

## 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)

<b>NOTTINGHAM CITY - CARER SUPPORT GROUPS</b>			
<b>District &amp; Facilitator</b>	<b>Venue Details</b>	<b>Dates or Day of the Month</b>	<b>Time</b>
<b>Bulwell</b> - Helen Duszynski	Tesco Superstore, Community Room, Bulwell, Nottingham NG6 8EQ	First Friday	1.30pm – 3.00pm
<b>Clifton</b> - Christina Hughes	Clifton Community Centre, Southchurch Drive, Nottingham NG11 8AR	Fourth Friday	12.00pm - 2.00pm
<b>Hyson Green</b> - Jassent Powell	The Vine Community Centre, Bobbersmill Rd NG7 5GZ	23 Sept, 28 Oct, 25 Nov 2019	10.30am - 12.30pm
<b>Mapperley</b> – Noreen Yousaf	St Jude’s Church, 405 Woodborough Road, Mapperley, Nottingham NG3 5HE	17 Sept, 15 Oct, 19 Nov	10.30am – 12.30pm
<b>NOTTINGHAM CITY - DROP IN SESSIONS</b>			
<b>District &amp; Facilitator</b>	<b>Venue Details</b>	<b>Dates or Day of the Month</b>	<b>Time</b>
<b>City Hospital</b> – Hayley	Outpatients Department, North Corridor, City Hospital, Hucknall Road NG5 1PB	Second Thursday	12.00pm – 3.00pm
<b>Queens Medical Centre</b> – Jazz	QMC, B Floor, Main Entrance, turn left, room opposite Macmillan Info & Support Centre	Second Wednesday	12.00pm – 3.00pm
<b>Bulwell</b> - Helen Duszynski	Mellish Sports Centre, Kemmel Road, off Piccadilly, Bulwell, Nottingham NG6 9FH	Third Thursday	11.00am – 1.00pm
<b>St Anns</b> – Jassent Powell	ACNA Afro-Caribbean National Artistic Centre, 31 Hungerhill Road, St Anns NG3 4NB	Fourth Wednesday	12.00pm – 2.00pm
<b>Wollaton</b> – Imaan Rasheed	Wollaton Park Community Centre, Harrow Road, Wollaton, Nottingham NG8 1FG	First Wednesday	12.00pm – 2.00pm
<b>NOTTINGHAMSHIRE COUNTY – CARER SUPPORT GROUPS</b>			
<b>District &amp; Facilitator</b>	<b>Venue Details</b>	<b>Dates or Day of the Month</b>	<b>Time</b>
<b>Ashfield</b> – Linda Fox	Ashfield Health & Wellbeing Centre, Portland Street, Kirkby in Ashfield NG17 7AE	Second Monday	1.00pm – 3.00pm
<b>Beeston</b> – Kayleigh Conlon	Manor Surgery, Middle Street, Beeston NG9 1GA	Third Monday	1.00pm – 3.00pm
<b>Eastwood</b> – Janet Parkin	Friendship & Carers Support Group, Brinsley Parish Hall, Cordy Lane, Brinsley NG16 5BY	First Wednesday	1.30pm – 3.30pm
<b>Gedling</b> – Sally Charles	Gedling Road Methodist Church, Gedling Road, Carlton NG4 3EX	Second Tuesday	10.30am – 12.30pm
<b>Keyworth</b> - Hayley Wormsley	Keyworth Village Hall, Elm Avenue, Keyworth NG12 5AN	Third Thursday	10.30am – 12.30pm
<b>Mansfield</b> – Linda Fox	Friends Meeting House, Rosemary Street, Mansfield NG19 6AB	First Friday	10.00am – 12.00pm
<b>Newark</b> - Zena Cameron	CARRIAGES CAFÉ, Platform 1, Newark Castle Station, Newark, NG24 1BL, opposite Waitrose	Second Thursday	10.30am – 12.30pm
<b>Retford</b> – Lauren Medlam	Riverside Medical Centre, Riverside Walk, Retford DN22 6FB	Last Wednesday	10.30am – 12.30pm
<b>Rushcliffe</b> – Kayleigh Conlon	Lings Bar Hospital, The Rad Room, Gamston NG2 6PR	First Tuesday	1.30pm – 3.30pm
<b>Stapleford</b> – Janet Parkin	Friendship & Carers Support Group, Rockwell Court, Albert Street, Stapleford NG9 8BZ	Second Tuesday	1.30pm – 3.30pm
<b>Toton</b> – Kayleigh Conlon	Tesco Community Room, Swiney Way, Toton NG9 6QX	First Wednesday	10.00am – 12.00pm
<b>Worksop</b> – Lauren Medlam	The Crossing, Newcastle Street, Worksop S80 2AT	Second Wednesday	10.00am – 12.00pm
<b>NOTTINGHAMSHIRE COUNTY – DROP IN SESSIONS</b>			
<b>District &amp; Facilitator</b>	<b>Venue Details</b>	<b>Dates or Day of the Month</b>	<b>Time</b>
<b>Newark</b> – Zena Cameron	CARRIAGES CAFÉ, Platform 1, Newark Castle Station, Newark, NG24 1BL, opposite Waitrose	Second Thursday	9.30am – 10.30am
<b>Bassetlaw</b> - Lauren Medlam	Bassetlaw Hospital, Main Entrance, Blyth Road, Worksop, S81 0BD	Third Tuesday	10.00am – 1.00pm
<b>Toton</b> – Kayleigh Conlon	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
Beeston	Beeston Carers – Mental Health, Middle Street Resource Centre, Beeston Call Judith Machin 0115 9179 025 for further details	Second Tuesday	3.00pm – 5.30pm
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
Bulwell	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
Eastwood	Eastwood Memory Café, Plumpton 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 <sup>rd</sup> 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	Ring for details Geoff Curtis 0115 9631 916	
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	Ring for details 01909 470 985	
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