



## Referral Information for Social Prescribing

### Address:

Nottingham Castle, Lenton Road,  
Nottingham, NG1 6EL

### Website link:

[www.nottinghamcastle.org.uk](http://www.nottinghamcastle.org.uk)



### Meeting point:

The meeting point for Heritage Buddies is at the castle's Visitor Centre (pictured).

### What is available at Nottingham Castle for you to enjoy?

Inside the Ducal Palace there are a range of galleries and exhibitions to enjoy, including the Lace Gallery, the art collections in the Long Gallery, the Museum of the Mercian Regiment, the Rebellion Gallery and the Robin Hood Adventures, which contains interactive and immersive displays.

You can also visit the newly refurbished Brewhouse Yard Museum exploring the history of some of the families who lived there over the centuries. At Brewhouse Yard you can also find the city's only accessible caves.

Outdoors visitors can enjoy the castle's attractive grounds and enjoy the panoramic views from the top of the hill.

### What specific groups or activities are available to join?

- Grounds or Castle museum and galleries visit
- Brewhouse Yard Museum visit
- Cave tours (additional £5 charge)
- Robin Hood Experience and adventure play area for children
- Volunteering opportunities – speak to volunteer lead.

### How can our Volunteer Heritage Buddies help you to enjoy your visit at Nottingham Castle?

#### We can:

- Arrange to welcome and meet you on site – at the Visitor Centre by the main entrance.
- Help you find your way around the site and tell you about the activities available.
- Be a friendly face on site and support your visit in person.
- Share our enthusiasm for heritage and the historic environment at Nottingham Castle.
- Share our knowledge of heritage volunteering.



## How to make a referral to Heritage Buddies

- Suitable for people with low level support needs including loneliness, low mood and stress.
- To arrange support from Heritage Buddies and discuss any accessibility needs to enable your visit.

### Contact:

Sophie Hollinshead (Heritage Volunteer Lead) Wednesday to Sunday.

### Email

sophie.hollinshead@nottinghamcity.gov.uk

## What we love about Nottingham Castle and why we'd love you to visit

With over a thousand years of history on this site we think Nottingham Castle is a very special place.

There may not be much left of the medieval castle, but the 17th Ducal Palace is crammed with exhibits and art works which tell the story of this extraordinary site.

We'd love you to come and visit us, and share with you the culture and heritage of this amazing place.

## Facilities available and access considerations:

### Opening times:

- **Grounds, Museum and Gallery:** 10am-5pm
- **Brewhouse Yard Cottages:** weekend, bank and school holidays, 11am-4pm
- **Cafes, shop and toilets:** 10am-5pm

### Entry charges:

£12 entry fee. This is valid for a full year with unlimited return visits.

### Travel:

The Castle is within walking distance of the city's train station and is just five minutes' walk from Nottingham's Old Market Square. The city also has an eco-friendly public transport system, so getting here is simple, however you choose to travel.

Parking vehicles is not possible on site.

- The site and museum are wheelchair accessible. Please note there is a steep hill from the main entrance to the museum.
- There are two cafés, selling food and drinks.
- Accessible toilet facilities.