

**Come and join us at our Face to Face
or Virtual Carer Support Groups
in FEBRUARY 2023**

Date	Details
Wed 1 st Feb 10.00am – 12.00pm	Face to face: Broxtowe Carer Support Group with Sue Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX Guest speaker: Dementia Connect Service
Fri 3 rd Feb 10.00am – 12.00pm	Face to face: Mansfield Carer Support Group with Sue Venue: Friends Meeting House, Rosemary Street, Mansfield, NG18 1RB Guest speaker: Green Doctor / Energy Saving tips
Mon 6 th Feb 11.00am – 1.00pm	Face to face: Asian Women Carer Support Group with Noreen Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Tues 7 th Feb 1.30pm – 3.30pm	Face to face: Rushcliffe Carer Support Group Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB Guest speaker: Wendy from CHS Healthcare
Wed 8 th Feb 10.00am – 11.30am	Face to face: Worksop Carer Support Group with Lauren Venue: The Crossing Church, Newcastle Street, Worksop, S80 2AT
Thurs 9 th Feb 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 Guest speaker: Eloise from Your Health, Your Way
Mon 13 th Feb 1.00pm – 3.00pm	Face to face: Bulwell Carer Support Group with Becca Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN Guest speaker: Dementia Connect Service
Mon 13 th Feb 1.00pm – 3.00pm	Face to face: Ashfield Carer Support Group with Steph Venue: Health & Wellbeing Centre, Portland Rd, Kirkby in Ashfield NG17 7AE Guest speaker: Green Doctor / Energy Saving tips
Tues 14 th Feb 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: Bina Menz / Estate Planning / Wills / Power of Attorney
Thurs 16 th Feb 1.30pm – 2.30pm	<u>VIRTUAL</u>: Carer's Café via Zoom with Debbie <i>Via Zoom, book on to receive the link</i>
Wed 22 nd Feb 10.30am – 12.00pm	Face to face: Retford Carer Support Group with Lauren Venue: The Well, Hospital Road, Retford DN22 7BD
Wed 22 nd Feb 10.00am – 12.00pm	Face to face: Carer Drop In with Imaan Venue: Wollaton Park Medical Centre, Harrow Road, Wollaton NG8 1FG
Thurs 23 rd Feb 7.00pm – 8.00pm	<u>Virtual</u>: Parent Carer Support Group with volunteer Helene <i>Via Zoom, book on to receive the link</i>
Fri 24 th Feb 12.00pm – 2.00pm	Face to face: Clifton Carer Support Group with Noreen Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR Guest speaker: Green Doctor / Energy Saving tips
Mon 27 th Feb 11.00am – 1.00pm	Face to face: Hyson Green Carer Support Group with Noreen Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY

Virtual support groups delivered via Zoom, book to receive the link.

To book onto a support group please contact:

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