

**Hello and welcome to the Carers Federation
Carers Hub Newsletter for April 2024**

Please find details below of the support groups during April, to express your interest in a support group, book on or to request the Zoom link contact: **Tel: 0808 802 1777 / Email: carershubinfo@carersfederation.co.uk / Whatsapp: 07814 678460**

Carer Support Groups April 2024		
District	Date	Time
Asian Women Carer Support Group – NO GROUP AS BANK HOLIDAY		
Rushcliffe Carer Support Group held at Church of the Holy Rood, Village Street, Edwalton NG12 4AB <i>Guest speaker: NHS Talking Therapies</i>	Tues 2 nd April 2024	1.30pm – 3.30pm
Broxtowe Carer Support Group held at Chilwell Community Centre, Inham Road, Chilwell, NG9 4HX	Wed 3 rd April 2024	10.00am – 12.00pm
Mansfield Carer Support Group held at Friends Meeting House, 124 Rosemary Street, Mansfield NG18 1RB <i>Guest speaker: NEP Fuel Poverty / Warm Packs</i>	Fri 5 th April 2024	10.00am – 12.00pm
Bulwell Carer Support Group held at Ravensworth Road Methodist Church, Ravensworth Road, Bulwell NG6 8FN <i>Guest speaker: DHA / Benefits Advice</i>	Mon 8 th April 2024	1.00pm – 3.00pm
Ashfield Carer Support Group held at Ashfield Wellbeing Centre, Portland Street, Kirkby in Ashfield NG17 7AE <i>Guest speaker: Co-op Estate Planning</i>	Mon 8 th April 2024	1.00pm – 3.00pm
Gedling Carer Support Group – Walk in the Park, meet Gedling Country Park 10.30am, only 14 places / booking essential	Tues 9 th April 2024	10.30am – 12.30pm
Worksop Carer Support Group held at The Crossing Church, Newcastle Street, Worksop, Nottinghamshire S80 2AT <i>Guest speaker: Red Cross / Adapt & Recover</i>	Wed 10 th April 2024	10.00am – 11.30am
Newark Carer Support Group held at Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark, Notts NG24 2TN <i>Guest speaker: Age Uk Connect</i>	Thurs 11th April 2024	10.00am – 12.00pm
Carers Café , is face to face this month at Carers Federation, 21-23 Pelham Road, Carrington NG5 1AP	Thurs 18 th April 2024	1.30pm – 2.30pm
CITY Carer Support Group held at Carers Federation, 21-23 Pelham Road, Carrington, Nottm NG5 1AP <i>Guest speaker: DHA / Budgeting/Maximising Income</i>	Mon 22 nd April 2024	11.00am – 1.00pm
Retford Carer Support Group held at The Well, Hospital Road, Retford, Nottinghamshire DN22 7BD <i>Guest speaker: Age UK Connect</i>	Wed 24 th April 2024	10.00am – 11.30am
Young Adult Carer (18-25) Support Group held at Carers Federation, 21-23 Pelham Road, Carrington, Nottm NG5 1AP	Thurs 25 th April 2024	1.30pm – 3.00pm
Evening Carer Support Group via Zoom book on to receive the link	Thurs 25 th April 2024	7.30pm – 8.30pm
Clifton Carer Support Group held at Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR	Fri 26 th April 2024	12.00pm – 2.00pm

Carers Week 10th – 16th June 2024 / Putting Carers on the Map

Look out for further information in future newsletters.

Carefree Breaks

Short hotel breaks for unpaid carers, time & space to look after your own wellbeing.

Carefree is a multi-award-winning digital charity with a mission to offer every full-time unpaid carer in the UK the chance of an annual short break.

Breaks consist of 1-2 night hotel stays, plus breakfast, there is an admin fee of £33 and you are responsible for transport, food, insurance etc and you must have interim care in place for the person you look after, you can take a friend but not the person you care for.

To be eligible you must be 18+ and a full-time unpaid carer (30+ hours per week) How to register:

For more information or to request a referral to CareFree Breaks contact Carers Hub Service:

0808 802 1777 / carershubinfo@carersfederation.co.uk

Information for Carers from other providers

Disco for Adults with a Disability or Learning Disability

Every Monday (except bank holidays), 7pm – 9pm, £2.50 at The Liberal Club, 12 West Street, Hucknall NG15 7BW

Triangle of Care

Find out more about how Notts Healthcare Trust teams are supporting carers through their work on Triangle of Care: Thursday 4th April 2024, Duncan MacMillan House.

For more information contact 07713 173 708 / helen.yates@nottinghamshirecarers.co.uk

Creative Paths / Talking Memories

Are you a carer for a loved one with dementia?

Our four-week 'Talking Memories' course is specifically tailored to empower you with the essential tools to enhance communication and enrich the lives of those in your care?

Understand the impact of dementia on communication and navigate ways of overcoming challenges.

Explore the connection between memories and relationships. Learn how to use reminiscence as a powerful tool to build stronger, more meaningful bonds with your loved ones. Acquire techniques and strategies that will help you to communicate more effectively with someone experiencing dementia.

Discover the benefits of purposeful activities for individuals with dementia that can provide moments of joy and engagement.

You may be entitled to respite care to attend this course! See venues below:

The Vine Community Centre Bobbers Mill Starts 03/04/24 10.00 - 12.00

Bulwell Riverside Library Starts 04/04/24 1.00 - 3.00

Clifton Library Starts 02/05/24 1.00 - 3.00

Bilborough Community Centre Starts 04/04/24 10.00 - 12.00

St Ann's Library Starts 02/05/24 10.00 - 12.00

Contact Karyn for more information on karyn@creativepaths.org.uk /07722783467

Free CPR Training

You are invited to join a Group RevivR training session to learn CPR and how to use a defibrillator. This free 30-minute session is an opportunity for you to learn a life-saving skill.

Most of us will witness a cardiac arrest in our lifetime, and you never know when you'll need to give someone CPR. It may save the life of a family member, colleague, or friend.

Be ready for that day with Group RevivR – a quick, easy, and interactive CPR training course developed by the British Heart Foundation.

Friday 5th April 2024, 12pm, 2pm, 4pm, 6pm

Chayah Development Project, 3 Church Street, Stapleford NG9 8GA

What you need to bring:-

Your smartphone, something to prop up your phone with

To register you please email staplefordcommunitygroup@gmail.com

Please include which session you want to attend, and include a mobile number alongside your name.

Please arrive 15 minutes before the start time.

Southwell Dementia Drop In

For anyone affected by dementia, 10.30am – 1.30pm at Kings Court Community Centre, Southwell

Dates: 16th May, 6th June, 4th July, 8 August, 5th September, 3rd October.

For more information Tel: 0115 7484220 Email: contact@trentdementia.org.uk

Radford Care Group – Making Sense of Dementia – Free 7 week course

Carlton Hill Surgery, 428 Carlton Hill, Nottinghamshire NG4 1JA

Wednesday 10th April 2024 to Wednesday 22nd May – 10.30am – 12.30pm

This programme of special support sessions for carers of people with dementia will give an improved understanding of all aspects of dementia.

The free seven-week programme has experts guiding the group and also offers mutual support from other carers, refreshments and a chance to get your questions answered in a relaxed and informal setting. Help with respite care may be available (subject to suitability).

Booking is required

For more information or to reserve a place please contact us on 0115 9786133 or 07513 856647 or email sue.cain@radfordcaregroup.org.uk