

Face to Face & *Virtual* Support Groups & Activities for Carers
in NOVEMBER 2021 including Carers Rights Day
Please come and join us at an appropriate group for you

| Date | Details |
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| Mon 1 st Nov 12.30pm-1.30pm | Virtual: Asian Women Support Group with Noreen Via Zoom, book a place to receive the link |
| Tues 2 nd Nov 1.30pm -3.30pm | Face to face: Rushcliffe Support Group with Catherine Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB |
| Weds 3 rd Nov 10am - 12pm | Face to face: Broxtowe Support Group with Martin Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX |
| Fri 5 th Nov 10am - 12pm | Face to face: Support Group with Lana The Oak Room, Mansfield CVS, Community House, 36 Wood St, Mansfield, NG18 1QA |
| Mon 8 th Nov 1pm-3pm | Face to face: Bulwell Support Group with Becca Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN Guest Speaker: Helen Carter from NEA regarding Warm Homes / |
| Tues 9 th Nov 10.30am-12.30pm | Face to face: Gedling Carers Café with Sally Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX |
| Wed 10 th Nov 10.30am-12.30pm | Face to face: Bassetlaw Support Group with Lauren Venue: The Well, Hospital Road, Retford DN22 7BD |
| Thurs 11 th Nov 10am-12pm | Face to face: Newark & Sherwood Support Group with Dee Venue: The Carriages Café, Castle Station, Ossington Way, Newark NG24 1BL |
| Mon 15 th Nov 1pm-3pm | Face to face: St Anns Support Group with Noreen Venue: St Anns Valley Centre, 2 Livingston Road, St Anns NG3 3GG |
| Tues 16 th Nov 2.00pm | Virtual CRAFT Session with Sue from Volunteer Service Make a woolly / beanie hat using knitting loom, supplied, 100g wool required |
| Wed 17 th Nov 1pm-3pm | Face to face : Afro-Caribbean Support Group with Jazz Venue: Queens Walk Community Centre, Meadows, Nottm NG2 2DF |
| Thurs 18 th Nov 1.30pm-3.30pm | Virtual : Carer's Café via Zoom with Hayley & Kayleigh Come & join us for up to date information & advice & peer support |
| Fri 19 th Nov 12pm-2pm | Face to face: Clifton Support Group with Christina Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR Guest speaker: Zoe from Warm Homes / Energy Saving Advice |
| Mon 22 nd Nov 11am-1pm | Face to face: Hyson Green Support Group with Jazz Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY |



Carers Rights Day - Thursday 25th November 2021, 3 sessions via Zoom

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| Thurs 25 th Nov 10.30am-11.30am | Tax, Care & the New Guy With John from Silvertime Legal Estate Planning |
| Thurs 25 th Nov 2.00pm-3.30pm | Parent Carer Group with Helene & Julie Rastall: Psychiatric Nurse/Trainer Talking about supporting young people with their mental health & anxiety |
| Thurs 25 th Nov 7.00pm-8.00pm | Knowing Your Rights at Work for unpaid working Carers With Jayne Davis from Nottinghamshire Carers Association |

Virtual support groups delivered via Zoom. **Face to face groups are limited to 12 places & must be booked in advance**, to book, contact: Email: nottinghamshirehub@tuvida.org / Tel: 0115 8248 824