

# VIRTUAL Support Groups for Carers during Covid-19

Please come and join us

# Tū Vida

 Nottinghamshire  
Carers Hub



## July 2021

Date	Details
Friday 2 <sup>nd</sup> July 10.30am	<b>Carer's Café - Support Group with Christina</b> Come & join us for up to date information and advice and peer support
Monday 5 <sup>th</sup> July 1.30pm	<b>Asian Women's Carer Support Group with Noreen</b> Come & join us for up to date information and advice and peer support
Wednesday 7 <sup>th</sup> July 10.00am	<b>Carer's Café - Support Group with Linda &amp; Sally</b> Come & join us for up to date information and advice and peer support
Wednesday 7 <sup>th</sup> July 2.00pm	<b>Craft Session Part 1 with Sue &amp; volunteer Janet</b> Come & learn English Paper Piecing, materials provided
Tuesday 13 <sup>th</sup> July 10.00am	<b>Carer's Café - Support Group with Dee &amp; Lana</b> Come & join us for up to date information and advice and peer support
Wednesday 14 <sup>th</sup> July 2.00pm	<b>Craft Session Part 2 with Sue &amp; volunteer Janet</b> Part 2: English Paper Piecing, materials provided
Thursday 15 <sup>th</sup> July 1.30pm	<b>Carer's Café - Support Group with Hayley &amp; Kayleigh</b> Come & join us for up to date information and advice and peer support
Wednesday 21 <sup>st</sup> July 2.00pm	<b>Afro-Caribbean Carer Support Group with Jazz</b> Come & join us for up to date information and advice and peer support
Thursday 29 <sup>th</sup> July 10.30am	<b>Parent Carer Support Group with Helene</b> Support and advice around special education needs and disabilities
Monday to Friday	<b>Face to Face Virtual Drop In 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 (computer, laptop, tablet or phone with speakers and camera required). For more information or to book, contact:  
Email: [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org) / Tel: 0115 8248 824

