



*Are you providing  
much needed care  
for a loved one,  
friend or family  
member?*

For information, advice and support,  
please sign up to our...

## **Virtual Support Groups for Carers**

Access is quick and easy, via GoTo Meeting...  
(suitable equipment will be required)

- **Meet other Carers online**
  - **Live streaming**
  - **Guest speakers**
  - **Share ideas**
  - **Peer Support**
  - **Quizzes**

For more information and details of how to sign up please contact:

**Nottinghamshire Carers Hub**

**0115 824 8824    hub@carerstrustem.org**

**<https://nottinghamshirecarershub.org/>**



**Nottingham  
City Council**



**Nottinghamshire  
County Council**

