

VIRTUAL Support Groups for Carers during Covid-19

Please come and join us

Tū Vida

 Nottinghamshire
Carers Hub



July 2021

Date	Details
Friday 2 nd July 10.30am	Carer's Café - Support Group with Christina Come & join us for up to date information and advice and peer support
Monday 5 th July 1.30pm	Asian Women's Carer Support Group with Noreen Come & join us for up to date information and advice and peer support
Wednesday 7 th July 10.00am	Carer's Café - Support Group with Linda & Sally Come & join us for up to date information and advice and peer support
Wednesday 7 th July 2.00pm	Craft Session Part 1 with Sue & volunteer Janet Come & learn English Paper Piecing, materials provided
Tuesday 13 th July 10.00am	Carer's Café - Support Group with Dee & Lana Come & join us for up to date information and advice and peer support
Wednesday 14 th July 2.00pm	Craft Session Part 2 with Sue & volunteer Janet Part 2: English Paper Piecing, materials provided
Thursday 15 th July 1.30pm	Carer's Café - Support Group with Hayley & Kayleigh Come & join us for up to date information and advice and peer support
Wednesday 21 st July 2.00pm	Afro-Caribbean Carer Support Group with Jazz Come & join us for up to date information and advice and peer support
Thursday 29 th July 10.30am	Parent Carer Support Group with Helene Support and advice around special education needs and disabilities
Monday to Friday	Face to Face Virtual Drop In Sessions 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 / Tel: 0115 8248 824

