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Themes: Advocacy, Care and Carers, Public Sector Services

Aimed at: All People

Free and confidential service for young carers and carers to access information, advice, guidance and support.

Our services in the East Midlands

Care at home: Individualised, home-based support that helps people requiring care to remain as independent as possible. Find out more.

Day centres and groups (Nottinghamshire): A change of scenery for people receiving care support, as well as the opportunity to meet new people in a fun and relaxing environment. Find out more.

Carer respite (Nottinghamshire): Home care provision that enables periods of respite for carers. Find out more.

Carers Hub (Nottinghamshire): Our Carers Hub is here to support carers and make their lives easier in a variety of ways – for example, by connecting them with other carers, or by providing free and confidential information and advice. Find out more.

Young Carers Service (Nottinghamshire): The Nottinghamshire Young Carers Service provides support for young people who look after members of their family. It enables young carers to take regular breaks from caring, make new friends, take part in fun activities, and access information and advice. Find out more.

What we do

When illness or disability strike, a lot of people can feel the impact. Suddenly it can seem as though life is on lockdown — whether it's you being cared for, or you're providing care to somebody else.

Our aim is to help unlock doors; opening up the world again so that you can re-connect with others and make choices that enrich your life.

At TuVida, we know that there is no 'one one-size-fits-all' formula for effective care and support. It's our aim to offer the best, most appropriate care and support to people who need it.

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