

What's on Zoom!

Online events for international students in Nottingham

All these events can be found on the free Zoom meeting app with meeting ID: 460 820 505

THURSDAYS

- 12pm Keep fit at home
Join Eleana for some fun workouts together (for all abilities)
- 6pm Christianity Explored
A chance to explore the Christian faith together. Text your name and email to 07546 945155 for more details. Starting April 16th

FRIDAYS

- 4pm Art and sketching
Join Marisca and see what you can do with a pencil and some paper! (for all abilities)
- 8pm Fortnightly Film Fridays
Watch a film on 'Box of Broadcasts' then have a discussion. Check out our social media for dates and the next film

SATURDAYS

- 3pm Cooking together
Try out some new recipes while making friends. Check out our social media for ingredients. Cook at home live or just watch!

MONDAYS

- 12:30pm Lunch with friends
A time to chat and hang out together

TUESDAYS

- 12:30pm Lunch with friends
A time to chat and hang out together
- 4pm Table Talk
English conversation practice

WEDNESDAYS

- 4pm One-off Wednesdays
Check our social media for this week's topic including Mental Health and Resilience Workshop
- 6pm Get Creative!
Enjoy some craft with Lydia and Lizzie and surprise yourself with new creative ideas

Check out our social media for new events and information about recipes and films:

www.facebook.com/friendsintnottingham

www.instagram.com/friendsintnotts

<https://friendsinternational.uk/app>

You can also contact us at:

Nottingham@friendsinternational.uk



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FRI 17 APRIL

8pm Friday Film Night

Watch a film on 'Box of Broadcasts' then have a discussion. Check out our social media for the next film

WED 22 APRIL

4pm Resilience Workshop

Understand the importance of resilience with Business Consultant Sébastien Bonicel

FRI 1 MAY

8pm Friday Film Night

Watch a film on 'Box of Broadcasts' then have a discussion. Check out our social media for the next film

SUNDAYS

Many Nottingham churches are offering online services on Sunday mornings. See here for more information:

<https://tinyurl.com/onlinechurchnotts>

WED 8 APRIL

4pm Mental Health

Looking after your Mental Health during the challenge of Covid-19. With retired Doctor Julie Bignell

FRI 10 APRIL

7:30pm Globe Café

Easter Event

Come and join us as we discuss 'Magdalena' film clips about the life of Jesus. See our social media for more information

WED 15 APRIL

4pm Mental Health

Looking after your Mental Health during the challenge of Covid-19. With retired Doctor Julie Bignell
A repeat of Wednesday 8th

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