

# VIRTUAL Support Groups for Carers during Covid-19

Please come & join us at any session

Tū Vida



February 2021

Date	Details
Tuesday 2 <sup>nd</sup> February 2.00pm	<b>Asian Women's Carer Support Group with Noreen &amp; Imaan</b> Virtual Carer Support Group, come and join us for up to date information and advice and peer support
Wednesday 3 <sup>rd</sup> February 10.00am	<b>Carer Support Group with Linda, Fatima &amp; Sally</b> Virtual Carer Support Group, come and join us for up to date information and advice for carers and peer support
Friday 5 <sup>th</sup> February 10.30am	<b>Carer Support Group with Becca &amp; Christina</b> Virtual Carer Support Group, come and join us for up to date information and advice for carers, and peer support
Tuesday 9 <sup>th</sup> February 10.00am	<b>Carer Support Group with Lana &amp; Dee</b> Virtual Carer Support Group, come and join us for up to date information and advice for carers and peer support
Monday 15 <sup>th</sup> February 10.30am	<b>Afro-Caribbean Carer Support Group with Jazz</b> Virtual Carer Support Group, come and join us for up to date information and advice for carers and peer support
Thursday 18 <sup>th</sup> February 1.30pm	<b>Carer Support Group with Hayley &amp; Kayleigh</b> Virtual Carer Support Group, come and join us for up to date information and advice for carers and peer support
Wednesday 24 <sup>th</sup> February 10.30am	<b>Nottingham City &amp; Nottinghamshire Carer Support Group</b> Virtual Carer Support Group, various support workers hosting, come and join us for up to date information and advice for carers and peer support
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