

# Tu Vida



Nottinghamshire  
Carers Hub

**Are you a Carer living in  
Nottingham City or Nottinghamshire?**

**Did you know you are entitled to a Carers  
Assessment which helps you find out what  
support you may be eligible for?**

**Nottinghamshire Carers Hub is a free &  
confidential service offering:**

- Information and advice around your caring role
- Telephone support including emotional support
- Carer ID cards and emergency planning
- Signposting to more specialist organisations
- Carer support groups with guest speakers
- BAME support groups for Afro-Caribbean & Asian Women Carers
- Volunteer befriending
- Face to face sessions with a support worker
- Training eg Lifting & Handling, First Aid
- Awareness raising eg Benefits Advice, Power of Attorney
- Access to carers assessments, counselling, carers grants
- Respite sitting service (Nottingham City only)
- Support for Young Carers (Nottinghamshire only)

(Note: some services are delivered virtually via Zoom & Whatsapp during Covid-19)

To register with the Carers Hub and speak to an experienced support  
worker about your caring role please contact us  
Monday to Friday 9.00am - 5.00pm

Tel: 0115 8248 824 or Email:

[nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)

