

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

Please find details below of the support groups during June, 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](mailto:carershubinfo@carersfederation.co.uk) / Whatsapp: 07814 678460**

<b>Carer Support Groups June 2024</b>		
<b>District</b>	<b>Date</b>	<b>Time</b>
<b>Asian Women Carer Support Group</b> held at Carers Federation, 21-23 Pelham Road, Carrington, Nottm NG5 1AP	Mon 3 <sup>rd</sup> June 2024	11.00am – 1.00pm
<b>Rushcliffe Carer Support Group</b> <b>NEW VENUE</b> : St Luke's Church, Leahurst Road, West Bridgford NG2 6GL	Tues 4 <sup>th</sup> June 2024	1.30pm – 3.30pm
<b>Broxtowe Carer Support Group</b> <b>NEW VENUE</b> : Middle Street Resource Centre, 74 Middle Street, Beeston NG 9 2AR <b>Guest speaker: Alison Hill / NHS Health Liaison Worker</b>	Wed 5 <sup>th</sup> June 2024	10.00am – 12.00pm
<b>Mansfield Carer Support Group</b> held at Friends Meeting House, 124 Rosemary Street, Mansfield NG18 1RB <b>Guest speaker: Red Cross / Adapting &amp; Overcoming Adversity</b>	Fri 7 <sup>th</sup> June 2024	10.00am – 12.00pm
<b>Bulwell Carer Support Group</b> held at Ravensworth Road Methodist Church, Ravensworth Road, Bulwell NG6 8FN <b>Guest speaker: NHS Talking Therapies</b>	Mon 10 <sup>th</sup> June 2024	1.00pm – 3.00pm
<b>Ashfield Carer Support Group</b> held at Ashfield Wellbeing Centre, Portland Street, Kirkby in Ashfield NG17 7AE <b>Guest speaker: NHS Talking Therapies</b>	Mon 10 <sup>th</sup> June 2024	1.00pm – 3.00pm
<b>Gedling Carer Support Group</b> – No group this month, carers going on a River Cruise, fully booked.	Tues 11 <sup>th</sup> June 2024	10.30am – 12.30pm
<b>Worksop Carer Support Group</b> held at The Crossing Church, Newcastle Street, Worksop, Nottinghamshire S80 2AT <b>Guest speaker: Age UK (to be confirmed)</b>	Wed 12 <sup>th</sup> June 2024	10.00am – 11.30am
<b>Newark Carer Support Group</b> held at Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark, Notts NG24 2TN	Thurs 13 <sup>th</sup> June 2024	10.00am – 12.00pm
<b>CITY Carer Support Group</b> held at Carers Federation, 21-23 Pelham Road, Carrington, Nottm NG5 1AP <b>Guest speaker: DHA (Direct Help &amp; Advice)</b>	Mon 24 <sup>th</sup> June 2024	11.00am – 1.00pm
<b>Retford Carer Support Group</b> held at The Well, Hospital Road, Retford, Nottinghamshire DN22 7BD <b>Guest speaker: NHS Talking Therapies</b>	Wed 26 <sup>th</sup> June 2024	10.00am – 11.30am
<b>Evening Carer Support Group</b> held via Zoom, book on to receive the link	Thurs 27 <sup>th</sup> June 2024	7.00pm – 8.30pm
<b>Clifton Carer Support Group</b> held at Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR <b>Guest speaker: Co-op Estate Planning</b>	Fri 28 <sup>th</sup> June 2024	12.00pm – 2.00pm

## Carers Week 10<sup>th</sup> – 16<sup>th</sup> June 2024 / Putting Carers on the Map

Carers Week Event

Date: Wednesday 12 June 2024

Time: 1.00pm – 6.00pm

Venue: Carers Federation Ltd, Christopher Cargill House, 21-23 Pelham Road, NG5 1AP.

Come and celebrate with us, information stands from services supporting Carers, Drumming Session, Head / Hand Massage, make your own healthy smoothies using peddle power on our Smoothie Bike, win a prize at Bingo or on our Tombola, food & refreshments provided.

Booking is essential for this event due to food requirements and some activities, please contact:

Tel: 0808 802 1777 / Email: [carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk) to book a place

### 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:

Tel: 0808 802 1777 / Email: [carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk)

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## 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. This is their 20th year of running.

Date: Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month

Time: 1.30pm – 3.30pm

Venue: John Godber Centre, Ogle Street, Hucknall, NG15 7FQ.

