



# 7<sup>th</sup> - 13<sup>th</sup> June



Date	Details	Time	Event
Monday 7 <sup>th</sup> June	Virtual Support via Zoom	10.30am	Mindfulness with Imaan and James from Riverside Natural Health Centre
	Face to Face Support	12.00pm - 2.00pm	Drop in at Under One Roof Café with Fatima (NG15 7HN)
	Walk in the Open Air	10.30am	Highfields Park University of Nottingham with Helen (NG7 2RD)
Tuesday 8 <sup>th</sup> June	Virtual Support via Zoom	2.00pm	Tai Chi with Dee and James from Riverside Natural Health Centre
	Face to Face Support	9.30am-12.30pm	Drop in at Cotgrave Surgery with Catherine (NG12 3UQ)
	Walk in the Open Air	2.00pm	Woodthorpe Park with Sue (NG5 4HA)
Wednesday 9 <sup>th</sup> June	Virtual Support via Zoom	10.00am	Dementia Friends with Linda and Sam Clarke
	Face to Face Support	11.00am - 1.30pm	Drop in at Maggie's Centre, City Hospital with Jazz (NG5 1PH)
	Walk in the Open Air	11.00am	Rushcliffe Country Park with Wendy (NG11 6JS)
Thursday 10 <sup>th</sup> June	Virtual Support via Zoom	3.00pm	Autism East Midlands with Sally and Sarah Twiner
	Face to Face Support	10.00am-12.00pm	Drop in at Stapleford Care Centre with Martin (NG9 8DB)
	Walk in the Open Air	2.00pm	Kings Park in Retford with Sue (DN22 6DF)
Friday 11 <sup>th</sup> June	Virtual Support via Zoom	10.30am	Play Your Cards Right with Christina
	Walk in the Open Air	11.00am	Trent Bridge Riverside Walk with Michal (NG2 2GS)
Saturday 12 <sup>th</sup> June	Walk in the Open Air	11.00am	Kings Mill Reservoir with Michal (NG17 4PA)

**PLEASE JOIN US FOR ANY OF THE EVENTS,  
TO CELEBRATE YOU!**

For more information or to book, contact NOTTINGHAMSHIRE CARERS HUB;  
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