.net/Userfiles/TIMETABLES.pdf

https://www.eastmidlandsrailway.co.uk/
Pasture Lane Stores

Holiday Opening Hours

Friday 24th December 7am – 6pm
**Christmas Day Closed**
Boxing Day 8am – 2pm
Monday 27th December 8am – 2pm
Tuesday 28th December 8am – 2pm
Wednesday 29th December 8am – 2pm
Thursday 30th December 8am – 2pm
    New Year’s Eve 8am – 2pm
    New Year’s Day 8am – 2pm
Sunday 2nd January 8am – 2pm
Monday 3rd January 8am – 2pm
Tuesday 4th January 7am – 8pm

Normal Opening Hours Resumed

Sarj, Carol, Karen, Alan, and Patrick would like
to wish you all a Merry Christmas and a Happy New Year

Local SB Village Stores

Sutton Bonington Post Office

Holiday Opening Hours

**Closed on the following days:**
Saturday 25th - Wednesday 29th December
Saturday 1st January – Tuesday 4th January

Normal Opening Times
Mon, Tues, Thurs & Fri: 9-12:30 / 1:30-4:00pm
Wed & Sat 9-12:30pm
Support Services

STUDENTS, FEELING THE PRESSURE?
We are here to help

Being a student is sometimes stressful, and COVID-19 hasn’t made it any easier. If you need some mental health support right now, help is at hand. You can talk to your GP or self-refer to one of our local services. Support is free and can be delivered remotely online and on the telephone.

Anyone who needs emotional support or information about what help is available locally can call the Nottinghamshire Mental Health Helpline on 0300 555 0730 (open 9am-11pm 7 days a week)
https://www.turning-point.co.uk/services/nottingham-helpline

If you need urgent care but you are not in a life-threatening situation, you can call NHS 111 (open 24/7)

If you are experiencing a mental health crisis, call the 24/7 Nottingham and Nottinghamshire Mental Health Crisis line on 0808 196 3779. The crisis line is operated by local health workers, who will help you to get the right support

If you have injured yourself seriously or tried to end your life, or are actively thinking of ending your life now and are at immediate risk of harm, call 999 for an ambulance

Other services and support:

Harmless
Support for self-harm
A self-harm service that provides clinical support and clinical interventions for those that are at risk of self-harm and/or experience recurrent suicidal thoughts. Support for people of all ages with practical and emotional support, or long/short-term therapy. Based in Nottinghamshire - Referral line 0115 880 0280, or info@harmless.org.uk

The Tomorrow Project
Support for suicidal thoughts/crisis
Short-term practical and emotional support, based in Nottinghamshire - Referral line 0115 880 0282, or crisis@tomorrowproject.org.uk, open Monday to Friday (except bank holidays) 9am-5pm.

Suicide crisis text support service - open on Mondays 1-4pm, Wednesdays 3-7pm and Fridays 1-4pm 0780 000 2606

Support for people who’ve been exposed to suicide (friends, family members, colleagues, professionals, members of the public – anyone) Referral line 0115 880 0280, or bereavement@tomorrowproject.org.uk

Base 51
Emotional health and wellbeing services for 12-25 year olds who live in Nottingham City or County South
Young people do not need a referral to access this service. For further information please phone or email.
Phone: 0115 652 5040
Email: counselling@base51.org.uk
Website: www.base51.org

Kooth
Support for 10-25 year olds who want to talk to a mental health professional online anonymously and free
You can register directly through www.kooth.com. Alternatively you can email: contact@kooth.com

Insight Healthcare
Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions
www.insighthealthcare.org/our-services/talking-therapies/find-a-service/, email: east.midlands@insighthealthcare.org, phone: 0300 655 6582

Let’s Talk Wellbeing
Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions
www.nottinghamshirehealthcare.nhs.uk/nottingham-city-and-county
Phone: 0300 300 2200

Trent PTS
Talking/psychological therapies for anxiety, depression, stress, trauma and other conditions
https://www.trentpts.co.uk/self-referral/
Email: enquiries@trentpts.co.uk
Phone: 0115 986 3160

Talkzone Counselling Service
Free and confidential one-to-one counselling for children and young people in Bassetlaw, aged 11-25.
Young people aged 13 or over can self-refer. Referrals for anyone under the age of 13 need to be made by someone aged 16 or over. Referrals can be made directly via the website.
Website: www.talkzone.org.uk
Phone: 01909 530843
Text: 07368 293846
Other services and support continued:

Nottingham Trent University health and wellbeing
www.ntu.ac.uk/studenthub/student-help-advice-and-services/
health-and-wellbeing

University of Nottingham health and wellbeing
www.nottingham.ac.uk/currentstudents/
healthyu/mental-health/bodymind.aspx

Student Space
Student Space is here for you through the Coronavirus pandemic. However you're feeling, help and guidance is available. Explore a range of trusted information, services and tools to help you with the challenges of student life. On the Student Space website: https://studentspace.org.uk/

SHOUT
SHOUT is a 24/7 UK crisis text service available for times when people feel they need immediate support. Text SHOUT to 85258 (open 24/7).

