

# Connecting Carers

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

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

7th – 13<sup>th</sup> December 2020

Date	Details	
Monday 7 <sup>th</sup> December	1	Virtual Group: Asian Women's Parent Carers Support Group, 1.30pm – 2.30pm
	2	Walk Outdoors: Rushcliffe Country Park, Ruddington, NG11 6JS, 2.00pm
Tuesday 8 <sup>th</sup> December	1	Virtual Group: County Parent Carers Support Group, 1.00pm – 2.00pm
	2	Virtual Activity: Craft Session, 2.30pm – 3.30pm
Wednesday 9 <sup>th</sup> December	1	Virtual Awareness: Benefits Information and Advice Session for City Carers from Nottingham City Council Welfare Rights Officer, 10.00am – 11.00am
Thursday 10 <sup>th</sup> December	1	Virtual Training: First Aid Training from British Red Cross, 10.30am-12.00pm
	2	Walk Outdoors: Woodthorpe Grange Park, Woodthorpe Drive, NG5 4HA 11.00am
	3	Virtual Awareness: Notts Hospice, How to deal with Grief, 2.00pm – 3.00pm
Friday 11 <sup>th</sup> December	1	Virtual Awareness: Acton's Solicitors, advice on Wills, Power of Attorney etc 11.00am – 12.00pm
	2	Walk Outdoors: Arnott Hill Park, Nottingham Road, NG5 6LU, 11.00am
	3	Virtual Activity: Young Carers Tai Chi Session, 6.00pm – 7.00pm
	4	Virtual Activity: Festive Quiz, 7.30pm – 8.30pm
Saturday 12 <sup>th</sup> December	1	Walk Outdoors: Sutton Lawn Park, Peel Street, NG17 4LH, 11.00am
	2	Virtual Activity: Young Carers: Live cook-a-long session with Cara & tips on nutrition, (ingredients & recipe available on request) 1.00pm – 2.00pm
Sunday 13 <sup>th</sup> December	1	Virtual Activity: Young Carers Meditation Session, 5.00pm – 6.00pm

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 / Email: [nottinghamshirehub@tuvia.org](mailto:nottinghamshirehub@tuvia.org)