

Recognising & Supporting Carers in the Community

Date	Event	Time	Venue
Monday 5 th June	 Coffee and Cuddles with Reggie the Therapy Dog - enjoy getting to meet our friend Reggie the Cockapoo.	10.30 – 12.30	Tu Vida - Mansfield 54a Nottingham Road, Mansfield, NG18 1BN
	Estate Planning with Silvertime – join our on-line session to get advice and support with power of attorney and wills	2.00 – 3.30	Virtual – please contact us for the link for Zoom
Tuesday 6 th June	“Pop along” day and speak with one of the team, we also have Mike from the Green Doctor popping along at 12, and Bina Menz from Estate Planning at 2pm.	10.00 – 4.00	Tu Vida - Mansfield 54a Nottingham Road, Mansfield, NG18 1BN
	Join our New Carers Group in Bakersfield and meet other carers for a cuppa and a chat!	1.00- 3.00	Bakersfield Community Centre, 312 Sneinton Dale, NG3 7DN
	Calling all young carers who fancy a bit of a bake along session! Join us on zoom and create a delicious masterpiece! 	4.00 – 5.00	Virtual – please contact us for the link for Zoom
	Virtual Carers Pub Quiz – join us on-line for a special virtual Pub Quiz and see if you can win a prize!	7.00 – 8.00	Virtual – please contact us for the link for Zoom
Wednesday 7 th June	Come along and see us and other community support at the Carer Roadshow	10.00 – 2.00	St Anns Valley Centre, 2 Livingstone Road, St Anns, NG3 3GG
	Guided Nature Walk at Netherfield Lagoons - join Sally at the Netherfield Lagoons for a walk to see some of the local wildlife and have a good natter!	10.30 – 12.30	Meeting at the bottom of Teal Close, NG4 2PA
	 Join Dee and Marta for a weaving session – time to get crafty!	1.00 – 3.00	Tu Vida - Mansfield 54a Nottingham Road, Mansfield, NG18 1BN
Thursday 8 th June	Drop in Day for Carers - Come and meet a member of our support team for a chat and a coffee at our main Pelham Road office in Carrington, Nottingham – please book a slot 😊	10.00 – 3.00	Tu Vida Head Office, 19 Pelham Road, Carrington, NG5 1AP (note no disabled access)
	Come Gardening with the Newark Carers Group! are running a gardening session – come along and test out your green thumbs! 	10.00– 12.00	The Beacon Centre, Gresham Suite, Cafferata Way, Newark NG24 2TH
	Advice on Benefits - Paul Stafford from the Notts County Council Benefits team will be on hand to answer any questions you may have.	11.00– 12.00	Virtual – please contact us for the link for Zoom
Friday 9 th June	Come along to our Open Day! Have a look at our New Hub office and enjoy plenty of cake! Everyone Welcome! 	2.30 – 4.30	Tu Vida - Mansfield 54a Nottingham Road, Mansfield, NG18 1BN
Saturday 10 th June	Young Carers are running a Go Karting session – Come and test out those racing skills!	10.00 – 12.00	Bilsthorpe, Newark – spaces are limited – so please get in touch

To book onto a support group or activity please contact the Carers Hub:

Email: nottinghamshirehub@tuvida.org / Tel: **0115 8248 824**