



NOTTINGHAM CITY & NOTTINGHAMSHIRE - CARER SUPPORT GROUPS & DROP-IN SESSIONS
 For more information contact the Carers Hub on 0115 8248 824 or hub@carerstrustem.org

DISTRICT	ADDRESS	GROUPS		DROP INS	
		Day of the Month	Time	Day of the Month	Time
CITY - BULWELL Helen Duszynski	BULWELL CARERS SUPPORT GROUP, Tesco Superstore, Community Room, Bulwell, Nottingham, NG6 8EQ NOTE: No group in January	1st Friday	1.30-3.30		
CITY - CLIFTON Christina Hughes	CLIFTON CARERS SUPPORT GROUP, Clifton Community Centre, Southchurch Drive, Nottm NG11 8AR	4th Friday	12.00-2.00		
CITY - HYSON GREEN Jassent Powell	HYSON GREEN CARERS SUPPORT GROUP, The Vine Community Centre, Bobbersmill Rd, Nottm NG7 5GZ NOTE: No support group in December	4th Monday	10.30-12.30		
GEDLING Yvonne Gregory	GEDLING CARERS SUPPORT GROUP, Gedling Road Methodist Church, Gedling Road, Carlton, NG4 3EX	2 nd Tuesday	10.30-12.30		
MANSFIELD Linda Fox	MANSFIELD CARERS SUPPORT GROUP, Friends Meeting House, Rosemary Street, Mansfield, Notts NG19 6AB	1st Friday	10am-12pm		
BROXTOWE Sue Cain	EASTWOOD & DISTRICT CARERS SUPPORT GROUP, Eastwood Volunteer Centre, Wellington Place, NG16 3GB	1 st Wednesday	1.30 - 3.30		
RUSHCLIFFE Sue Cain	RUSHCLIFFE CARERS SUPPORT GROUP, The Rad Room, Lings Bar Hospital, Gamston, NG2 6PR	1 st Tuesday	1.30 - 3.30		
CITY - NOTTINGHAM Helen Duszynski	NOTTINGHAM CITY EVENING CARERS DROP IN , NCVS Nottingham Community Voluntary Service, The Willows Room, 7 Mansfield Road, Nottm NG1 3FB			Thurs 9 Nov Thurs 14 Dec Thurs 18 Jan	5.30pm - 7.30pm
CITY - SHERWOOD Helen Duszynski	SHERWOOD CARERS DROP IN, Edwards Lane Community Centre, Alderton Road, Nottm NG5 6DX			Mon 4 Dec	10am-12pm
CITY - LENTON ABBEY Zobia Munir	LENTON ABBEY CARERS DROP IN, Sheila Roper Community Centre, Tenants Hall Close, off Baslow Drive, Lenton Abbey, Nottm NG9 2RW			Tues 21 Nov Tues 19 Dec	9.30am - 10.30am
CITY - WOLLATON Zobia Munir	WOLLATON CARERS DROP IN, Wollaton Community Centre, Harrow Road, Wollaton Nottm NG8 1FG			Wed 13 Dec	10am-1pm
CITY - CARRINGTON Jassent Powell	CARRINGTON BAME CARERS DROP IN, The Indian Community Centre, Hucknall Road, Nottm NG5 1QZ			4th Wednesday	12.00pm-2pm
CITY - ST ANNS Noreen Yousaf	ST ANNS DROP IN, St Anns Valley Centre, 2 Livingstone Road, St Anns, Nottm, NG3 3GG			Wed 29 Nov	10am-12pm
CITY - MEADOWS Christina Hughes	MEADOWS DROP IN, Meadows Health Centre, 1 Bridgway Centre, Meadows, Nottingham, NG2 2JG			Thurs 14 Dec Thurs 15 Feb	10am-12pm
CITY - SNEINTON Noreen Yousaf	SNEINTON DROP IN, Greenwood & Sneinton Family Medical Practice, 249 Sneinton Dale, Nottingham, NG3 5DQ			Wed 6 Dec	1.00pm - 3.00pm
Support Groups held by other services					
NOTTS HEALTHCARE TRUST Jude 0115 9560 841 07500 993 479	Supporting carers, family & friends who's loved ones receive support from Adult Mental Health Services and lives' in the Nottingham City area. Group held at The Involvement Centre, Duncan Macmillan House	Last Friday	10.00am - 12.00pm		