

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

Tu Vida



Date	Details
Fri 1 st Oct 10am - 12pm	Physical: Support Group with Lana (Note new venue) The Oak Room, Mansfield CVS, Community House, 36 Wood St, Mansfield, NG18 1QA
Mon 4 th Oct 12.30pm-2.30pm	Physical: Asian Women Support Group with Noreen Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Tues 5 th Oct 1.30pm -3.30pm	Physical: Rushcliffe Support Group with Catherine Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB
Weds 6 th Oct 10am - 12pm	Physical: Broxtowe Support Group with Martin Venue: Chilwell Community Centre, Inham Rd, Inham Nook, Chilwell, NG9 4HX
Mon 11 th Oct 1pm-3pm	Physical: Bulwell Support Group with Becca Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN
Tues 12 th Oct 10.30am-12.30pm	Physical: Gedling Carers Café with Sally Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX
Wed 13 th Oct 10am-12pm	Physical: Bassetlaw Support Group with Lauren Venue: The Crossing Church, Newcastle Street, Worksop S80 2AT
Thurs 14 th Oct 10am-12pm	Physical: Newark & Sherwood Support Group with Dee Venue: The Carriages Café, Castle Station, Ossington Way, Newark NG24 1BL
Mon 18 th Oct 1pm-3pm	Physical: St Anns Support Group with Noreen Venue: St Anns Valley Centre, 2 Livingston Road, St Anns NG3 3GG
Wed 20 th Oct 2pm-3pm	Virtual: Afro-Caribbean Support Group with Jazz Come & join us for up to date information & advice & peer support
Wed 20 th Oct 7.30pm-8.30pm	Virtual: Parent Carer Evening VSG with Helene Support and advice around special education needs and disabilities
Thurs 21 st Oct 1.30pm-3.30pm	Virtual: Carer's Café with Hayley & Kayleigh Come & join us for up to date information & advice & peer support
Fri 22 nd Oct 12pm-2pm	Physical: Clifton Support Group with Christina Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR
Mon 25 th Oct 11am-1pm	Physical: Hyson Green Support Group with Jazz Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Tues 26 th Oct 10.30am-11.30am	Virtual: Benefits Feedback Session with Notts County Council & Kayleigh Join the NCC Benefits Team for an informal conversation about what you would like from the service

Virtual support groups delivered via Zoom. **Physical face to face groups are limited to 12 places & must be booked in advance.** For more information or to book, contact:
Email: nottinghamshirehub@tuvida.org / Tel: 0115 8248 824

