

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 (No group in January)	First Friday	1.30pm – 3.00pm
City Centre – Evening	Broadway Cinema, 14-18 Broad Street, Nottingham NG1 3AL	Second Thursday	6.00pm – 8.00pm
Clifton - Christina Hughes	Clifton Community Centre, Southchurch Drive, Nottingham NG11 8AR	Fourth Friday	12.00pm - 2.00pm
Hyson Green - Jassent Powell	The Vine Community Centre, Bobbersmill Rd NG7 5GZ (No group in December)	Fourth Monday	10.30am - 12.30pm
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	12.00pm – 2.00pm
Queens Medical Centre – Jazz	QMC, B Floor, Main Entrance, turn left Macmillan Information & Support Centre	10 Oct, 14 Nov, 12 Dec	1.00pm – 4.00pm
Mapperley – Noreen Yousaf	Victoria & Mapperley Surgery, 858 Woodborough Road, Nottingham NG3 5QQ	25 Sept, 23 Oct, 27 Nov	1.00pm – 3.00pm
Sherwood - Helen Duszynski	Sherwood Library, Spondon Street/Mansfield Road, Nottingham NG5 4AB	First Monday	10.00am – 12.00pm
St Anns – Jassent Powell	ACNA Afro-Caribbean National Artistic Centre, 31 Hungerhill Road, St Anns NG3 4NB	Fourth Wednesday	12.00pm – 2.00pm
Wollaton – Imaan Rasheed	Wollaton Park Community Centre, Harrow Road, Wollaton, Nottingham NG8 1FG	First Wednesday	12.00pm – 2.00pm
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	1.00pm – 3.00pm
Beeston – Sue Cain	Manor Surgery, Middle Street, Beeston NG9 1GA	Third Monday	1.00pm – 3.00pm
Eastwood – Sue Cain	Friendship & Carers Support Group, Eastwood Volunteer Centre Wellington Rd NG16 3GB	First Wednesday	1.30pm – 3.30pm
Gedling – Sally Charles	Gedling Road Methodist Church, Gedling Road, Carlton NG4 3EX	Second Tuesday	10.30am – 12.30pm
Keyworth - Hayley Wormsley	Keyworth Village Hall, Elm Avenue, Keyworth NG12 5AN	Third Thursday	10.30am – 12.30pm
Mansfield – Linda Fox	Friends Meeting House, Rosemary Street, Mansfield NG19 6AB	First Friday	10.00am – 12.00pm
Newark - Zena Cameron	CARRIAGES CAFÉ, Platform 1, Newark Castle Station, Newark, NG24 1BL, opposite Waitrose	Second Thursday	10.30am – 12.30pm
Retford – Lauren Medlam	Riverside Medical Centre, Riverside Walk, Retford DN22 6AA	Last Wednesday	10.30am – 12.30pm
Rushcliffe – Sue Cain	Lings Bar Hospital, The Rad Room, Gamston NG2 6PR	First Tuesday	1.30pm – 3.30pm
Stapleford – Sue Cain	Friendship & Carers Support Group, Rockwell Court, Albert Street, Stapleford NG9 8BZ	Second Tuesday	1.30pm – 3.30pm
Toton – Sue Can	Tesco Community Room, Swiney Way, Toton NG9 6QX	First Wednesday	10.00am – 12.00pm
Worksop – Lauren Medlam	The Crossing, Newcastle Street, Worksop S80 2AT	Second Wednesday	10.00am – 12.00pm
NOTTINGHAMSHIRE COUNTY – DROP IN SESSIONS			
District & Facilitator	Venue Details	Dates or Day of the Month	Time
Bassetlaw – Lauren Medlam	Bircotes Leisure Centre, White House Road, Bircotes, Doncaster DN11 8EF	9 Oct, 6 Nov, 4 Dec	10.00am – 11.00am
Newark – Zena Cameron	CARRIAGES CAFÉ, Platform 1, Newark Castle Station, Newark, NG24 1BL, opposite Waitrose	Second Thursday	9.30am – 10.30am
Toton – Sue Cain	Tesco Community Room, Swiney Way, Toton NG9 6QX	Third Wednesday	10.00am – 12.00pm

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	11.00am – 1.00pm
Bulwell	DASH – Dementia Activity & Support Hub, session aimed at people with dementia to keep active and make new friends £2 per session, carers welcome too, refreshments provided Mellish Sports Centre, Kemmel Road, off Picadilly, Bulwell NG6 9FH 07803 505 131	Third Thursday	11.00am – 1.00pm
Eastwood	Eastwood Memory Café, Plumptre Hall, Eastwood, NG16 3BS (01773 711 333)	Second Tuesday	12.30pm – 3.30pm
Gedling	Gedling Day Centre Support Group, Ernedale Lea, Howbeck Rd, Arnold NG5 8AA	Last Wednesday of every 3 rd month	1.00pm – 3.00pm
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	1.30pm – 3.30pm
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	1.30pm- 3.30pm
Mansfield	Mental Health Carers Group, St Peters Centre, Churchside, Mansfield NG18 1AP Peter Robinson 01623 512 607	Second Wednesday	2.00pm – 4.00pm
Newark	Newark MIND, The Manse, 56 London Road, Newark NG24 1TH Sarah Robinson 01636 650 228	Second Thursday	1.00pm – 2.30pm
Nottingham City	Rotary Club of Sherwood Sunrisers in conjunction with Sherwood Methodist Church Memory Café in the Garden Room for anybody with memory problems & their carers For more information ring Alan 07833 232215 or Pauline 01332 810 366	Second Wednesday	1.00pm – 3.00pm
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	12.00pm – 3.30pm 11.00am – 2.30pm