Tel: 0115 9530 746 / Website: <https://carersinhucknall.wordpress.com/>

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### NHS App – download the NHS App and take control of your healthcare (Carers in Hucknall)

Come and see James Hastings if you require 1-2-1 support to download the NHS App:

Date: 2<sup>nd</sup> Monday of the month

Time: 10.00am – 2.00pm

Venue: Torkard Hill Medical Centre

Date: 3<sup>rd</sup> Monday of the month

Time: 10.00am – 2.00pm

Venue: Oakenhall Medical Practice

Date: 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month

Time: 8.30am – 12.30pm

Venue: Whyburn Medical Practice

You will need to bring your smartphone / tablet, ID, either a passport or photo driving license

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## Carers Roadshows

Dates and venues for May / June 2024:

Thursday 30<sup>th</sup> May - Venue: Hucknall Marketplace

Thursday 6<sup>th</sup> June - Venue: Retford Marketplace

Wednesday 12<sup>th</sup> June - Venue: Sutton in Ashfield Marketplace

Friday 21<sup>st</sup> June - Venue: Middle Street Resource Centre, Beeston

More dates to follow, for more information contact:

Trevor Clower: 07905 740639 or Helen Yates: 01773 833 833

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## Dementia Drop In's – free service for anyone affected by dementia

**Southwell:** Free drop in service for anyone affected by dementia

Dates: 6<sup>th</sup> June, 4<sup>th</sup> July, 8 August, 5<sup>th</sup> September, 3<sup>rd</sup> October.

Time: 10.30am – 1.30pm

Venue: Kings Court Community Centre, Southwell.

For more information Tel: 0115 7484220 Email: [contact@trentdementia.org.uk](mailto:contact@trentdementia.org.uk)

**Nottingham City Centre.** Drop in anytime for a free lunch of soup and cake, warm drinks, and a chat.

Date: 3<sup>rd</sup> Wednesday of the month

Time: 10.30am – 1.30pm

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](mailto:contact@trentdementia.org.uk)

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## Share your experience of Dementia Care

Take part in a 10 minute Survey, scan the QR code below:



## Marie Curie Companion Service

Marie Curie now has a home companion service in Nottinghamshire supporting people with a terminal illness, their family and carers. The service is free of charge and provides practical and emotional support for people with a terminal diagnosis, whatever the condition. Our service runs across the whole of Nottinghamshire and self-referrals are accepted into the service as well as referrals from professionals.

Contact Marie Curie: Tel: 0800 304 7405 / Email: [companionsmidlands@mariecurie.org.uk](mailto:companionsmidlands@mariecurie.org.uk)

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

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

**Rushcliffe:**

Date: 16<sup>th</sup> July – 27 August 2024

Time: 10.30am – 12.30pm

Venue: Ruddington Grange Golf Course, Nottinghamshire, NG11 6NB.

## **Evening sessions:**

Date: 18<sup>th</sup> July – 29 August 2024

Time: 6.00pm – 8.00pm

Venue: Radford Care Group, Prospect Street, Nottingham, NG7 5QE

## **Booking is required**

For more information or to reserve a place please contact us on Tel: 0115 9786133 or 07513 856647 or

Email [sue.cain@radfordcaregroup.org.uk](mailto:sue.cain@radfordcaregroup.org.uk)

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## **Inspire and Gedling Borough Council are offering free courses in Gedling:**

**Using Your Smartphone** June 5<sup>th</sup> – 19<sup>th</sup> (Calverton) <https://www.inspireculture.org.uk/skills-learning/community-learning/applying-digital-skills-using-your-smartphone-the-core-centre-adult-learning/>

**Using Your Smartphone** June 5<sup>th</sup> – 19<sup>th</sup> (Daybrook) <https://www.inspireculture.org.uk/skills-learning/community-learning/applying-digital-skills-using-your-smartphone-daybrook-baptist-church-adult-learning/>

**Powerpoint for Beginners part 1** June 7<sup>th</sup> (Arnold) <https://www.inspireculture.org.uk/skills-learning/community-learning/powerpoint-for-beginners-part-1-arnold-library-adult-learning/>

**Online Shopping for Beginners** June 7<sup>th</sup> (Arnold) <https://www.inspireculture.org.uk/skills-learning/community-learning/online-shopping-for-beginners-arnold-library-adult-learning/>

