

**Come and join us at our Face to Face
or Virtual Carer Support Groups
in SEPTEMBER 2022**

Date	Details
Fri 2 nd Sept 10.00am – 12.00pm	Face to face: Mansfield Carer Support Group with Lana The Oak Room, Mansfield CVS, Community House, 36 Wood St, Mansfield, NG18 1QA
Mon 5 th Sept 1.30pm – 2.30pm	<u>VIRTUAL</u>: Asian Women Carer Support Group with Noreen <i>Via Zoom, book on to receive the link</i>
Tues 6 th Sept 1.30pm – 3.30pm	Face to face: Rushcliffe Carer Support Group with Catherine Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB Guest speaker: Charlotte Robinson from Notts County Council Benefits Team
Wed 7 th Sept 10.00am – 12.00pm	Face to face: Broxtowe Carer Support Group with Hayley Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX Guest Speaker: Phil Hucknall from Metropolitan Connect Service
Thurs 8 th Sept 10.00am – 12.00pm	Face to face: Newark & Sherwood Carer Support Group with Dee Venue: Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark NG24 2TN
Mon 12 th Sept 1.00pm – 3.00pm	Face to face: Bulwell Carer Support Group with Becca Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN Guest speaker: Gemma Harris / Social Prescriber from Wellness in Mind
Mon 12 th Sept 1.00pm – 3.00pm	Face to face: Ashfield Carer Support Group with Helene Venue: Health & Wellbeing Centre, Portland Rd, Kirkby in Ashfield NG17 7AE
Tues 13 th Sept 10.30am – 12.30pm	Face to face: Gedling Carer Support Group with Sally Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX Guest speaker: Steven Sheehan from Metropolitan Connect Service
Wed 14 th Sept 10.00am – 11.30am	Face to face: Worksop Carer Support Group with Lauren Venue: The Crossing Church, Newcastle Street, Worksop, S80 2AT
Thurs 15 th Sept 1.30pm – 2.30pm	<u>VIRTUAL</u>: Carer's Café via Zoom with Kayleigh <i>Via Zoom, book on to receive the link</i>
Mon 19 th Sept 1.00pm – 3.00pm	Face to face: St Anns / Mapperley Carer Support Group with Noreen Venue: St Anns Valley Centre, 2 Livingston Road, St Anns NG3 3GG
Wed 21 st Sept 1.00pm – 3.00pm	Face to face: Afro-Caribbean Carer Support Group with Jazz Venue: Queens Walk Community Centre, Meadows, Nottingham NG2 2DF Guest speaker: Martin from Riverside Natural Health / Mindfulness Session
Mon 26 th Sept 11.00am – 1.00pm	Face to face: Hyson Green Carer Support Group with Jazz Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Tues 27 th Sept 10.30am – 12.00pm	Face to face: Parent Carer Mindfulness Workshop Venue: Riverside Health Centre, Victoria Embankment, Meadows NG2 2JY (limited spaces, booking essential, no wheelchair access)
Wed 28 th Sept 1.00pm – 2.30pm	Face to face: Retford Carer Support Group with Lauren Venue: The Well, Hospital Road, Retford DN22 7BD
Thurs 29 th Sept 12.30pm – 2.30pm	Face to face: Parent Carer Support Group with Helene Venue: Gedling Methodist Church, Gedling Road, Gedling NG 4 3EX
Thurs 29 th Sept 7.00pm – 8.00pm	<u>VIRTUAL</u>: Parent Carers Support Group with Helene <i>Guest speaker: Martin / Mindfulness session, book on to receive the Zoom link</i>
Fri 30 th Sept 12.00pm – 2.00pm	Face to face: Clifton Carer Support Group with Christina Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR

Virtual support groups delivered via Zoom, book to receive the link. To book, contact:
Email: nottinghamshirehub@tuvia.org / Tel: 0115 8248 824