

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



### Carers Rights Day - Thursday 25<sup>th</sup> November 2021, 3 sessions via Zoom

Thurs 25 <sup>th</sup> Nov 10.30am-11.30am	Tax, Care & the New Guy With John from Silvertime Legal Estate Planning
Thurs 25 <sup>th</sup> 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 <sup>th</sup> 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](mailto:nottinghamshirehub@tuvida.org) / Tel: 0115 8248 824