

# VIRTUAL Support Groups for Carers during Covid-19 Please come and join us

# Tū Vida

 Nottinghamshire  
Carers Hub



## April 2021

Date	Details
Tuesday 6 <sup>th</sup> April 1.30pm	<b>Asian Women's Carer Support Group with Noreen &amp; Imaan</b> Come & join us for up to date information and advice and peer support
Wednesday 7 <sup>th</sup> April 10.00am	<b>Carer Support Group with Linda, Fatima &amp; Sally</b> Come & join us for up to date information and advice and peer support
Thursday 8 <sup>th</sup> April 10.30am	<b>Covid Vaccine Information Session with Q &amp; A</b> Guest speaker from Nottinghamshire Clinical Commissioning Group
Tuesday 13 <sup>th</sup> April 10.00am	<b>Carer Support Group with Lana &amp; Dee</b> Come & join us for up to date information and advice and peer support
Wednesday 14 <sup>th</sup> April 10.30am	<b>Parent Carer Support Group with Helene</b> Information & Advice re: School/College & Transition to Adult Services
Thursday 15 <sup>th</sup> April 1.30pm	<b>Carer Support Group with Hayley &amp; Kayleigh</b> Come & join us for up to date information and advice and peer support
Wednesday 21 <sup>st</sup> April 2.00pm	<b>Afro-Caribbean Carer Support Group with Jazz</b> Come & join us for up to date information and advice and peer support
Wednesday 28 <sup>th</sup> April 2.00pm	<b>Craft Session with Sue from Volunteer Service</b> Come and join Sue, this month she will demonstrate how to assemble a 'Chequered Cake' (list of ingredients available on booking)
Monday to Friday	<b>Face to Face Virtual Drop In Sessions</b> A support worker is available via Whatsapp Video if you would like to speak to someone face to face with regard to your caring role, available Monday - Friday at a time to suit you, please give us a call, details below

Virtual support groups will be delivered via Zoom (computer, laptop, tablet or phone with speakers and camera required). For more information or to book, contact:  
Email: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org) / Tel: 0115 8248 824

