

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

Date	Details
Fri 1 <sup>st</sup> Sept 10.00am – 12.00pm	<b>Face to face: Mansfield Carer Support Group with Bethany</b> Venue: Tuvida / Carers Hub office, 54a Nottingham Road, Mansfield, NG18 1BN Guest speaker: Alzheimer's Society / Dementia
Mon 4 <sup>th</sup> Sept 11.00am – 1.00pm	<b>Face to face: Asian Women Carer Support Group with Noreen</b> Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Tues 5 <sup>th</sup> Sept 1.00pm – 3.00pm	<b>Face to face: Bakersfield Carer Support Group with Noreen</b> Venue: Bakersfield & Neighbourhood Community Centre, 312 Sneinton Dale NG3 7DN
Tues 5 <sup>th</sup> Sept 1.30pm – 3.30pm	<b>Face to face: Rushcliffe Carer Support Group with Rick</b> Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB Guest speaker: British Red Cross / Adapt and Recover from Adversity
Wed 6 <sup>th</sup> Sept 10.00am – 12.00pm	<b>Face to face: Broxtowe Carer Support Group with Ollie</b> Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX Guest Speaker: Benefits Advice / Notts County Council
Mon 11 <sup>th</sup> Sept 1.00pm – 3.00pm	<b>Face to face: Bulwell Carer Support Group with Becca</b> Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN
Mon 11 <sup>th</sup> Sept 1.00pm – 3.00pm	<b>Face to face: Ashfield Carer Support Group with Bethany</b> Venue: Health & Wellbeing Centre, Portland Rd, Kirkby in Ashfield NG17 7AE Guest speaker: Radford Care Group
Tues 12 <sup>th</sup> Sept 10.30am – 12.30pm	<b>Face to face: Gedling Carer Support Group with Sally</b> Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX
Wed 13 <sup>th</sup> Sept 10.00am – 11.30am	<b>Face to face: Worksop Carer Support Group with Lauren</b> Venue: The Crossing Church, Newcastle Street, Worksop, S80 2AT Guest speaker: Benefits Advice / Notts County Council
Thurs 14 <sup>th</sup> Sept 10.00am – 12.00pm	<b>Face to face: Newark &amp; Sherwood Carer Support Group with Dee</b> Venue: Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark NG24 2TN Guest speaker: Silvertime / Navigating Care
Thurs 21 <sup>st</sup> Sept 1.30pm – 2.30pm	<b><u>VIRTUAL</u>: Carer's Café via Zoom</b> <i>Book on to receive the link</i> Guest speaker: Benefits Advice / Notts County Council
Mon 25 <sup>th</sup> Sept 11.00am – 1.00pm	<b>Face to face: Hyson Green Carer Support Group with Marta</b> Venue: Mary Potter Centre, Room 5, Gregory Boulevard, Hyson Green NG7 5HY Guest speaker: Talking Therapies
Tues 26 <sup>th</sup> Sept 7.00pm – 8.00pm	<b><u>VIRTUAL</u>: Working Carer's Group via Zoom with Christina</b> <i>Via Zoom, book on to receive the link</i>
Wed 27 <sup>th</sup> Sept 10.00am – 11.30am	<b>Face to face: Retford Carer Support Group with Lauren</b> Venue: The Well, Hospital Road, Retford DN22 7BD
Wed 27 <sup>th</sup> Sept 12.00pm – 2.00pm	<b>Face to face: Carer Drop In with Imaan</b> Venue: Wollaton Park Medical Centre, Harrow Road, Wollaton NG8 1FG
Tues 26 <sup>th</sup> Sept 7.00pm – 8.00pm	<b><u>VIRTUAL</u>: Parent Carer Support Group</b> <i>Via Zoom, book on to receive the link</i>
Fri 29 <sup>th</sup> Sept 12.00pm – 2.00pm	<b>Face to face: Clifton Carer Support Group with Christina</b> Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR

Virtual support groups delivered via Zoom, book to receive the link. To book onto a support group please contact: Email: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org) / Tel: 0115 8248 824