

Connecting Carers

Adult Carers, **Young Carers** & Families
are all welcome to join us!

Tū Vida



Virtual Support via Zoom: Carers Cafes, Guest Speakers, Fun Activities during March 2021

Date	Time & Details
Tuesday 2 nd March	<u>1.30pm</u> : Asian Women's Support Group with Noreen Yousaf
	<u>4.30pm</u> : Young Carers Big Game Session with Lana & Zena
Wednesday 3 rd March	<u>10.00am</u> : Carers Café with Linda, Sally & Fatima
Friday 5 th March	<u>10.30am</u> : Carers Café with Becca and Christina
Tuesday 9 th March	<u>10.00am</u> : Carers Café with Lana and Dee
	<u>4.30pm</u> : Young Carers Pets' Portrait with Coral
Thursday 11 th March	<u>2.00pm</u> : Cake Decorating with Sue from Volunteer Service
Friday 12 th March	<u>11.00am</u> : Q&A with Clinical Lead re: Covid-19 Vaccination
Saturday 13 th March	<u>4.30pm</u> : Young Carers Mother's Day Biscuit Making with Coral & Lana
Monday 15 th March	<u>2.00pm</u> : Tai Chi for Adults with James and Catherine
Tuesday 16 th March	<u>5.00pm</u> : Young Carers Magic Show with Careena, Lana, Zena & Coral
Wednesday 17 th March	<u>1.00pm</u> : Afro-Caribbean Carers Café with Jazz
	<u>2.00pm</u> : Guest Speaker from Let's Talk Wellbeing Counselling Service
	<u>6.00pm</u> : Young Carers Boxing and Mindfulness with Zena & Coral
Thursday 18 th March	<u>1.30pm</u> : Carers Café with Hayley & Kayleigh
Tuesday 23 rd March	<u>4.30pm</u> : Young Carers Bingo with Zena & Lana
Wednesday 24 th March	<u>2.00pm</u> : Bingo for Adults with Helene
Friday 26 th March	<u>10..30am</u> : Craft Session with Sue from Volunteer Service

Virtual sessions will run via Zoom (laptop/tablet/mobile with speaker & camera required).

To book onto a Virtual Session please contact Nottinghamshire Carers Hub;

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