Connecting Carers

Adult Carers, Young Carers & Families are all welcome to join us!

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Nottinghamshire Carers Hub

Fun activities, walks, training & awareness raising & games with Prizes!
12th - 18th October 2020

Date		Details
Monday 12th October	1	**Virtual:** Dementia Awareness / Alzheimer's Society 11.00am – 12.00pm
	2	**Walk** around the Lake at Highfields Park, 2.00pm, NG7 2RD with Janet from the Volunteer Service (booking essential)
	3	**Virtual:** Asian Women's Group 1.30pm – 2.30pm
	4	**Virtual:** Young Carers: Tai Chi live session with James 6.00pm – 6.30pm
Tuesday 13th October	1	**Walk** around Bulwell Hall Golf Course & Country Park, 11.00am, NG6 8LF with Anne & Sam from the Volunteer Service (booking essential)
	2	**Virtual:** Young Carers: Tai Chi live session with James 6.00pm – 6.30pm
Wednesday 14th October	1	**Virtual:** British Red Cross First Aid Training 10.30am – 12.00pm
	2	**Walk** around Arnot Hill Park, 11.00am, NG5 6LU, with Claire from the Volunteer Service (**booking essential**)
	3	**Virtual:** Young Carers / Chat about Mental Health 6.00pm – 7.00pm
	4	**Virtual:** Bingo 7.00pm – 8.00pm
Thursday 15th October	1	**Walk** around Woodthorpe Grange Park, 11.00am, NG5 4HA with Steph from the Volunteer Service (booking essential)
	2	**Virtual:** Solicitors / Rotheras (Wills, Power of Attorney) 11.00am – 12.00pm
	3	**Virtual:** Young Carers / Art Class 6.00pm – 7.00pm
Friday 16th October	1	**Virtual:** Singalong workshop with Rockabillies 10.00am – 11.00am
	2	**Walk** along the River Trent, 11.00am, NG2 2GS, with Iris from the Volunteer Service (booking essential)
	3	**Virtual:** Benefits Information and Advice Session 11.00am – 12.00pm / Notts County Council Benefit Advisor
	4	**Virtual:** Benefits Information and Advice Session 1.30pm – 3.00pm / Nottingham City Council Welfare Rights Officer
Saturday 17th October	1	**Walk** around Sutton Lawn, 11.00am, NG17 4LH with Michal from the Volunteer Service (booking essential)
	2	**Virtual:** Young Carers: Live cook-a-long session with Cara & tips on nutrition, 1.00pm (ingredients & recipe available on request)
Sunday 18th October	1	**Virtual:** Young Carers / Pets Corner 4.00pm

The Virtual sessions will run on various online platforms eg Zoom, MS Teams (laptop/tablet/mobile with speaker & camera required) to book onto a Virtual Session, Walk, Training / Awareness Session, please contact Nottinghamshire Carers Hub; Tel: 0115 8248 824/ Email: nottinghamshirehub@tuvida.org