

## CARER GROUPS AND DROP-IN SESSIONS IN NOTTINGHAMSHIRE

Other Organisations

DISTRICT	Address	Day	Time	Contact	Telephone	DROP INS	
						Day	Time
COUNTYWIDE	<b>CARERS' COUNCIL - ALLIES IN MENTAL HEALTH</b> is a charity offering support across Nottinghamshire (including the City) to family, friends and carers of those experiencing mental distress			Judith Machin judith.machin@ntlworld.com	0115 9179025		
BASSESTLAW Lauren Medlam	<b>RETFORD CARERS SUPPORT GROUP</b> , Riverside Medical Centre, Riverside Walk, Retford, DN22 6AA	Last Wednesday	1030 -1230	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
	<b>WORKSOP CARERS SUPPORT GROUP</b> , The Crossing, Newcastle Street Worksop, Notts S80 2AT	2nd Wednesday	1000 - 1200	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
	<b>THE AURORA WELLBEING CENTRE</b> , Memorial Avenue, Worksop S80 2BP. <i>Offer services for people with a diagnosis of cancer or long term conditions e.g. Pilates, Yoga, Beauty and Holistic treatments. Cancer patients entitled to 6 free treatments, carers entitled to 2 free treatments.</i>				01909 470985		
	<b>FORGET-ME-NOTTS DEMENTIA GROUP</b> , Bassetlaw RVS, The Old Abbey School, Priorswell Road Worksop, S80 2BU. <i>Lunch, social and crafts at £5 per session</i>	<b>TUXFORD:</b> Tuesday and Fridays <b>RETFORD:</b> Wednesdays	1200 - 1530  1100 - 1430	Bev Pottinger  Michelle White	01777 870341 07515 278727		
NEWARK & SHERWOOD Zena Cameron	<b>NEWARK CARERS SUPPORT GROUP &amp; DROP IN</b> , Castle House, Great North Road, Newark, NG24 1BY	2nd Thursday	1030 - 1230	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824	<b>2nd Thursday</b>	<b>9.30 - 10.30</b>
	<b>Newark MIND</b> , The Manse, 56 London Road, Newark, NG24 1TH <i>For carers of family members and friends suffering from mental health illnesses.</i>	3rd Tuesday	1300 - 1430	Sarah Robinson <a href="mailto:sarah.robinson30@btinternet.com">sarah.robinson30@btinternet.com</a>	01636 650228		
MANSFIELD Linda Fox	<b>MANSFIELD CARERS SUPPORT GROUP</b> , Friends Meeting House, Rosemary Street, Mansfield, Nottinghamshire NG19 6AB	1st Friday	1000 - 1200	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
	<b>MENTAL HEALTH CARERS GROUP</b> , St Peters Centre, Churchside, Mansfield, NG18 1AP <i>For carers of people with mental health issues: a supportive environment for discussion and sharing experiences.</i>	2nd Wednesday	1400 - 1600	Peter Robinson <a href="mailto:peter.robinson@ntlworld.com">peter.robinson@ntlworld.com</a>	01623 512607		
ASHFIELD Linda Fox	<b>ASHFIELD CARERS SUPPORT GROUP</b> , Ashfield Health & Wellbeing Centre, Portland Street, K-in-A, NG17 7AE	2 <sup>nd</sup> Monday	1300 - 1500	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
	<b>FORGET-ME-NOT DEMENTIA SUPPORT GROUP</b> , Kirkby Trinity Centre, Point Diamond Avenue, Kirkby in Ashfield, NG17 7GN	3rd Monday	1330 - 1530	<a href="mailto:forget-me-not.support@hotmail.co.uk">forget-me-not.support@hotmail.co.uk</a>	07763 519196		
	<b>HUCKNALL TAKING STEPS</b> (walking group), Under One Roof, 3a Vine Terrace, Hucknall	Mondays and Wednesdays	various	Chair Person	0115 9636886		
	<b>CARERS IN HUCKNALL</b> (self help group), John Godber Centre, Ogle Street, Hucknall, NG15 7FQ	1st & 3rd Tuesday	1330 - 1530	Jim <a href="mailto:carersinhucknall@yahoo.co.uk">carersinhucknall@yahoo.co.uk</a> <a href="http://www.carersinhucknall2.btck.co.uk">www.carersinhucknall2.btck.co.uk</a>	0115 9530746		
GEDLING Yvonne Gregory	<b>GEDLING CARERS SUPPORT GROUP</b> , Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX	2 <sup>nd</sup> Tuesday	1030 – 1230	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
	<b>GEDLING DAY CENTRE SUPPORT GROUP</b> , Ernedale Lea (behind Tesco), Howbeck Road, Arnold, NG5 8AA	Last Wednesday of every 3rd month	1300 - 1500	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
RUSHCLIFFE Sue Cain	<b>RUSHCLIFFE CARERS SUPPORT GROUP</b> , The Rad Room, Lings Bar Hospital, Gamston, NG2 6PR	1 <sup>st</sup> Tuesday	1330 - 1530	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
	<b>BINGHAM DAY CENTRE SUPPORT GROUP</b> , Moor Lane, Bingham, NG13 8AS	Last Friday of every 3rd month	1100 - 1300	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
RUSHCLIFFE Sally Charles	<b>KEYWORTH CARERS SUPPORT GROUP</b> , Keyworth Village Hall, Elm Avenue, Keyworth, NG12 5AN	3rd Thursday of Month, starting Sept 2017	1030 - 1230	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
BROXTOWE Sue Cain	<b>EASTWOOD &amp; DISTRICT CARERS SUPPORT GROUP</b> , Eastwood Volunteer Centre, Wellington Place, NG16 3GB	1 <sup>st</sup> Wednesday	1330 – 1530	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		

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<b>STAPLEFORD CARERS SUPPORT GROUP</b> , Rockwell Court, Albert Street, Stapleford, NG9 8BZ	2 <sup>nd</sup> Tuesday	1330 – 1530	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
<b>TOTON CARERS SUPPORT GROUP</b> , Tesco Community Room, Swiney Way, Toton NG9 6QX	1 <sup>st</sup> Wednesday	1000 – 1200	Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824		
<b>1-2-1 Drop-In Sessions</b> , Tesco Community Room, Swiney Way, Toton NG9 6QX			Nottinghamshire Carers Hub <a href="mailto:hub@carerstrustem.org">hub@carerstrustem.org</a>	0115 8248824	<b>3rd Wednesday</b>	<b>1000 - 1200</b>
<b>EASTWOOD MEMORY CAFÉ</b> , Plumptre Hall, Eastwood, NG16 3BS	2nd Tuesday	1230-1500	<a href="mailto:eastwoodmemorycafe@btinternet.com">eastwoodmemorycafe@btinternet.com</a>	01773 711333		
<b>Carers Support Group</b> The Pearson Centre, 2 Nuart Road, Beeston, Nottingham NG9 2NH	3rd Tuesday	1000 - 1200	Carers Federation Hazel Johnson 07525 237 716	0115 9629313		
<b>Carers Support Group</b> St. Marys Church, 5A Woodland Way, Eastwood, Nottingham NG16 3BU	Last Tuesday	1300-1500	Carers Federation Hazel Johnson 07525 237 716	0115 9629313		