



# Carer Groups and Drop-in Sessions

## Introduction

Nottinghamshire Carers Hub offers a range of services to carers and their families across the county of Nottinghamshire. The service is funded by Nottinghamshire County Council and the local Clinical Commissioning groups.

We facilitate a range of support groups and 'drop in' sessions for carers across Nottinghamshire. In addition we work with partners who also coordinate groups that are accessible to carers.

We host a regular meeting for carers where a range of activities, speakers and a listening ear are available. We consult the members of the group to help put together a programme of events.

Please see the details of current groups, location and frequency. If you would like further information please contact us on: [hub@carerstruem.org](mailto:hub@carerstruem.org) or 0115 8248824.

We welcome new members and also partner organisations who may want to work together in the provision of support groups for carers and their families.

**Carers' Council – Allies in Adult Mental Health** is a charity offering support across Nottinghamshire including the City, to family, friends and carers of those experiencing mental distress. We provide someone to talk to about their experiences, information, advice, links with local mental health carers' groups, monthly committee meetings open to all members, quarterly Open Meetings with speakers and social activities, quarterly newsletter with topical information and details of forthcoming events and outings. We engage with the statutory services, especially Notts NHS Healthcare Trust, to provide advice and suggestions from carers' perspective, and contribute to staff training. To find out more or for support contact Judith on 0115 9179025 or email [judith.machin@ntlworld.com](mailto:judith.machin@ntlworld.com)

### **North Nottinghamshire**

#### **The Aurora Wellbeing Centre Worksop 01909 470985**

Offer services for people with a diagnosis of cancer or long term conditions. Provides advice information and support. Drop in support group Macmillan information hub.

Gentle gym sessions Pilates and Yoga.

Beauty and Holistic treatments.

Cancer patients are entitled to 6 free treatments.

Carers are entitled to 2 free treatments.

Support group 1<sup>st</sup> and 3<sup>rd</sup> Friday of the month

### **For Carers in Bassetlaw**

#### **Retford Carer Support Group**

Riverside Medical Centre, Riverside Walk, Retford, Nottinghamshire DN22 6AA

Last Wednesday of every month, 10.30am – 12.30pm

To find out more information please ring our Helpdesk number on: 0115

8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Workshop Carer Support Group**

The Aurora Centre, Memorial Avenue, Worksop, Nottinghamshire, S80 2BP.  
Second Wednesday of every month, 10am until 12pm.

To find out more information please ring our Helpdesk number on: 0115 8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Carers 1-2-1 Drop-in session, Bassetlaw Hospital**

Bassetlaw Hospital, Mental Health Department, Worksop, Nottinghamshire.  
S81 0BD.

First Tuesday of every month, 1pm - 2pm.

To find out more information please ring our Helpdesk number on: 0115 8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Forget me Notts, Bev Pottinger 01777870341 or 07515278727 Michelle White 07977 462519**

Lunch, Social and crafts £5 per session.

Tuxford 12pm-3.30pm Tuesday and Friday's Retford 11am-2.30pm  
Wednesdays. Bassetlaw Royal Voluntary Services - RVS

### **Mid Nottinghamshire**

#### **For Carers in Mansfield**

Friends Meeting House, Rosemary Street, Mansfield,  
Nottinghamshire, NG19 6AB.

First Friday of every month, 10am – 12pm.

To find out more information please ring our Helpdesk number on: 0115 8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **For Carers in Ashfield - Carer Support Group and Drop-in session**

Ashfield Health and Wellbeing Centre, Portland Street, Kirkby-in-Ashfield  
Nottinghamshire NG17 7AE

Carers 1-2-1 drop in session, second Monday of every month, 12noon until 1pm.

Carer Support Group, second Monday of every month, 1pm until 3pm.

To find out more information please ring our Helpdesk number on: 0115 8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **For Carers in Mansfield & Ashfield**

Second Wednesday of every month from 2pm -4pm

**Venue:** St Peters Centre, Churchside, Mansfield, Nottinghamshire, NG18 1AP. The group offers carers of people with mental health issues a supportive environment for discussion and sharing of experiences in a relaxed and friendly way, and your confidences are respected. For more information please ring Peter Robinson on 01623 512607 or email: [peter.robinson@ntlworld.com](mailto:peter.robinson@ntlworld.com)

### **For Carers in Newark and Sherwood**

#### **Nottinghamshire Carers Hub Support Group in Newark**

Newark & Sherwood CVS, 67 Northgate, Newark, Nottinghamshire.  
NG24 1HD

Second Thursday of every month, 10.30am until 12.30pm.

