

**VIRTUAL & Physical Support Groups
& Activities for Carers September 2021**
Please come and join us

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Date	Details
Mon 6 th Sept 1.30pm	Virtual: Asian Women's Carer Support Group with Noreen Come & join us for up to date information & advice & peer support
Wed 8 th Sept 10.00am	Virtual: Carer's Café - Support Group with Lana Come & join us for up to date information & advice & peer support
Fri 10 th Sept 12.00pm	Picnic in the Park / Volunteer Service Wollaton Park NG8 2AE, bring your own picnic, chair, blanket, water provided
Mon 13 th Sept 1pm 3pm	Physical: Bulwell Carers Café with Becca Venue: Ravensworth Rd Methodist Church, Ravensworth Rd, Bulwell NG6 8FN
Tue 14 th Sept 10.30am	Physical: Gedling Carers Café with Sally Venue: Gedling Road Methodist Church, Gedling Road, Carlton NG4 3EX
Wed 15 th Sept 2pm 3.30pm	Physical: Afro-Caribbean Carers Group with Jazz Venue: Queens Walk Community Centre, Meadows NG2 2DF
Thurs 16 th Sept 1.30pm	Virtual: Carer's Café with Hayley & Kayleigh Come & join us for up to date information & advice & peer support
Mon 20 th Sept 12.00pm	Picnic in the Park / Volunteer Service Rushcliffe County Park, NG11 6JS, bring your own picnic, chair, blanket
Mon 20 th Sept 1pm 3pm	Physical: Mapperley Carers Café with Noreen Venue: St Anns Valley Centre, 2 Livingston Road, St Anns NG3 3GG
Wed 22 nd Sept 2.00pm	Virtual: Craft Session with Sue from Volunteer Service Cross Stitch, all materials supplied
Fri 24 th Sept 12.00pm	Physical: Clifton Carers Café with Christina Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR
Mon 27 th Sept 11.00am	Physical: Hyson Green Carers Café with Jazz Venue: Mary Potter Health Centre, Gregory Boulevard NG7 5HY
Thurs 30 th Sept 10.30am	Virtual: Parent Carer Support with Helene Support and advice around special education needs and disabilities
Monday to Friday	Face to Face Virtual Support Sessions A support worker is available via Whatsapp Video if you would like to speak to someone face to face with regard to your caring role, available Monday – Friday at a time to suit you, please give us a call, details below

Virtual support groups will be delivered via Zoom. **The physical face to face groups are limited to 12 places and must be booked in advance.** For more information or to book, contact:

Email: nottinghamshirehub@tuvia.org / Tel: 0115 8248 824



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