

Nottinghamshire Carers Hub

Helping Carers to feel

Visible, Valued, Supported



6th - 13th June

Date	Details	Time	Event
Monday 6 th June	Virtual Session via Zoom book to receive the link	10.30am - 11.30am	Mindfulness with James from Riverside Natural Health Centre
	Drop In Session	10.00am - 12.00pm	With Becca at Leen View Surgery, Bulwell Riverside, Main Street, Bulwell NG6 8QJ
	Drop In Session	11.30am - 1.30pm	With Fatima at Under One Roof Café 3a Vine Terrace, Hucknall, NG15 7HN
	Asian Women Support Group with tea & cakes	12.30pm - 2.30pm	With Noreen at Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
	Virtual Session via Zoom book to receive link	2.00pm - 3.30pm	Benefits Advice session with Paul Stafford, Nottinghamshire County Council
Tuesday 7 th June	Drop In Session	10.00am - 2.00pm	With Becca & Imaan at Tesco Extra, (front of store) Service Station, Top Valley Way, Nottm NG5 9DD
	Afternoon Tea	1.30pm - 3.30pm	Rushcliffe Group with Catherine, Church of Holy Rood, Village Street, Edwalton, NG12 4AB
	Virtual Session via Zoom book to receive the link	7.00pm - 8.00pm	Evening Support Group for Working Carers with Becca
Wednesday 8 th June	NHS Foundation Trust Event	10.00am - 11.30am	With Catherine at Mansfield Community Hospital, Stockwell Gate, Mansfield NG18 5QJ
	NHS Foundation Trust Event	12.30pm - 2.00pm	With Kev at St Jude's Church, Woodborough Road NG3 5HE
	Celebratory Lunch	10.30am - 12.30pm	Workshop Group with Lauren at The Crossing, Newcastle Street, Worksop S80 2AT
	Walk in the Open Air	10.30am - 12.30pm	With Sally, meet outside the café, Gedling County Park, Spring Lane, Gedling NG4 4PE
	Drop In Session	1.00pm - 3.00pm	With Jazz at Lenton Library, Lenton Boulevard, Lenton NG7 2BY
Thursday 9 th June	Drop In Session	9.00am - 12.00pm	With Hayley at Stapleford Care Centre, Church Street, Stapleford, NG9 8GA
	Craft & Wellbeing Workshop	10.00am - 12.00pm	With Dee, Beacon Centre, Gresham Suite, Cafferata Way, Newark NG24 2TH
	Virtual Session via Zoom book to receive the link	2.00pm - 3.00pm	Tai Chi with James from Riverside Natural Health Centre
Friday 10 th June	Drop In Session	9.00am - 12.00pm	With Hayley at Wollaton Park Medical Centre, 12 Harrow Road, Wollaton NG8 1FG
	Virtual Session via Zoom book to receive link	10.30am - 12.00pm	Herbal Medicine with Martin from Riverside Natural Health Centre
	Mansfield Support Group with tea & cakes	10.00am - 12.00pm	With Lana & guest speaker from Insight Healthcare, Mansfield CVS, 36 Wood ST, Mansfield NG18 1QA
	Drop In Session	11.00am - 2.00pm	With Jazz at New Art Exchange, 39-41 Gregory Boulevard, Forest Fields, Nottingham NG7 6BE
Saturday 11 th June	Parent Carer Coffee Morning (children welcome)	10.30am - 12.00pm	With Helene at Loco Centre, 2a Forester Street, Netherfield, NG4 2NJ

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