

Virtual

Support for Carers during Covid19

you are welcome to join us at any event



Commencing 1st August 2020

Date	Details
Tuesday 4th Aug From 2.00pm	Asian Women's Carer Support Group with Noreen and Imaan Virtual Carer Support Group, come and join us for up to date information and advice and peer support
Wednesday 5th Aug From 10.00am	Carer Support Group with Linda, Fatima & Sally Virtual Carer Support Group, come and join us for up to date information and advice for carers and peer support
Friday 7th Aug From 10.30am	Carer Support Group with Becca & Christina Virtual Carer Support Group, come and join us for up to date information and advice for carers, and peer support
Tuesday 11th Aug From 10.00am	Carer Support Group with Dee Virtual Carer Support Group, come and join us for up to date information and advice for carers and peer support
Monday 17th Aug From 10.30am	Carer Support Group with Jazz & Noreen Virtual Carer Support Group, come and join us for up to date information and advice for carers and peer support
Thursday 20th Aug From 1.30pm	Carer Support Group with Hayley & Kayleigh Virtual Carer Support Group, come and join us for up to date information and advice for carers and peer support
Wednesday 26th Aug From 10.30am	Nottingham City & Nottinghamshire Carer Support Group Virtual Carer Support Group, various support workers hosting, come and join us for up to date information and advice for carers and peer support
Monday to Friday	Face to Face Virtual Drop In Sessions A support worker is available via Whatsapp Video if you would like to speak to someone face to face with regard to your caring role, available Monday – Friday at a time to suit you! Please give us a call, details below

For more information on our online social mediums or to book, contact

NOTTINGHAMSHIRE CARERS HUB;

Tel: 0115 8248 824/ Email: hub@carerstrustem.org / <https://nottinghamshirecarershuh.org/>

