

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

Tū Vida

 Nottinghamshire
Carers Hub



May 2021

Date	Details
Tuesday 4 th May 1.30pm	Asian Women's Carer Support Group with Noreen & Imaan Come & join us for up to date information and advice and peer support
Wednesday 5 th May 10.00am	Carer Support Group with Linda, Fatima & Sally Guest speaker: Sarah Taylor / Community & Inclusion Development Worker from Ashfield Voluntary Action Centre (tbc)
Friday 7 th May 10.30am	Carer Support Group with Becca & Christina Come & join us for up to date information and advice and peer support
Tuesday 11 th May 10.00am	Carer Support Group with Lana & Dee Come & join us for up to date information and advice and peer support
Wednesday 12 th May 10.30am	Parent Carer Support Group with Helene Guest speaker: Diane Robinson from Ask Us Nottingham offering support around special education needs and disabilities
Wednesday 19 th May 2.00pm	Afro-Caribbean Carer Support Group with Jazz Come & join us for up to date information and advice and peer support
Thursday 20 th May 1.30pm	Carer Support Group with Hayley & Kayleigh Come & join us for up to date information and advice and peer support
Wednesday 26 th May 2.00pm	Craft Session with Sue from Volunteer Service Come and join Sue for this month's craft session
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

