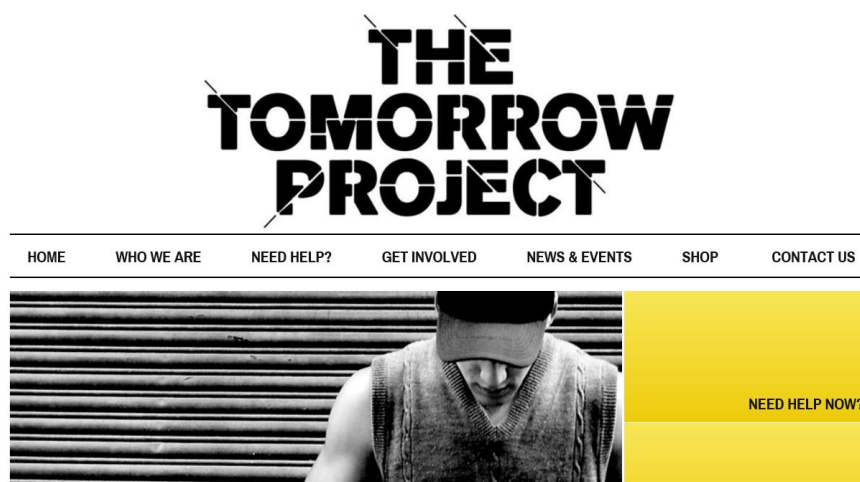


# YOUNG CAREERS SUPPORT UPDATE

We are here for telephone support and social distanced walks. Please get in contact, we're in this together.

Call the hub on **0115 824 8824** to be put in contact with your support worker.



<http://www.tomorrowproject.org.uk/>

With help and support, suicide is preventable. However you've been affected by suicide, this community is here for you.

Phone number - 0115 880 0280 (Mon - Fri, 9am-5pm) or text HOPE if an adult, LISTEN if under 18 to 0780 000 2606, (open Mon 1-4pm, Wed 3-7pm, Fri 1-4pm)



<https://www.turning-point.co.uk/services/nottingham-helpline>

A new mental health helpline for adults and young people across Nottinghamshire. The Nottinghamshire Mental Health Helpline offers access to support for people who need emotional support or information about their mental health.

# ONLINE GROUPS

Connecting Carers weeks are here!!  
Here are the list of activities coming up!

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Tai Chi Session Friday 11<sup>th</sup> December @ 6.00pm – 7.00pm

Live cook-a-long session with Cara & tips on nutrition, (ingredients & recipe available on request)  
Saturday 12<sup>th</sup> December @ 1.00pm – 2.00pm

Meditation Session, Sunday 13<sup>th</sup> December @ 5.00pm – 6.00pm

Improving Confidence and Self-Esteem with Nottinghamshire FITC Monday 14<sup>th</sup> December @  
4.30pm - 5:15pm

Art Class with Coral, Thursday 17<sup>th</sup> December @ 6.00pm - 6:30pm

Dance Class with Annabelle Saturday 19<sup>th</sup> December @ 3.00pm - 3:30pm

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Just get in contact with your support worker to book a spot!  
We're looking forward to seeing you there!  
Take care everyone

From the  
**Young Carers Team**

Nottinghamshire  
**Tu Vida Young Carers**  
Service

T: 0115 824 8824

E: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)

19 Pelham Road | Sherwood | Nottingham | NG5 1AP

[www.tuvida.org](http://www.tuvida.org)

TuVida is formerly known as Carers Trust East Midlands. We are a Carers Trust Network Partner.



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