

# Inspire Learning

Nottinghamshire



In partnership with

**Tu Vida**



Nottinghamshire  
Carers Hub

## Aspire in August

**One session a week in August**

Time: All sessions, 10am-12pm

**Zoom** (email link sent the day before each session)



**This programme is free for County Carers**

- Week 1** *Monday 2<sup>nd</sup> August*  
*Tools for managing & coping when caring for others*
- Week 2** *Tuesday 10<sup>th</sup> August*  
*Talking about emotions*
- Week 3** *Wednesday 18<sup>th</sup> August*  
*Mindfulness: Self-care for carers*
- Week 4** *Thursday 26<sup>th</sup> August*  
*Confidence in yourself*

To book your free place, call 0115 824 8824 or  
Email [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)

This 4 week course will provide a non-judgmental, supportive environment for you to explore ways to manage life's challenges.

 @InspireLearningSkills  @Learn\_Inspire

To find out more, visit [www.inspireculture.org.uk/learning](http://www.inspireculture.org.uk/learning) or call 01623 677 200