

Virtual support
for **BME** Carers

Tu Vida



Nottinghamshire
Carers Hub

A F R O C A R I B B E A N
S U P P O R T G R O U P
W I T H J A Z Z

Monday 15th Feb 2021 @ 10.30am

The Afro Caribbean Support Group gives carers an opportunity to meet other carers online and share experiences, invite guest speakers, explore self-care, have a chat and some fun

Access is quick and easy, via Zoom
(computer, laptop, tablet or mobile phone with
camera & speaker required)

For more information and details of how to sign up please contact:

Nottinghamshire Carers Hub @ Tuvida
0115 8248 824 / nottinghamshirehub@tuvida.org



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