

Carers Rights Day

Thursday 25th November 2021



“Having the right information at the right time can make all the difference when you’re looking after someone” Join our events on Thursday 25th November...



Date	Details
<p>Thursday 25th November 2021</p>	<p>Virtual Groups:</p> <p>10.30am to 11.30am - Tax, Care & the New Guy Join us with our guest speaker John, from Silvertime Legal Estate Planning Services.</p> <p>2pm to 3.30pm - Parent Carer Support Group Join us with our guest speaker Julie Rastall, Psychiatric Nurse/Trainer and parent carer, who will talk about supporting young people with their mental health and anxiety.</p> <p>7pm to 8pm - Knowing your rights at Work - for unpaid working carers Join us with our guest speak Jayne Davies from Nottinghamshire Carers Association, who will talk about Knowing your Rights at Work.</p>
	<p>Face to Face:</p> <p>Find out how to get the help and support you are entitled to by coming to one of the following information and advice drop in sessions;</p> <p>Aspley Medical Centre, 509 Aspley Lane, Nottingham NG8 5RU 9:30am to 11:30am</p> <p>St Ann’s library, St Ann’s Valley Centre, 2 Livingstone Road, Nottingham NG3 3GG 11am to 1pm</p> <p><i>Carers Hub in partnership with Nottinghamshire Healthcare NHS Trust</i> Worksop Cricket Club, Central Avenue, Worksop S80 1EN 11am to 2pm - drop in for information & advice, meet other carers and have some refreshments!</p> <p>Mansfield Library, Four Seasons Centre, W Gate, Mansfield NG18 1NH 10am to 12pm</p> <p>Cotgrave Methodist Church Hall, 10 Bingham Road, Cotgrave NG12 3JR 1pm to 3pm</p>

The Virtual sessions will be run on Zoom (laptop/tablet/mobile with speaker & camera required).
The zoom link will be sent out the day before the sessions.

To book on to a Virtual session, please contact the Nottinghamshire Carers Hub:
Tel: 0115 824 8824 / email: nottinghamshirehub@tuvida.org