

Muslim Community Organisation Nottingham

Empowering the local community for a brighter future



Can you spare an hour or so per week?

I am looking for volunteers to join our Steering Group that provides artistic and educational advice and direction to our **Muslim Heritage Education Programme (MHEP)**.

MHEP aims to celebrate and raise awareness of Muslim contributions to the modern world in science, technologies, medicine, arts and architecture

amongst children, young people and adults from **all communities**. To achieve the above we are developing a range of informal learning and arts related projects that have core learning objectives around Muslim Heritage, arts and creative skills alongside personal and social development activities to promote: stronger sense of identity,

improve self-esteem, boost aspirations, cultural and heritage understanding and improve intercommunity relations through the concepts of harmony, respect and tolerance from an Islamic perspective.

To find out more please contact:
Nadeem.haider@mcon.org.uk
0115 9417865

Come and explore the Universe at MCO Centre!!"

Explore The Universe—Animation Film workshops
Celebrate Muslim Heritage with a journey into astronomy and early time keeping methods.

24, 25 and 26 August 2015 — 10am to 3pm
Multi Sports Fun + Interactive arts workshops
For 8 to 17 year olds

All led by fully DBS checked professionally trained artists and facilitators

Only £4 per person per day — We have limited spaces available, to avoid disappointment you will need to book and pay in advance by 12pm on 20th August

To book your place please contact MCO Centre on 0115 9417865
Nadeem.haider@mcon.org.uk

The project provides young people the opportunity to:

Enjoy recreation and multi - sports activities, learn a range of creative and artistic skills including; stop motion animation techniques

Gain a stronger sense of identity, cultural history and heritage, improve self-esteem, boost aspirations

Gain knowledge and understanding of Muslim Heritage (Islamic Golden age) and its contributions to modern day civilisation

Learn about the key factors behind the success of Islamic Golden Age and how they can apply to their own lives

Learn about co-existing, respect and tolerance and improve inter - community relations

St Ann's Sneinton Food Store

MCON would like to thank all people from the community who responded to our food donation campaign during Ramadan 2015.

We were overwhelmed with your generous contributions, both MCON and St Ann's Sneinton Food Store very much appreciate your kind gesture.

Your kind contributions will go a long way to helping families and

individuals in need.

Please continue to donate throughout the year even if its just a tin or packet of non perishable food each week.

MCON have teamed up with St Ann's Advice Group to establish a food donation point at MCO Centre. Food donations can be delivered on Monday to Friday between 9am to 1pm



*The Prophet) said:
"One is not a believer
who fills his stomach
while his neighbour goes
hungry" (Bukhari)*



Kickboxing

KICKBOXING With Mieke Tate (Hink),
3 times world champion!
The kickboxing was so successful with young
people on Sundays that we are letting women and
girls (12yrs+) enjoy a session every

Thursday 6pm-7pm. For only £1.50 per person

For more information contact Kiran
TEL: 01159417865 OR 07765374680

EMAIL : kiran_4_khan@hotmail.co.uk

FACEBOOK: Sneinton Nottingham MCO

Boys Football Coaching

Boys football coaching by fully DBS checked
professionally trained coaches for

Under 12's: Every Monday 6pm – 7.30pm
£1 per person

To find out more contact Kiran:
01159417865 - 07765374680

Boys Youth Club

For Boys aged 14 - 17
Every Friday 5.30 - 7.30pm
Indoor Sports Activities, socialising, chill out,
occasional trip out, games and discussions.

£1 membership + 50p subs—To find out more
contact Kiran: 01159417865 - 07765374680

Badminton

For those who already know how to play you can
book the court at MCO centre for FREE on
Thursday 10am-11am. Please note there is no
instructor. To book ring 0115 9417865

MCO Room Hire

We would like to remind our readers that MCO Centre as well as offering activities also offers rooms for hire. We have an excellent sports hall as well as a large room with kitchen facilities. Suitable for all functions and also all facilities offer disable access. The Centre also offers free car parking facilities to its users. We offer special rates to organisations who affiliate to us. For more information on rates of hire or to make a booking please contact us at MCO Centre.

To find out more about MCON or any of these activities please contact us:

By phone: (0115) 9417865 or email: info@mcon.org.uk - www.mcon.org.uk

Visit us: MCO Centre, Jinnah Building, Beaumont Street, Sneinton, Nottingham, NG2 4PJ

(We are near the Sneinton Health Centre and formerly known as Project Pehchan)

 Sneinton Nottingham Mco

Women's Interfaith Pamper Sessions

Ladies - relax, chat and pamper for FREE!

Week 1 - Facials and hand massage -Wednesday 16th
September 10am-12 noon

Learn the benefits of using natural ingredients for
facials and hand lotions.

Week 2 - Make up tutorial - Wednesday 23rd
September 10am-12 noon

Learn how to apply make-up with simple tips &
techniques with a professional make-up artist.

Week 3 - Fabulous head coverings -Wednesday 30th
September 10am-12 noon

Learn about women's cultural and religious head
coverings and try them on!

Week 4 - Cultural/faith fashion show - Wednesday
7th October 10am-12 noon

Bring national clothes- learn the cultural and religious
reasons behind clothing designs and styles.

Week 5 --Free pamper sessions - Wednesday 14th
October 10am-12 noon

Free food and refreshments provided. Various stalls
with beauty products, hejabs, jewellery, health/
support services information. Free pamper sessions
i.e. reflexology, head and hand massage, henna etc.

NOTE: Prior booking required and must be able to
attend all 5 sessions. Limited to women living in
Sneinton only (due to funding requirements)

Venue: MCO Centre, Beaumont Street, Sneinton,
Nottingham. NG2 4PJ

To book contact: Alison Vaughan on 0115 941 7865 or
text 07400414041 or email
alison.vaughan@mcon.org.uk