

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

Please find details below of the support groups during July, 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 July 2024		
District	Date	Time
Asian Women Carer Support Group held at Carers Federation, 21-23 Pelham Road, Carrington, Nottm NG5 1AP Eid Celebration	Tues 2nd July 2024	11.00am – 1.00pm
Rushcliffe Carer Support Group NEW VENUE : St Luke's Church, Leahurst Road, West Bridgford NG2 6GL Walk around the park (weather permitting)	Tues 2 nd July 2024	1.30pm – 3.30pm
Broxtowe Carer Support Group NEW VENUE : Middle Street Resource Centre, 74 Middle Street, Beeston NG 9 2AR Guest speaker: Alzheimer's Society / Dementia Advisor	Wed 3 rd July 2024	10.00am – 12.00pm
Mansfield Carer Support Group held at Friends Meeting House, 124 Rosemary Street, Mansfield NG18 1RB Walk around the park (weather permitting)	Fri 5 th July 2024	10.00am – 12.00pm
Bulwell Carer Support Group held at Ravensworth Road Methodist Church, Ravensworth Road, Bulwell NG6 8FN Guest speaker: Groundwork Nottingham / Green Doctor	Mon 8 th July 2024	1.00pm – 3.00pm
Ashfield Carer Support Group held at Ashfield Wellbeing Centre, Portland Street, Kirkby in Ashfield NG17 7AE Guest speaker: Dementia Friends	Mon 8 th July 2024	1.00pm – 3.00pm
Gedling Carer Support Group – held at Gedling Methodist Church, Gedling Road, Nottinghamshire NG4 3EX Guest speaker: Ark Community Centre / Benefits Advice	Tues 9 th July 2024	10.30am – 12.30pm
Worksop Carer Support Group held at The Crossing Church, Newcastle Street, Worksop, Nottinghamshire S80 2AT Guest speaker: NHS Talking Therapies	Wed 10 th July 2024	10.00am – 11.30am
Newark Carer Support Group held at Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark, Notts NG24 2TN Guest speaker: Co-op Estate Planning	Thurs 11 th July 2024	10.00am – 12.00pm
CITY Carer Support Group held at Carers Federation, 21-23 Pelham Road, Carrington, Nottm NG5 1AP Guest speaker: DHA - Direct Help & Advice	Mon 22 nd July 2024	11.00am – 1.00pm
Evening Carer Support Group held via Zoom, book on to receive the link	Thurs 25 th July 2024	7.00pm – 8.30pm
Clifton Carer Support Group held at Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR Guest speaker: NHS Talking Therapies	Fri 26 th July 2024	12.00pm – 2.00pm
Retford Carer Support Group held at The Well, Hospital Road, Retford, Nottinghamshire DN22 7BD Guest speaker: Dementia Friends	Wed 31 st July 2024	10.00am – 11.30am

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

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 1st and 3rd 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/>

Groundwork Nottingham / Free Green Skills in Nottingham

Learn green skills and be part of an exciting new community project!

Local charity Groundwork Five Counties helps Nottingham adults (19+) who are out of work, through our Green Skills programme.

The Little Walled Garden in Bilborough is an allotment space that we want to transform into a community hub, offering activities for people of all ages, abilities, and backgrounds.

You will receive support on a 1-2-1 basis and in group sessions to help you learn new skills and work together on something wonderful for the whole community to enjoy.

Time required: 2 days Courses take place every week on Tuesdays and Fridays

Location: The Little Walled Garden, St Martin's Road Bilborough, NG8 3AR

GREEN SKILLS SCAN THE QR CODE TO FIND OUT MORE OR TO SIGN UP FREE IN NOTTINGHAM



Or contact us:

Tel: 0115 9788212 / Email: environment@groundworknottingham.org.uk Website:

www.groundwork.org.uk/green-skills-nottingham

Carers Roadshows

Dates and venues for July 2024, all 10am – 2pm:

Friday 12th July - Venue: Kirkby in Ashfield Marketplace, NG17 1BE

Tuesday 16th July - Venue: Stapleford Care Centre, NG9 8GA

Wednesday 24th July - Venue: Riverside Surgery, Bulwell, NG6 8QJ

More dates to follow, for more information contact:

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

Rushcliffe Primary Care Network

The Social Prescribing Team have compiled excellent health and wellbeing resources in the form of Directories, including one for carers and also for people living with dementia. These have information for local services, click on the link below:

[Health Directories | RushcliffeHealth](#)

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

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: 16th July – 27 August 2024

Time: 10.30am – 12.30pm

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

Evening sessions:

Date: 18th 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

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 /

Patrick Crolla Patrick.Crolla@nottshc.nhs.uk / Natalie Waltham natalie.waltham@nottshc.nhs.uk

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: 15th July

Time: 13:00 – 16:00

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

CHERRY LODGE KING EDWARD PARK

Dates: 4th July and 25th July

Time: 13:00 – 16:00

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

THE CHASE NEIGHBOURHOOD CENTRE

Dates: 9th July and 30th July

Time: 10:00 – 13:00

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

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 and close your file please get in touch:

Tel: 0808 802 1777 / Email: carershubinfo@carersfederation.co.uk