

**Come and join us at our Face to Face
or *Virtual* Carer Support Groups
in DECEMBER 2022**

Date	Details
Fri 2 nd Dec 10.00am – 12.00pm	Face to face: Mansfield Carer Support Group with Lana <u>Note new venue:</u> Friends Meeting House, 124 Rosemary St, Mansfield, NG18 1RB Guest speaker: Kelly from the Butterfly Project
Mon 5 th Dec	Asian Women Carer Support Group with Noreen No group this month as Asian women carers meeting in City Centre then going for a meal, booking is essential, see contact details below
Tues 6 th Dec 1.30pm – 3.30pm	Face to face: Rushcliffe Carer Support Group Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB Guest speaker: Wendy Bresland, Care Liaison Advisor, CHS Healthcare
Wed 7 th Dec 10.00am – 12.00pm	Face to face: Broxtowe Carer Support Group Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX
Thurs 8 th Dec 10.30am – 12.00pm	Face to face: Newark & Sherwood Carer Support Group with Dee Venue: Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark NG24 2TN Christmas craft session at 10.30am, note later start time
Mon 12 th Dec	Bulwell Carer Support Group with Becca No group this month as Bulwell carers will be meeting for a Christmas meal, places limited so booking is essential, see contact details below
Mon 12 th Dec 1.00pm – 3.00pm	Ashfield Carer Support Group with Helene Please contact Helene for details of venue as carers may be going out for a Christmas meal: helenetorr@tuvida.org
Tues 13 th Dec 10.30am – 12.30pm	Face to face: Gedling Carer Support Group with Sally Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX
Wed 14 th Dec 10.00am – 11.30am	Face to face: Worksop Carer Support Group with Lauren Venue: The Crossing Church, Newcastle Street, Worksop, S80 2AT
Thurs 15 th Dec 1.30pm – 2.30pm	<u>VIRTUAL</u>: Carer's Café via Zoom <i>Via Zoom, book on to receive the link</i>
Fri 16 th Dec	Face to face: Clifton Carer Support Group with Noreen No group this month as Clifton carers meeting for a Christmas meal, booking is essential, see contact details below
No group as Festive Break	St Anns / Mapperley Carer Support Group with Noreen
No group as Festive Break	Afro-Caribbean Carer Support Group with Jazz
No group as festive break	Hyson Green Carer Support Group
No group as festive break	Retford Carer Support Group with Lauren
No drop in as festive break	Carer Drop In at Wollaton with Imaan
No groups as Christmas break	Parent Carer Support Groups (face to face and virtual)

Virtual support groups delivered via Zoom, book to receive the link.

To book, contact:

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