

# Inspire Learning

Nottinghamshire



In partnership with

**Tu Vida**



Nottinghamshire  
Carers Hub

## Wellness Wednesdays

**One session a week in July**

Time: All sessions, 1pm-3pm

**Zoom** (email link sent the day before each session)



**This programme is free for County Carers**

- Week 1** *Wednesday 6<sup>th</sup> July*  
*Recognising emotion & stress*
- Week 2** *Wednesday 13<sup>th</sup> July*  
*Developing confidence, assertiveness & rapport*
- Week 3** *Wednesday 20<sup>th</sup> July*  
*Coping strategies & experience*
- Week 4** *Wednesday 27<sup>th</sup> July*  
*Self-care & self-awareness*

To book your free place, call 0115 824 8824 or  
Email [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)

This 4 week course will provide a non-judgmental, supportive environment for you to explore ways to manage life's challenges.

 @InspireLearningSkills  @Learn\_Inspire

To find out more, visit [www.inspireculture.org.uk/learning](http://www.inspireculture.org.uk/learning) or call 01623 677 200