**Word processing for Beginners part 2** June 14<sup>th</sup> to July 5<sup>th</sup> (Arnold)  
<https://www.inspireculture.org.uk/skills-learning/community-learning/word-processing-for-beginners-part-2-arnold-library-adult-learning/>

**Social Media for Beginners (Instagram)** June 14<sup>th</sup> (Arnold) <https://www.inspireculture.org.uk/skills-learning/community-learning/social-media-for-beginners-instagram-arnold-library-adult-learning-1/>

**Social Media for Beginners (Picture boards)** June 21<sup>st</sup> (Arnold) <https://www.inspireculture.org.uk/skills-learning/community-learning/social-media-for-beginners-pinterest-picture-boards-arnold-library-adult-learning-1/>

**Design & Print Greeting Cards on a Computer** July 5<sup>th</sup> to 12<sup>th</sup> (Arnold)  
<https://www.inspireculture.org.uk/skills-learning/community-learning/design-and-print-greeting-cards-arnold-library-adult-learning1/>

**Excel for Beginners part 2** July 12<sup>th</sup> to 26<sup>th</sup> (Arnold) <https://www.inspireculture.org.uk/skills-learning/community-learning/excel-for-beginners-part-2-arnold-library-adult-learning/>

**Online Banking for Beginners** July 19<sup>th</sup> (Arnold) <https://www.inspireculture.org.uk/skills-learning/community-learning/online-banking-for-beginners-arnold-library-adult-learning/>

### ***A pick of Inspire's other free courses:***

**Watercolour Art** June 26<sup>th</sup> to July 3<sup>rd</sup> (Daybrook) <https://www.inspireculture.org.uk/skills-learning/community-learning/watercolour-art-with-maths/>

**ESOL (Online)** June 13<sup>th</sup> to July 18<sup>th</sup> <https://www.inspireculture.org.uk/skills-learning/community-learning/esol-everyday-english-online-course-adult-learning-0930-1230/>

**Inspire can, and does, also deliver free courses to closed groups in Gedling. Please email [john.smith@inspireculture.org.uk](mailto:john.smith@inspireculture.org.uk) for more information.**

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## **NHS Healthcare / Carers Time to Talk**

Highbury Carers Support Group

Date: Last Tuesday of the month

Time: 6.30pm – 7.30pm

Venue: Highbury Hospital, Highbury Vale, Nottingham NG6 9DR, arrive at the main entrance

- Opportunities to understand what we're doing well and what needs to change by hearing your experiences, in your own words
- Being understood and listened to
- Make a difference by sharing your feedback
- Talk about the quality of care received

- Allowing you to communicate with the teams
- An opportunity for an informal and general chat
- Sharing general information
- Network with other carers and staff

For more information contact via email: Scott Pomberth: [scottpomberth@nottshc.nhs.uk](mailto:scottpomberth@nottshc.nhs.uk) /  
Patrick Crolla [Patrick.Crolla@nottshc.nhs.uk](mailto:Patrick.Crolla@nottshc.nhs.uk) / Natalie Waltham [natalie.waltham@nottshc.nhs.uk](mailto:natalie.waltham@nottshc.nhs.uk)

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### **NHS NOTTINGHAM CITY EAST COMMUNITY HUBS 2025**

Come along to a Community Hub: providing patients with modern and convenient access to healthcare & community organisations:

#### **SNEINTON CIC**

Dates: 24<sup>th</sup> June and 15<sup>th</sup> July

Time: 13:00 – 16:00

Venue: Sneinton CIC, 50 Edale Road, Sneinton, NG2 4HT

#### **CHERRY LODGE KING EDWARD PARK**

Dates: 30<sup>th</sup> May, 4<sup>th</sup> July and 25<sup>th</sup> July

Time: 13:00 – 16:00

Venue: Cherry Lodge, King Edward Park, Carlton Road, Carlton, NG3 2AS

#### **THE CHASE NEIGHBOURHOOD CENTRE**

Dates: 4<sup>th</sup> June, 9<sup>th</sup> July and 30<sup>th</sup> July

Time: 10:00 – 13:00

Venue: The Chase Neighbourhood Centre, Robin Hood Chase, St Anns, NG3 4EZ

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*Please accept our apologies if you are no longer a carer, if you would like us to update our records and remove your details from the mailing list please get in touch:*

*Tel: 0808 802 1777 / Email: [carershubin@carersfederation.co.uk](mailto:carershubin@carersfederation.co.uk)*