

MUTUAL AID

COMMUNITY CAFE

BENEFITS SELF-HELP

LEGAL SUPPORT

IDEAS FOR RESISTANCE



12PM ONWARDS, EVERY SUNDAY

**SUMAC CENTRE, 245 GLADSTONE STREET,
FOREST FIELDS.**

COMMUNITY CAFE

Come along and get a hot drink or a vegan Sunday brunch at not-for-profit prices.

IDEAS FOR RESISTANCE

Are there problems in your neighbourhood? Find other people who want to defend the local community against government cuts and big business.

BENEFITS SELF-HELP

Whether you have been claiming benefits for years or are new to the system, it can be difficult to work out what you are entitled to. Share your experiences and you might find help.

LEGAL SUPPORT

Like the benefits system, the legal system can be intimidating. Finding other people who can explain how it works and help you find legal advice might help.

Mutual aid is put on by the Nottingham Solidarity Network. We think that communities should take back decision making power from politicians and police and run our own communities. If you want to get involved then please contact us: nsn@riseup.net.

