

**Come and join us at our Face to Face
or Virtual Carer Support Groups
in AUGUST 2023**

Date	Details
Tues 1 st Aug 1.00pm – 3.00pm	Face to face: Bakersfield Carer Support Group with Noreen Venue: Bakersfield & Neighbourhood Community Centre, 312 Sneinton Dale NG3 7DN
Tues 1 st Aug 1.30pm – 3.30pm	Face to face: Rushcliffe Carer Support Group with Ollie Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB Guest speaker: Adapt and Recover from Adversity with British Red Cross
Wed 2 nd Aug 10.00am – 12.00pm	Face to face: Broxtowe Carer Support Group with Ollie Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX
Fri 4 th Aug 10.00am – 12.00pm	Face to face: Mansfield Carer Support Group with Bethany Venue: Tuvida / Carers Hub office, 54a Nottingham Road, Mansfield, NG18 1BN Guest speaker: First Aid Training / British Red Cross
Mon 7 th Aug 11.00am – 1.00pm	Face to face: Asian Women Carer Support Group with Noreen Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Tues 8 th Aug 10.30am – 12.30pm	Face to face: Gedling Carer Support Group with Sally Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX Guest speaker: Every Turn / Talking Therapies
Wed 9 th Aug 10.00am – 11.30am	Face to face: Worksop Carer Support Group with Lauren Venue: The Crossing Church, Newcastle Street, Worksop, S80 2AT
Thurs 10 th Aug 10.00am – 12.00pm	Face to face: Newark & Sherwood Carer Support Group with Dee Venue: Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark NG24 2TN
Mon 14 th Aug 1.00pm – 3.00pm	Face to face: Bulwell Carer Support Group with Becca Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN
Mon 14 th Aug 1.00pm – 3.00pm	Face to face: Ashfield Carer Support Group with Bethany Venue: Health & Wellbeing Centre, Portland Rd, Kirkby in Ashfield NG17 7AE Guest speaker: Benefits Advice / Notts County Council
Thurs 17 th Aug 1.30pm – 2.30pm	<u>VIRTUAL</u>: Carer's Café via Zoom with Sally <i>Via Zoom, book on to receive the link</i>
Thurs 17 th Aug 10.00am – 2.00pm	Face to face: Carer Drop In with Beth Venue: Kings Mill Hospital, Mansfield Road, Sutton in Ashfield NG17 4JL
Fri 25 th Aug 12.00pm – 2.00pm	Face to face: Clifton Carer Support Group with Christina Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR Guest speaker: Money Management
Tues 29 th Aug 11.00am – 1.00pm (note change of date due to bank holiday)	Face to face: Hyson Green Carer Support Group with Marta Venue: Mary Potter Centre, Room 5, Gregory Boulevard, Hyson Green NG7 5HY
Wed 30 th Aug 10.00am – 11.30am	Face to face: Retford Carer Support Group with Lauren Venue: The Well, Hospital Road, Retford DN22 7BD
Wed 30 th Aug 12.00pm – 2.00pm	Face to face: Carer Drop In with Imaan Venue: Wollaton Park Medical Centre, Harrow Road, Wollaton NG8 1FG
Thurs 31 st Aug 7.00pm – 8.00pm	<u>Virtual</u>: Parent Carer Support Group <i>Via Zoom, book on to receive the link</i>

Virtual support groups delivered via Zoom, book to receive the link.

To book onto a support group please contact:

Email: nottinghamshirehub@tuvida.org / Tel: 0115 8248 824