

# Connecting Carers

Adult Carers, **Young Carers** & Families  
are all welcome to join us!

**Tū Vida**



Virtual awareness raising, activities and  
outdoor walks!  
14<sup>th</sup> – 24<sup>th</sup> January 2021

Date	Details	
Thursday 14 <sup>th</sup> January	1	<u>Walk</u> / 11.00am at Woodthorpe Grange Park, NG5 4HA
Monday 18 <sup>th</sup> January	1	<u>Walk</u> / 11.00am at Highfields Park, Nottingham University, NG7 2RD
	2	<u>Virtual</u> / 1.00pm / City Telecare Services with Ian Preston
Tuesday 19 <sup>th</sup> January	1	<u>Virtual</u> / 10.30am / Grief Support Session with Linda Chapman from Cruse
	2	<u>Virtual</u> / 2.00pm / Falls Prevention with Richard Allen from Nottinghamshire County Council
Wednesday 20 <sup>th</sup> January	1	<u>Virtual</u> / 11.00am / Advocacy from Pohwer
	2	<u>Walk</u> / 11.00am / at Langold Country Park, S81 9NR
	3	<u>Virtual</u> / 2.00pm / Carers Hub Café with Dee
	4	<u>Virtual</u> / 5.00pm / Mindfulness for Young Carers with James from Riverside Natural Health Centre
Thursday 21 <sup>st</sup> January	1	<u>Virtual</u> / 11.00am / Impact of Covid-19 Pandemic on Carers with Dan Godley and Anna Oliver from Nottinghamshire County Council (County carers only)
	2	<u>Virtual</u> / 1.00pm / Autism: Beyond Diagnosis – What comes next? With Helene Torr
Friday 22 <sup>nd</sup> January	1	<u>Walk</u> / 11.00am / at Rushcliffe Country Park, NG11 6JS
	2	<u>Virtual</u> / 2.00pm / Friends Against Scams
Saturday 23 <sup>rd</sup> January	1	<u>Virtual</u> / 4.00pm / Young Carers Bake Off with Coral
Sunday 24 <sup>th</sup> January	1	<u>Virtual</u> / 4.00pm / Young Carers / Notts Got Talent with Zena & Lana

The Virtual sessions will run on various online platforms eg Zoom, MS Teams (laptop/tablet/mobile with speaker & camera required) **to book onto a Virtual Session, Walk, Training / Awareness Session**, please contact [Nottinghamshire Carers Hub](#);  
Tel: 0115 8248 824 / Email: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)