

PULP FRICTION NEWSLETTER

for the members, by the members



**Spring 2026.
March, April, May**



A delightful Spring stroll at Sandy Banks.

Clare, Lucy, Sim and Molly welcome the Spring by going for a walk together.



April Fool's Day

**Simran
tricked us!**

'Seed to Plate'



Bulwell Forest Gardens

The course is about sustainable cooking, budgeting and healthy eating.

Sam and Thomas are eating the results of their cooking!



Lunar New Year activities

We made Red envelopes for Lunar New Year. Lunar New Year is a tradition that is based in Korean and Chinese backgrounds.

See photos below



The High Sheriff's Legal Service

22 March 2026



This service happens every year. It celebrates all the people and services like the police who follow the laws and keep us safe. Pulp Friction did the catering for the event.



Many people attended the service. One of them was David Stuart who was a head teacher at Shepherd School, David is well known in the world of Disability and Inclusion in Nottingham. Many members of Pulp Friction know David.

Atmosphere Choir



At the service the choir sang 'I'd like to teach the world to sing.' One of our members Clare Crawford was there and said 'I am very proud to be part of this amazing choir.'



Local Bestwood shop donates money raised from raffle

Natalie from 'Tantastic', a tanning studio, called in to give us the money they raised from the raffle. Thank you so much to the Bestwood community!

Andy Warhol Exhibition

Simran, Clare, Albert and Ivan went to the Andy Warhol Exhibition with a Drama group.



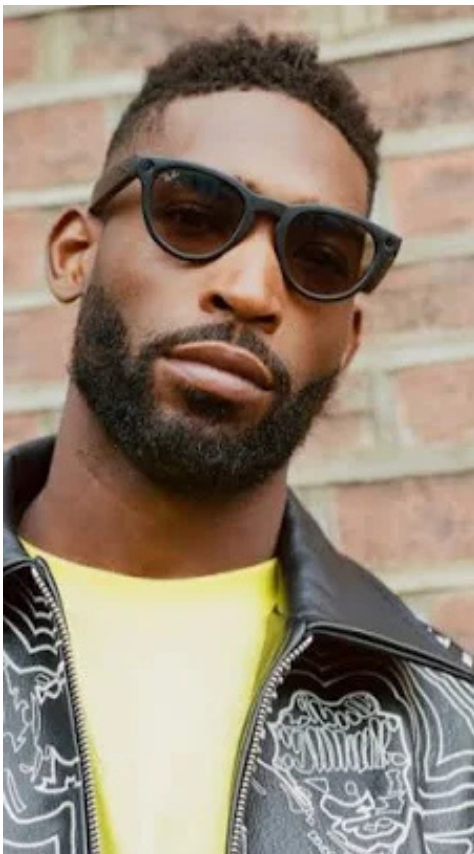
They had a tour around Lakeside Arts and had a behind the scenes tour of the theatre which they found very interesting.

After lunch they did some drama exercises and a dance workshop.



Rockcorps volunteers

Rockcorps encourages young people to give their time freely to help others.



Pulp Friction joined in by giving volunteers a list of jobs to do like cleaning, sorting the craft corner and many other things that needed doing.

In return for their time, Rockcorps gave free tickets to volunteers to see Tinie Tempah at Rock City which is a night club.

Lyvia from Rockcorps came to visit Pulp Friction to see us and explain the project which is aimed at young adults.

Supporting other Charities



#Aspirational
#Inclusive
#Purposeful



Pulp Friction went to a fund raising Spring concert at the Masonic Hall. The Atmosphere choir sang and they encouraged the audience to join in. They taught some hand signs to the main choir there who were called 'The Saturday Singers.'

Members of Pulp Friction did a presentation.

Everyone was very impressed!



Hannah Hogan Kindness Awards



Mia has won the Kindness Award for April. Albert has won it for May. Well done both of you!

Keeping healthy- Cancer Awareness



Victoria from the Robin Cancer Trust led a session on knowing signs and symptoms of Ovarian Cancer for the women members and another person did a men's group on testicular cancer. Good news -if detected early these cancers can be over 90 % curable.

Follow these links to know more
<https://www.therobincancertrust.org/>

Welcome to our new member of staff- Christina.

Shianu interviewed Christina who is based at Bestwood cafe and below is what she found out ...

I knew about Pulp Friction from seeing the smoothie bike at events and fairs. I've also seen the gardens you have worked on

I wanted to join Pulp Friction as I knew I'd like to work with the members. I thought the job would be satisfying and meaningful.

I've done lots of different jobs. My last job was to do with talking therapies. I've done some youth work, working with the homeless and those who are involved in drugs

I like lots about working at Pulp Friction. It's fun, There are always surprises and working with members, I learn a lot from them

In my spare time I see friends and family, walk dogs, go to the gym and listen to music and go to live events.