

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



Carers Rights Day - Thursday 25th November 2021, 3 sessions via Zoom

Thurs 25 th Nov 10.30am-11.30am	Tax, Care & the New Guy With John from Silvertime Legal Estate Planning
Thurs 25 th 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 th 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 / Tel: 0115 8248 824