

**Come and join us at our Face to Face
or Virtual Carer Support Groups
in MARCH 2023**

Date	Details
Wed 1 st March 10.00am – 12.00pm	Face to face: Broxtowe Carer Support Group Venue: Chilwell Community Centre, Inham Road, Inham Nook, Chilwell, NG9 4HX Guest speaker: Green Doctor / Energy Saving tips
Fri 3 rd March 10.00am – 12.00pm	Face to face: Mansfield Carer Support Group with Bethany Venue: Friends Meeting House, Rosemary Street, Mansfield, NG18 1RB Guest speaker: Notts Fire & Rescue / Home Safety
Mon 6 th March 11.00am – 1.00pm	Face to face: Asian Women Carer Support Group with Noreen Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Tues 7 th March 1.30pm – 3.30pm	Face to face: Rushcliffe Carer Support Group Venue: Church of the Holy Rood, Village St, Edwalton, NG12 4AB Guest speaker: Silvertime Solicitors / Tax, Care and the New Guy
Wed 8 th March 10.00am – 11.30am	Face to face: Worksop Carer Support Group with Lauren Venue: The Crossing Church, Newcastle Street, Worksop, S80 2AT
Mon 13 th March 1.00pm – 3.00pm	Face to face: Bulwell Carer Support Group with Becca Venue: Ravensworth Road Methodist Church, Bulwell NG6 8FN Guest speaker: Green Doctor / Energy Saving tips
Mon 13 th March 1.00pm – 3.00pm	Face to face: Ashfield Carer Support Group with Bethany Venue: Health & Wellbeing Centre, Portland Rd, Kirkby in Ashfield NG17 7AE Guest speaker: Dementia Connect
Tues 14 th March 10.30am – 12.30pm	Face to face: Gedling Carer Support Group with Sally Venue: Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX Guest speaker: Dementia Connect
Thurs 16 th March 10.00am – 12.00pm	Face to face: Newark & Sherwood Carer Support Group with Dee Venue: Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark NG24 2TN Note: for this month only moved to third Thursday of the month
Thurs 16 th March 1.30pm – 2.30pm	<u>VIRTUAL</u>: Carer's Café via Zoom with Debbie <i>Via Zoom, book on to receive the link</i>
Mon 27 th March 11.00am – 1.00pm	Face to face: Hyson Green Carer Support Group with Noreen Venue: Mary Potter Health Centre, Gregory Boulevard, Hyson Green NG7 5HY
Wed 29 th March 10.30am – 12.00pm	Face to face: Retford Carer Support Group with Lauren Venue: The Well, Hospital Road, Retford DN22 7BD
Wed 29 th March 10.00am – 12.00pm	Face to face: Carer Drop In with Imaan Venue: Wollaton Park Medical Centre, Harrow Road, Wollaton NG8 1FG
Thurs 30 th March 7.00pm – 8.00pm	<u>Virtual</u>: Parent Carer Support Group with volunteer Helene <i>Via Zoom, book on to receive the link</i>
Fri 31 st March 12.00pm – 2.00pm	Face to face: Clifton Carer Support Group with Noreen Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR

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

To book onto a support group please contact:

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