

**VIRTUAL & Physical Support Groups & Walks for Carers during Covid-19**  
Please come and join us

**Tū Vida**

**Nottinghamshire Carers Hub**



**August 2021**

Date	Details
Monday 2 <sup>nd</sup> August 1.30pm	<b>Virtual: Asian Women's Carer Support Group with Noreen</b> Come & join us for up to date information & advice & peer support
Wednesday 4 <sup>th</sup> August 11.00am	<b>Virtual: Summer Food &amp; Wine Talk / Volunteer Service</b>
Tuesday 10 <sup>th</sup> August 10.00am	<b>Virtual: Carer's Café - Support Group with Lana</b> Come & join us for up to date information & advice & peer support
Tuesday 10 <sup>th</sup> August 10.30am	<b>Physical: Carers Café with Sally</b> Venue: Gedling Road Methodist Church, Gedling Road, Carlton NG4 3EX <u>Note: Places are limited and must be booked in advance</u>
Friday 13 <sup>th</sup> August 12 - 2pm	<b>Picnic in the Park / Volunteer Service</b> Sutton Lawns, 39 Peel Street, Sutton in Ashfield NG17 4LH Bring your own picnic, chair / blanket / water provided
Monday 16 <sup>th</sup> August 12 - 2pm	<b>Picnic in the Park / Volunteer Service</b> Gedling Country Park, Spring Lane, Gedling NG4 4PE Bring your own picnic / chair / blanket / water provided
Wednesday 18 <sup>th</sup> August 2.00pm	<b>Virtual: Afro-Caribbean Carer Support Group with Jazz</b> Come & join us for up to date information & advice & peer support
Thursday 19 <sup>th</sup> August 1.30pm	<b>Virtual: Carer's Café with Hayley &amp; Kayleigh</b> Come & join us for up to date information & advice & peer support
Friday 27 <sup>th</sup> August 12.00pm	<b>Physical: Carers Café with Christina</b> Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR <u>Note: Places are limited and must be booked in advance</u>
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). Note: No Parent Carer Group this month.

The physical face to face groups are limited to 12 places and must be booked in advance.

For more information or to book, contact:

Email: [nottinghamshirehub@tuvia.org](mailto:nottinghamshirehub@tuvia.org) / Tel: 0115 8248 824

