

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

Please find details below of the support groups during May, 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 May 2024		
District	Date	Time
Asian Women Carer Support Group – NO GROUP AS BANK HOLIDAY		
Broxtowe Carer Support Group held at Chilwell Community Centre, Inham Road, Chilwell, NG9 4HX <i>Guest speaker: NHS Talking Therapies</i>	Wed 1 st May 2024	10.00am – 12.00pm
Mansfield Carer Support Group held at Friends Meeting House, 124 Rosemary Street, Mansfield NG18 1RB <i>Guest speaker: Alison from Carers Hub / NHS App & GP's</i>	Fri 3 rd May 2024	10.00am – 12.00pm
Rushcliffe Carer Support Group held at Church of the Holy Rood, Village Street, Edwalton NG12 4AB	Tues 7 th May 2024	1.30pm – 3.30pm
Worksop Carer Support Group held at The Crossing Church, Newcastle Street, Worksop, Nottinghamshire S80 2AT <i>Guest speaker: Co-op Estate Planning</i>	Wed 8 th May 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: Dementia Friends</i>	Thurs 9 th May 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 13 th May 2024	1.00pm – 3.00pm
Ashfield Carer Support Group held at Ashfield Wellbeing Centre, Portland Street, Kirkby in Ashfield NG17 7AE	Mon 13 th May 2024	1.00pm – 3.00pm
Gedling Carer Support Group – held at Gedling Road Methodist Church, Gedling, Nottinghamshire NG5 1AP <i>Guest speaker: Red Cross / Adapt & Recover from Adversity</i>	Tues 14 th May 2024	10.30am – 12.30pm
CITY Carer Support Group held at Carers Federation, 21-23 Pelham Road, Carrington, Nottm NG5 1AP <i>Guest speaker: DHA / Shopping & Staying Safe Online</i>	Tues 28 th May 2024 (NOTE: change of date due to bank holiday)	11.00am – 1.00pm
Retford Carer Support Group held at The Well, Hospital Road, Retford, Nottinghamshire DN22 7BD <i>Guest speaker: Co-op Estate Planning</i>	Wed 29 th May 2024	10.00am – 11.30am
Young Adult Carer (18-25) Support Group held via Zoom this month, book on to receive the link	Thurs 30 th May 2024	7.00pm – 8.00pm
Evening Carer Support Group held via Zoom, book on to receive the link	Thurs 30 th May 2024	7.00pm – 8.30pm
Clifton Carer Support Group held at Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR <i>Guest speaker: Red Cross / Adapt & Recover from Adversity</i>	Fri 31 st May 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

Carers in Hucknall Self-Help Group

Congratulations to Carers in Hucknall, they recently won an award from GHP Global Health & Pharmacy for the most inspiring online self-help support group 2024.

They meet every 1st and 3rd Tuesday of the month, 1.30pm – 3.30pm at the John Godber Centre, Ogle Street, Hucknall, NG15 7FQ. Tel: 0115 9530 746 / Website: <https://carersinhucknall.wordpress.com/>

Carers Roadshows

Dates for May 2024:

Friday 10th – Newark Marketplace

Wednesday 15th – Arnold Marketplace (tbc)

Thursday 30th – Hucknall Marketplace

More dates to follow, for more information contact Trevor Clower: 07905 740639 or Helen Yates: 01773 833 833.

Nottinghamshire MIND - Free mental health support

Supported self-help can make a positive difference to your mental health. It's a free programme that works with you, to support you to recognise and understand your emotions.

Over six weeks we'll give you information, resources and regular phone calls to help improve how you feel. • Anxiety • Anger management • Depression • Feeling alone • Grief and loss • Self-esteem • Stress • Menopause

<https://www.mind.org.uk/get-involved/supported-self-help/> / Sign up today:



Dementia & Carers Marketplace

Come and find out what help is available locally to improve the life of carers and those with dementia.

Thursday 16th May 2024, 10.00am – 2.00pm at Rushcliffe Arena NG2 7HY.

A dementia friends session will be on offer during the event. For more information contact Gwyneth Owen Tel: 07309 852 899 / Email gwyneth.owen@nhs.net

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

Nottingham City Centre Dementia Drop In

FREE drop In service for anyone affected by dementia. Drop in anytime between 10.30am and 1.30pm (3rd Wednesday of the month) for a free lunch of soup and cake, warm drinks, and a chat.

Venue: Cleaves Hall, Castle Gate, Nottingham NG1 7AS (Next to H&M, 5min walk from Old Market Square, Blue Badge parking on Stanford St.) Tel: 0115 7484220 / Email: contact@trentdementia.org.uk

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

Rushcliffe: 16th July – 27 August 2024, 10.30am – 12.30pm at Ruddington Grange Golf Course, Nottinghamshire, NG11 6NB.

Evening sessions 18th July – 29 August 2024, 6.00pm – 8.00pm at Radford Care Group, Prospect Street, Nottingham, NG7 5QE

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

Waterways Wellbeing – Let's Fish

Are you struggling with social isolation and/or loneliness impacting your mental wellbeing?

Come and join us for our Wellbeing fishing Sessions and enjoy our beautiful waterways.

Our fishing sessions are taking place along the Nottingham canal at Meadow Lane every Thursday in 4 week blocks. There will be a morning and afternoon session led by qualified instructors.

Why not try something new, no experience necessary.

For more information contact Carol Burrell

Tel: 07586 969 753 / Email: carol.burrell@canalrivertrust.org.uk

Middle Street Resource Centre

Provide a range of activities throughout the week including: wellbeing, relaxation, music, poetry, art, creative writing, walking groups. 74 Middle Street, Beeston, Nottinghamshire, NG9 2AR

For more information Tel: 0115 9252516 / Email: admin@beeston-community-resource.org /

Website: <https://msrc.org.uk/>

Jobskilla – Functional Skills in Maths & English

Learn from home at your own pace with tutor support, fully funded and free, entry level to level 2.

For more information contact: [Remote - Functional Skills, Maths & English. D2N2 Only. - Jobskilla](#)

Bassetlaw - Remembering Them - Bereaved Parents Peer Support

Have you lost a child, it doesn't matter whether your child was 6 or 60, you lost them 6 weeks or 60 years ago? Join our friendly group, meet in a safe place, share your experiences, talk about your loved one or just listen, laugh, cry, drink tea.

Venue: Retford Primary Care Centre, North Road, Retford, DN22 7XF

Dates: 13th May, 3rd June, 1st July, 5 August, 2nd September, 7th October, 4th November, 2nd December

Time: 6.00pm – 8.00pm, no need to book, just turn up.

For more information contact Annie: 07772 106 627