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**Themes:** Support Groups

**Aimed at:** All People

Self Help UK is the leading specialist organisation in promoting, supporting and encouraging Self Help Groups, both locally in Nottinghamshire and nationwide. Self Help groups enable people to take better control of their circumstances or conditions, gain strength and support from others, and improve their self-care.

We operate a telephone helpline for members of the public, practitioners and group members, while our website and printed directory lists all the self help groups and support agencies in Nottinghamshire .

We produce a quarterly newsletter to keep groups up-to-date with the latest local and national self help news, and run a range of training courses including: a social media surgery; dealing with the media; presentation skills; applying for funding; assertiveness training and more. We also hold regular group networking days.

**Area:** Bassetlaw

### **Contact Details**

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