

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

| Date | Details |
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| Tues 1 st Nov 1.30pm – 3.30pm | Face to face: Rushcliffe Carer Support Group Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB |
| Wed 2 nd Nov 10.00am – 12.00pm | Face to face: Broxtowe Carer Support Group Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX |
| Fri 4 th Nov 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: Suzanne Dawson / Enterprise Foods |
| Mon 7 th Nov 1.30pm – 2.30pm | <u>VIRTUAL</u>: Asian Women Carer Support Group with Noreen Via Zoom, book on to receive the link |
| Tues 8 th Nov 10.30am – 12.30pm | Face to face: Gedling Carer Support Group with Kayleigh Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX Guest speaker: Michael Blackham from Green Doctor Service |
| Wed 9 th Nov 10.00am – 11.30am | Face to face: Worksop Carer Support Group with Lauren Venue: The Crossing Church, Newcastle Street, Worksop, S80 2AT |
| Thurs 10 th Nov 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 14 th Nov 1.00pm – 3.00pm | Face to face: Bulwell Carer Support Group with Becca Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN |
| Mon 14 th Nov 1.00pm – 3.00pm | Face to face: Ashfield Carer Support Group with Helene Venue: Health & Wellbeing Centre, Portland Rd, Kirkby in Ashfield NG17 7AE |
| Wed 16 th Nov 1.00pm – 3.00pm | Face to face: Afro-Caribbean Carer Support Group with Jazz Venue: Queens Walk Community Centre, Meadows NG2 2DF |
| Thurs 17 th Nov 1.30pm – 2.30pm | <u>VIRTUAL</u>: Carer's Café via Zoom with Jazz Via Zoom, book on to receive the link |
| Mon 21 st Nov 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 |
| Fri 25 th Nov 12.00pm – 2.00pm | Face to face: Clifton Carer Support Group with Noreen Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR Guest speaker: Wendy Bresland / Care Liaison Advisor from CHS Healthcare |
| Mon 28 th Nov 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 |
| Wed 30 th Nov 10.30am – 12.00pm | Face to face: Retford Carer Support Group with Lauren Venue: The Well, Hospital Road, Retford DN22 7BD |
| Wed 30 th Nov 10.00am – 12.00pm | Face to face: Carer Drop In with Imaan Venue: Wollaton Park Medical Centre, Harrow Road, Wollaton NG8 1FG |

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

To book, contact:

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