

Connecting Carers

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

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Virtual awareness raising, activities and
outdoor walks!
25th – 31st January 2021

Date	Details	
Monday 25 th January	1	Virtual / 10.00am / Healthy Eating with YourHealthYourWay
	2	Virtual / 1.30pm / Asian Women's Support Group with Noreen Yousaf
Tuesday 26 th January	1	Virtual / 10.30am / Mindfulness with Helene Torr
	2	Walk / 11.00am / at Kings Mill Reservoir, NG17 4PA
	3	Virtual / 1.00pm / Crafts & Journaling with Colleen
	4	Virtual / 5.00pm / Young Carers Fun Fitness session with Ben
Wednesday 27 th January	1	Virtual / 10.00am / Carers Hub Café with Christina
	2	Virtual / 1.30pm / Power of Attorney / Office of Public Guardian with Kenneth Roberts
Thursday 28 th January	1	Virtual / 10.00am / Struggling with money? Money Sorted / D2N2 with Emma Bates
	2	Virtual / 2.00pm / Healthy Housing looking at home energy improvements with Charlotte Mellors
Friday 29 th January	1	Virtual / 10.0am / Seated Exercise with YourHealthYourWay
	2	Virtual / 2.00pm / Afro-Caribbean Carers Club with Jazz
	3	Virtual / 6.00pm / Young Carers Comedy Club and Fancy Dress with Coral & Zena
Saturday 30 th January	1	Virtual / 1.00pm / Young Carers Live Cooking session with Cara & Lana (book a place and we will send out the recipe)

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@tuvia.org