

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

Tü Vida

 Nottinghamshire
Carers Hub

Date	Details
Tues 1 st Feb 12.30pm-2.30pm	Face to face: Rushcliffe Carer Support Group with Catherine Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB
Wed 2 nd Feb 10am - 12pm	Face to face: Broxtowe Carer Support Group with Martin Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX
Fri 4 th Feb 10am - 12pm	Face to face: Mansfield Carer Support Group with Lana The Oak Room, Mansfield CVS, Community House, 36 Wood St, Mansfield, NG18 1QA
Mon 7 th Feb 12.30pm-2.30pm	Face to face: Asian Women Carer Support Group with Noreen Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Tues 8 th Feb 10.30am-12.30pm	Face to face: Gedling Carer Support Group with Helene Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX
Wed 9 th Feb 10.30am - 12.30pm	Face to face: Bassetlaw Carer Support Group with Lauren Venue: The Well, Hospital Road, Retford DN22 7BD Guest speaker: Dave Bacon from NHS Social Prescribing Service
Thurs 10 th Feb 10am - 12pm	Face to face: Newark & Sherwood Carer Support Group with Dee Venue: The Carriages Café, Castle Station, Ossington Way, Newark NG24 1BL
Mon 14 th Feb 1pm - 3pm	Face to face: Bulwell Carer Support Group with Becca With First Aid Training from British Red Cross Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN
Mon 14 th Feb 1.30pm-3.30pm	Face to face: Ashfield Carer Support Group with Fatima NEW Venue: John Godber Centre, Ogle Street, Hucknall NG15 7FQ
Wed 16 th Feb 2pm - 3pm	VIRTUAL: Afro-Caribbean Carer Support Group with Jazz Via Zoom, book a place to get the link
Thurs 17 th Feb 10.30am-11.30am	VIRTUAL: Parent Carer Support Group with Helene Come and join us via Zoom, book to receive the link
Thurs 17 th Feb 1.30pm-2.30pm	VIRTUAL: Carer's Café via Zoom with Hayley & Kayleigh Via Zoom, book a place to receive the link
Mon 21 st Feb 1pm - 3pm	Face to face: St Anns & Mapperley Carer Support Group with Noreen With First Aid Training from British Red Cross Venue: St Anns Valley Centre, 2 Livingston Road, St Anns NG3 3GG
Tues 22 nd Feb 7pm - 8pm	VIRTUAL: Evening Support Group for Working Carers with Becca Via Zoom, book a place to receive the link
Fri 25 th Feb 12pm - 2pm	Face to face: Clifton Carer Support Group with Christina Guest speaker: Bev Pearson / Radford Care Group / Making Sense of Dementia Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR
Mon 28 th Feb 11am - 1pm	Face to face: Hyson Green Carer Support Group with Jazz Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY

Virtual support groups delivered via Zoom, book to receive the link. **Face to face groups are limited to 12 places & must be booked in advance**, to book, contact:

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

