

Connecting Carers

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

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Virtual awareness raising and activities!

18th – 24th January 2021

Date	Details	
Monday 18 th January	1	Virtual / 1.00pm / City Telecare Services with Ian Preston
Tuesday 19 th January	1	Virtual / 10.30am / Grief Support Session with Linda Chapman from Cruse
	2	Virtual / 2.00pm / Falls Prevention with Richard Allen from Nottinghamshire County Council
Wednesday 20 th January	1	Virtual / 11.00am / Advocacy from Pohwer
	2	Virtual / 2.00pm / Carers Hub Café with Dee
	3	Virtual / 5.00pm / Mindfulness for Young Carers with James from Riverside Natural Health Centre
Thursday 21 st January	1	Virtual / 11.00am / Impact of Covid-19 Pandemic on Carers with Dan Godley and Anna Oliver from Nottinghamshire County Council (County carers only)
	2	Virtual / 1.00pm / Autism: Beyond Diagnosis – What comes next? With Helene Torr
Friday 22 nd January	1	Virtual / 2.00pm / Friends Against Scams
Saturday 23 rd January	1	Virtual / 4.00pm / Young Carers Bake Off with Coral
Sunday 24 th January	1	Virtual / 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