

FREE Respite Service for Nottinghamshire Carers

If you have been unable to access or get breaks during the COVID crisis you may be eligible for up to 12 hours of respite over an 8 week period

The Respite Service can provide an experienced care worker to sit with the person you care for whilst you:

Have some time away from home to re-charge your batteries

Visit a friend

Go for a walk or shopping

Available 7 days a week 7am—10pm (no night sits)
Contact Nottinghamshire Carers Hub to find out if you are eligible:

0115 824 8824 / nottinghamshirehub@tuvida.org



**Nottinghamshire
County Council**

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