

## 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](mailto: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
Bulwell - Helen Duszynski	Mellish Sports Centre, Kemmel Road, off Piccadilly, Bulwell, Nottingham NG6 9FH	Third Thursday	11.00am – 1.00pm
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
<b>Bingham</b>	Bingham Day Centre Support Group, Moor Lane, Bingham, NG13 8AS	Last Friday of every 3 <sup>rd</sup> month	11.00am – 1.00pm
<b>Bulwell</b>	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
<b>Bulwell</b>	Well-being Group, St Mary's Church, Highbury Road, Bulwell NG6 9AD, meet new people, make new friends, build your confidence and self esteem. For more details email Fay: <a href="mailto:fay.goodhand78@gmail.com">fay.goodhand78@gmail.com</a>	Alternate Mondays	10.30am – 12.00pm
<b>Eastwood</b>	Eastwood Memory Café, Plumpton Hall, Eastwood, NG16 3BS (01773 711 333)	Second Tuesday	12.30pm – 3.30pm
<b>Gedling</b>	Gedling Day Centre Support Group, Ernedale Lea, Howbeck Rd, Arnold NG5 8AA	Last Wednesday of every 3 <sup>rd</sup> month	1.00pm – 3.00pm
<b>Hucknall</b>	Hucknall Talking Steps (walking group) Under One Roof, 3a Vine Terrace, Hucknall 0115 9636 886	Mondays & Wednesdays	Various
<b>Hucknall</b>	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
<b>Kirkby in Ashfield</b>	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
<b>Mansfield</b>	Mental Health Carers Group, St Peters Centre, Churchside, Mansfield NG18 1AP Peter Robinson 01623 512 607	Second Wednesday	2.00pm – 4.00pm
<b>Newark</b>	Newark MIND, The Manse, 56 London Road, Newark NG24 1TH Sarah Robinson 01636 650 228	Second Thursday	1.00pm – 2.30pm
<b>Nottingham City</b>	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
<b>Nottingham City</b>	Carers Council – Allies in Mental Health Support for carers, family & friends of those experiencing mental distress	Ring for details Judith Machin 0115 9179 025	
<b>Worksop</b>	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	Ring for details 01909 470 985	
<b>Worksop</b>	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