

Nottinghamshire Carers Hub – City and County Support Groups & Drop In Sessions

Carers are welcome to attend any support group or drop in, for details contact Carers Hub on 0115 8248 824 or hub@carerstrustem.org

NOTTINGHAM CITY - CARER SUPPORT GROUPS			
District & Facilitator	Venue Details	Dates or Day of the Month	Time
Bulwell - Helen Duszynski	Tesco Superstore, Community Room, Bulwell, Nottingham NG6 8EQ	First Friday	1.30 – 3.00
Clifton - Christina Hughes	Clifton Community Centre, Southchurch Drive, Nottingham NG11 8AR	Fourth Friday	12.00 - 2.00
Hyson Green - Jassent Powell	The Vine Community Centre, Bobbersmill Rd NG7 5GZ (No group in Aug & Dec)	Fourth Monday	10.30 - 12.30
NOTTINGHAM CITY - DROP IN SESSIONS			
District & Facilitator	Venue Details	Dates or Day of the Month	Time
Lenton – Imaan Rashed	Thomas Helwys Baptist Church, Church Street, Lenton, Nottingham NG7 1SJ	First Tuesday	12.00 – 2.00
Meadows – Christina	Queens Walk Community Centre, Meadows, Nottingham NG2 2DF	12 July & 9 August	10.00 – 12.00
Queens Medical Centre – Jazz	QMC 'All Things Tram Here' B Floor, Main Entrance	11 July	12.00 – 4.00
Sherwood - Helen Duszynski	Sherwood Library, Spondon Street/Mansfield Road, Nottingham NG5 4AB	First Monday	10.00 – 12.00
St Anns – Jassent Powell	ACNA Afro-Caribbean National Artistic Centre, 31 Hungerhill Road, St Anns NG3 4NB	27 June, 25 July, 22 August	12.00 – 2.00
Wollaton – Imaan Rasheed	Wollaton Park Community Centre, Harrow Road, Wollaton, Nottingham NG8 1FG	First Wednesday	12.00 – 2.00
NOTTINGHAMSHIRE COUNTY – CARER SUPPORT GROUPS			
District & Facilitator	Venue Details	Dates or Day of the Month	Time
Ashfield – Linda Fox	Ashfield Health & Wellbeing Centre, Portland Street, Kirkby in Ashfield NG17 7AE	Second Monday	1.00 – 3.00
Beeston – Sue Cain	Manor Surgery, Middle Street, Beeston NG9 1GA	Third Monday	1.00 – 3.00
Eastwood – Sue Cain	Friendship & Carers Support Group, Eastwood Volunteer Centre Wellington Rd NG16 3GB	First Wednesday	1.30 – 3.30
Gedling – Sally Charles	Gedling Road Methodist Church, Gedling Road, Carlton NG4 3EX	Second Tuesday	10.30 – 12.30
Keyworth - Sally Charles	Keyworth Village Hall, Elm Avenue, Keyworth NG12 5AN	Third Thursday	11.00 – 12.30
Mansfield – Linda Fox	Friends Meeting House, Rosemary Street, Mansfield NG19 6AB	First Friday	10.00 – 12.00
Newark - Zena Cameron	Castle House, Great North Road, Newark NG24 1BY	Second Thursday	10.30 – 12.30
Retford – Lauren Medlam	Riverside Medical Centre, Riverside Walk, Retford DN22 6AA	Last Wednesday	10.30 – 12.30
Rushcliffe – Sue Cain	Lings Bar Hospital, The Rad Room, Gamston NG2 6PR	First Tuesday	1.30 – 3.30
Stapleford – Sue Cain	Friendship & Carers Support Group, Rockwell Court, Albert Street, Stapleford NG9 8BZ	Second Tuesday	1.30 – 3.30
Toton – Sue Can	Tesco Community Room, Swiney Way, Toton NG9 6QX	First Wednesday	10.00 – 12.00
Worksop – Lauren Medlam	The Crossing, Newcastle Street, Worksop S80 2AT	Second Wednesday	10.00 – 12.00
NOTTINGHAMSHIRE COUNTY – DROP IN SESSIONS			
District & Facilitator	Venue Details	Dates or Day of the Month	Time
Keyworth – Sally Charles	Keyworth Village Hall, Elm Avenue, Keyworth NG12 5AN	Third Thursday	10.00 – 10.45
Newark – Zena Cameron	Castle House, Great North Road, Newark NG24 1BY	Second Thursday	9.30 – 10.30
Toton – Sue Cain	Tesco Community Room, Swiney Way, Toton NG9 6QX	Third Wednesday	10.00 – 12.00

OTHER CARER SUPPORT GROUPS			
District	Venue Details	Dates or Day of the Month	Time
Bingham	Bingham Day Centre Support Group, Moor Lane, Bingham, NG13 8AS	Last Friday of every 3 rd month	11.00 – 1.00
Eastwood	Eastwood Memory Café, Plumptre Hall, Eastwood, NG16 3BS (01773 711 333)	Second Tuesday	12.30 – 3.30
Gedling	Gedling Day Centre Support Group, Ernedale Lea, Howbeck Rd, Arnold NG5 8AA	Last Wednesday of every 3 rd month	1.00 – 3.00
Hucknall	Hucknall Talking Steps (walking group) Under One Roof, 3a Vine Terrace, Hucknall 0115 9636 886	Mondays & Wednesdays	Various
Hucknall	Carers in Hucknall, self help group, John Godber Centre, Ogle St, Hucknall, NG15 7FQ Jim Radburn 0115 9530 746	First & Third Tuesday	1.30 – 3.30
Kirkby in Ashfield	Forget Me Not Dementia Support Group, Kirkby Trinity Centre, Point Diamond Avenue, Kirkby in Ashfield NG17 7GN. 07763 519 196	Third Monday	1.30- 3.30
Mansfield	Mental Health Carers Group, St Peters Centre, Churchside, Mansfield NG18 1AP Peter Robinson 01623 512 607	Second Wednesday	2.00 – 4.00
Newark	Newark MIND, The Manse, 56 London Road, Newark NG24 1TH Sarah Robinson 01636 650 228	Second Thursday	1.00 – 2.30
Nottingham City	Notts Healthcare Trust, supporting carers, family & friends who's loved ones receive support from Adult mental Health Services and live in Nottingham City, group held at: Carers Federation Ltd, 21-23 Pelham Road, Nottingham NG5 1AP Jude 0115 9560 841 / 07500 993 479 / Emma 07788 386 309	16 Feb, 23 March, 27 April, 25 May, 29 June	11.00 – 1.00
Nottingham City	Carers Council – Allies in Mental Health Support for carers, family & friends of those experiencing mental distress For more information ring Judith Machin 0115 9179 025	Ring for details	
Worksop	The Aurora Wellbeing Centre, Memorial Avenue, Worksop S80 2BP Offer services for people with a diagnosis of cancer or long term conditions eg Pilates, Yoga, Holistic Health – For more information ring 01909 470 985	Ring for details	
Worksop	Forget me Not Dementia Group, Bassetlaw RVS, the Old Abbey School, Priorswell Road, Worksop S80 2BU For more information ring: Tuxford – Bev Pottinger 01777 870 341 / Retford – Michelle White 07515 278 727	Tuxford – Tuesday & Friday Retford – Wednesday	12.00 – 3.30 11.00 – 2.30