

'Virtual' Support for Carers

Tū Vida



Commencing
1st November 2020

Date	Details
<p>Tuesday 3rd November 2020 1.30pm</p>	<p>Asian Women's Carer Support Group with Noreen and Imaan Come and join us for up to date information and advice for Carers and peer support</p>
<p>Wednesday 4th November 2020 10.00am</p>	<p>Carer Support Group with Fatima & Sally Come and join us for up to date information and advice for Carers and peer support</p>
<p>Friday 6th November 2020 10.30am</p>	<p>Carer Support Group with Becca & Christina Come and join us for up to date information and advice for Carers and peer support</p>
<p>Tuesday 10th November 2020 10.00am</p>	<p>Carer Support Group with Lana & Dee Come and join us for up to date information and advice for Carers and peer support</p>
<p>Monday 16th November 2020 10.30am</p>	<p>Carer Support Group with Jazz & Noreen Come and join us for up to date information and advice for Carers and peer support</p>
<p>Thursday 19th November 2020 1.30pm</p>	<p>Carer Support Group with Hayley & Kayleigh Come and join us for up to date information and advice for Carers and peer support</p>
<p>Wednesday 25 November 2020 10.30am</p>	<p>Nottingham City & Nottinghamshire Carer Support Group Come and join us for up to date information and advice for Carers and peer support.</p>
<p>Monday to Friday</p>	<p>Face to Face Virtual Drop In Sessions A support worker is available via Whatsapp Video if you would like to speak to someone face to face with regard to your caring role, available Monday - Friday at a time to suit you! Please give us a call to arrange.</p>

The Virtual sessions will run via Zoom (laptop/tablet/mobile with speaker & camera required) **to book onto a Virtual Session**, please contact **Nottinghamshire Carers Hub**; Tel: 0115 8248 824/ Email: nottinghamshirehub@tuvida.org