

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

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Date	Details
Mon 1 st Aug 12.30pm – 2.30pm	Face to face: Asian Women Carer Support Group with Noreen Venue: St Anns Valley Centre, 2 Livingston Road, St Anns NG3 3GG
Tues 2 nd Aug 1.30pm – 3.30pm	Face to face: Rushcliffe Carer Support Group with Catherine Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB
Wed 3 rd Aug 10.00am – 12.00pm	Face to face: Broxtowe Carer Support Group with Hayley Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX Speaker: Matthew Harrison / Notts County Council Direct Payments / Personal Assistants
Fri 5 th Aug 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 Guest speaker: Notts County Council: Benefits Advice / NHS Short Breaks Funding
Mon 8 th Aug 1.00pm – 3.00pm	Face to face: Bulwell Carer Support Group with Becca Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN
Mon 8 th Aug 1.00pm – 3.00pm	Face to face: Ashfield Carer Support Group with Sally <u>New Venue:</u> Health & Wellbeing Centre, Portland Rd, Kirkby in Ashfield NG17 7AE Guest speaker: Notts County Benefits Advisor / Amanda Shead
Tues 9 th Aug 10.30am – 12.30pm	Face to face: Gedling Carer Support Group with Sally Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX
Wed 10 th Aug 10.30am – 12.30pm	Face to face: Worksop Carer Support Group with Catherine Venue: The Crossing Church, Newcastle Street, Worksop, S80 2AT
Thurs 11 th Aug 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 15 th Aug 1.00pm – 3.00pm	Face to face: St Anns / Mapperley Carer Support Group Venue: St Anns Valley Centre, 2 Livingston Road, St Anns NG3 3GG
Wed 17 th Aug 2.00pm – 3.00pm	VIRTUAL: Afro-Caribbean Carer Support Group with Jazz Via Zoom, book on to receive the link
Thurs 18 th Aug 1.30pm – 2.30pm	VIRTUAL: Carer's Café via Zoom with Kayleigh Virtual session via Zoom, with Bina Menz / Estate Planning part 2
Mon 22 nd Aug 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 23 rd Aug 7.00pm – 8.00pm	Virtual: Working Carers Support Group Via Zoom: Guest speaker / Martin / Mindfulness: coping with stress / daily pressures / learning coping techniques
Fri 26 th Aug 12.00pm – 2.00pm	Face to face: Clifton Carer Support Group with Christina Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR
Wed 31 st Aug 1.00pm – 2.30pm	Face to face: Retford Carer Support Group with Lauren Venue: The Well, Hospital Road, Retford DN22 7BD (note revised time)
PLEASE NOTE:	No Parent Carer groups in August as school holidays

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