Samaritans
Whatever you’re going through, a Samaritan will face it with you, 24 hours a day, 365 days a year. Call 116 123.

CALM
Campaign Against Living Miserably run a free and confidential helpline and website. www.thecalmzone.net/help/get-help/
7 hours a day, 7 days a week for anyone who needs to talk. CALM challenges stereotypes and stigma, particularly for men and LGBTQ+ who may be struggling with life.

The Mix
The Mix support service for children and young people. www.themix.org.uk/get-support
(Phone, webchat, or email service for those aged 25 or under.
Coronavirus: Tips & Information for young people: www.themix.org.uk/coronavirus-support

HopelineUK
HopelineUK for children and young people.
https://papyrus-uk.org/hopelineuk/
If you are having thoughts of suicide or are concerned for a young person who might be you can contact HopelineUK for confidential support and practical advice. Call: 0800 068 4141. Text: 07860 036967.
Email: pati@papyrus-uk.org
9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays.

The Grief Line
A dedicated service for those who need immediate support following bereavement.
Call 0800 111 4451, lines are open 8am to 8pm every day and answerphone out of hours. If it is an emergency and immediate help is required, contact the emergency services on 999.

Stay Alive App
The free Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. The app includes a safety plan, customisable reasons for living, and a LifeBox where you can store photos and memories that are important to you. There are strategies for staying safe and tips on how to stay grounded when you’re feeling overwhelmed. There are guided-breathing exercises and you can create your own interactive Wellness Plan. To find out more and to download the app visit: Stay alive app

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Child and Adolescent Mental Health Services (CAMHS) is the part of the NHS which helps children and young people who have problems with their thoughts or feelings. CAMHS can help until you are 18. If you are 12-18 you can refer yourself into this service. If you are under 12, speak to your GP and, if appropriate they will refer you.

Targeted CAMHS
Support for up to 18 year olds with moderate emotional and/or mental health needs who live in Nottingham City.
For more information, Call: 0115 867 4000.
Text: 0786 000 213.
Email: cypbehm@nottinghamcity.gov.uk

Specialist CAMHS
Support for up to 18 year olds with severe / complex emotional and mental health difficulties who live in Nottingham City.
For more information about the service and how to access please phone or visit the website.
Phone: 0115 867 4000.
Email: cypbehm@nottinghamcity.gov.uk

CAMHS Crisis Resolution & Home Treatment
Support for up to 18 year olds experiencing a mental health crisis.
For more information about the service and how to access please phone or visit the website.
Phone: 0115 854 2299 or 0115 844 0566.
Website: nottinghamshirehealthcare.nhs.uk/camhs-crisis-team

County Community CAMHS
Support for up to 18 year olds who are experiencing mild to complex emotional and mental health difficulties living in Nottinghamshire County.
For more information about the service and how to access please phone or visit the website.
Phone: 0115 854 2299.
Website: nottinghamshirehealthcare.nhs.uk/camhs-young-people

SHARP (Self-Harm Awareness Project)
Support for up to 18 year olds with self-harm and/or suicidal thoughts and behaviours who live in Nottingham City.
For more information, Phone: 0115 866 4000.
Text: 0786 000 213.
Email: cypbehm@nottinghamcity.gov.uk
Website: educense.co.uk/additional-needs/sharp-self-harm-awareness-and-resource-project/about-sharp/

Young Minds
Text “YM” to 85258 if you’re under 19 for support from Young Minds.
If you’re under 19, you can also call 0800 111 111 to talk to Childline on their 24 hours helpline. The number will not appear on your phone bill.
Contact us

**CLV (Campus Living Villages)** 07796 898857  
boningtonhalls@clvuk.com

**Security** 0115 951 3013

**ResX** 0115 748 7600 (option2)  
resx@nottingham.ac.uk