

# Connecting Carers

**Adult Carers, Young Carers & Families are all welcome to join us!**

**Tü Vida**



Virtual festive fun activities, training,  
awareness raising & games with prizes and  
outdoor walks!

14<sup>th</sup> – 19<sup>th</sup> December 2020

Date	Details	
Monday 14 <sup>th</sup> December	1	Virtual Group: City Parent Carers Support Group, 11.00am – 12.00pm
	2	Walk Outdoors: Wollaton Park, Wollaton Road, NG8 2AE, 11.00am
	3	Virtual Activity: Young Carers: Improving Confidence and Self-Esteem with Nottinghamshire FITC, 4.30pm
Tuesday 15 <sup>th</sup> December	1	Walk Outdoors: Rother Valley Country Park, Mansfield Road, Sheffield, S26 5PQ, 11.00am
	2	Virtual Awareness: Nottinghamshire Hospice, Palliative Support Session, 2.00pm – 3.00pm
Wednesday 16 <sup>th</sup> December	1	Virtual Awareness: Dementia Awareness from Alzheimer's Society, 10.00am – 11.00am
	2	Walk Outdoors: River Trent, meet on Trent Bridge, NG2 2GS, 11.00am
	3	Virtual Activity: Festive Pictionary, 2.00pm – 3.00pm
Thursday 17 <sup>th</sup> December	1	Virtual Awareness: Benefits Information and Advice Session from Nottinghamshire County Council Benefit Advisor, 11.00am – 12.00pm
	2	Walk Outdoors: Woodthorpe Grange Park, Woodthorpe Drive, NG5 4HA, 2.00pm
	3	Virtual Activity: Young Carers: Art Class with Coral, 6.00pm
	4	Virtual Activity: Song Time – Christmas Singalong, 7.00pm – 8.00pm
Friday 18 <sup>th</sup> December	1	Virtual Activity: Craft Session delivered by the Volunteer Service, 2.00pm – 3.00pm
Saturday 19 <sup>th</sup> December	1	Virtual Activity: Young Carers: Dance Class with Annabelle 2.00pm (to be confirmed)

The Virtual sessions will run on various online platforms eg Zoom, MS Teams (laptop/tablet/mobile with speaker & camera required).

To book onto a Virtual Session, Walk, Training / Awareness Session, please contact Nottinghamshire Carers Hub; Tel: 0115 8248 824 or Email: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)