

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

**Tū Vida**



Date	Details
Mon 6 <sup>th</sup> Sept 1.30pm	<b>Virtual: Asian Women's Carer Support Group with Noreen</b> Come & join us for up to date information & advice & peer support
Wed 8 <sup>th</sup> Sept 10.00am	<b>Virtual: Carer's Café - Support Group with Lana</b> Come & join us for up to date information & advice & peer support
Fri 10 <sup>th</sup> Sept 12.00pm	<b>Picnic in the Park / Volunteer Service</b> Wollaton Park NG8 2AE, bring your own picnic, chair, blanket, water provided
Mon 13 <sup>th</sup> Sept 1pm – 3pm	<b>Physical: Bulwell Carers Café with Becca</b> Venue: Ravensworth Rd Methodist Church, Ravensworth Rd, Bulwell NG6 8FN
Tue 14 <sup>th</sup> Sept 10.30am	<b>Physical: Gedling Carers Café with Sally</b> Venue: Gedling Road Methodist Church, Gedling Road, Carlton NG4 3EX
Wed 15 <sup>th</sup> Sept 2pm - 3.30pm	<b>Physical: Afro-Caribbean Carers Group with Jazz</b> Venue: Queens Walk Community Centre, Meadows NG2 2DF
Thurs 16 <sup>th</sup> Sept 1.30pm	<b>Virtual: Carer's Café with Hayley &amp; Kayleigh</b> Come & join us for up to date information & advice & peer support
Mon 20 <sup>th</sup> Sept 12.00pm	<b>Picnic in the Park / Volunteer Service</b> Rushcliffe County Park, NG11 6JS, bring your own picnic, chair, blanket
Mon 20 <sup>th</sup> Sept 1pm – 3pm	<b>Physical: Mapperley Carers Café with Noreen</b> Venue: St Anns Valley Centre, 2 Livingston Road, St Anns NG3 3GG
Wed 22 <sup>nd</sup> Sept 2.00pm	<b>Virtual: Craft Session with Sue from Volunteer Service</b> Cross Stitch, all materials supplied
Fri 24 <sup>th</sup> Sept 12.00pm	<b>Physical: Clifton Carers Café with Christina</b> Venue: Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR
Mon 27 <sup>th</sup> Sept 11.00am	<b>Physical: Hyson Green Carers Café with Jazz</b> Venue: Mary Potter Health Centre, Gregory Boulevard NG7 5HY
Thurs 30 <sup>th</sup> Sept 10.30am	<b>Virtual: Parent Carer Support with Helene</b> Support and advice around special education needs and disabilities
Monday to Friday	<b>Face to Face Virtual Support Sessions</b> A support worker is available via Whatsapp Video if you would like to speak to someone face to face with regard to your caring role, available Monday – Friday at a time to suit you, please give us a call, details below

Virtual support groups will be delivered via Zoom. The physical face to face groups are limited to 12 places and must be booked in advance. For more information or to book, contact:

Email: [nottinghamshirehub@tuvia.org](mailto:nottinghamshirehub@tuvia.org) / Tel: 0115 8248 824