To find out more information please ring our Helpdesk number on: 0115 8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

#### **Newark Carer Support Group (est. 2011)**

Newark MIND, The Manse, 56 London Road, Newark, Nottinghamshire. NG24 1TH.

Third Tuesday of every month, 1.00pm - 2.30pm.

A carer support group in the Newark & Sherwood area, for carers of family members and friends suffering from mental health related illness.

Website: [www.newarkcarersupportgroup.org.uk](http://www.newarkcarersupportgroup.org.uk)

Founder/Chair: Sarah Robinson - [sarah.robinson30@btinternet.com](mailto:sarah.robinson30@btinternet.com)

Telephone Number: 01636 650228

## **Newark Patriotic Fund**

The drop in centre is a place where anyone that is having any problems due to the fact of any sort of crisis that has arisen from duty to the Crown. This isn't only for veterans but for families as well of serving men and women that are a having a hard time adjusting to their loved ones being away or problems that may have raised due to their duty.

Drop in's are held every Monday at the Newark Bowls Club, The Green, London Road, NG24 1TS (It is behind Iceland down the access drive to the left) Between 10.00am and 12.00pm.

For more information contact: Maureen Haley-Mcdonald, Fund Coordinator, Mobile: 07860 942904 or email: [coordinator@newarkpatrioticfund.co.uk](mailto:coordinator@newarkpatrioticfund.co.uk)

Website: <http://newarkpatrioticfund.co.uk/what-we-do/drop-in-centre>

## **Forget me Not Dementia Support Group**

A Self Help and Support Group for people with memory problems, their family and friends. Meet 3rd Monday of the month 1.30pm – 3.30pm. Kirkby Trinity Centre, Point Diamond Avenue, Kirkby in Ashfield, Nottinghamshire. NG17 7GN.

For more info 07763 519196 or [forget-me-not.support@hotmail.co.uk](mailto:forget-me-not.support@hotmail.co.uk)

## **Hucknall Taking Steps**

A friendly walking group who have regular led walks around the Hucknall area starting and ending at Under One Roof 3a Vine Terrace Hucknall. Monday morning walk 10.00am, 11.00am for not so able walkers. Wednesday morning walks 10.00am to 12.00pm slightly 'wilder' walks. All walks are free but small charge for tea coffee when back at Vine Terrace.

For more information contact Chairperson on 0115 963 6886.

## **For Carers in Hucknall – A self-help group run by and for carers**

The Meeting Room, Hucknall Library.

First and third Tuesday of the month, 1:30pm - 3.30pm

For more information please ring Jim on 0115 9530 746 or email:

[carersinhucknall@yahoo.co.uk](mailto:carersinhucknall@yahoo.co.uk)

[www.carersinhucknall2.btck.co.uk](http://www.carersinhucknall2.btck.co.uk)

## **South Nottinghamshire**

### **For Carers in Gedling**

Gedling Road Methodist Church, Gedling Road, Carlton, Nottinghamshire,  
NG4 3EX

Second Tuesday of every month, 10:30am - 12:30pm

For more information please ring our Helpdesk number on: **0115  
8248824** or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Gedling Day Centre Support Group**

Ernehale Lea (behind Tesco), Howbeck Road, Arnold, Nottinghamshire, NG5  
8AA

Next support group: Wednesday, 26<sup>th</sup> October 2016, 1pm – 3pm.  
Future dates tbc.

For more information please ring our Helpdesk number on: **0115  
8248824** or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Carers 1-2-1 Drop-in Sessions, Gedling**

10am – 12pm

17th August – Arnold Library

21st September – The Core in Calverton

19th October – Arnold Library

To find out more information please ring our Helpdesk number on: **0115  
8248824** or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

## **For Carers in Broxtowe**

### **Eastwood & District Carers Support Group**

Eastwood Volunteer Centre, Wellington Place, Eastwood, Nottinghamshire.  
NG16 3GB

First Wednesday of every month, 1.30pm - 3.30pm

For more information please ring our Helpdesk number on: **0115 8248824**  
or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Stapleford Carers Support Group**

Rockwell Court, Albert Street, Stapleford, Nottinghamshire, NG9 8BZ.

Second Tuesday of every month, 1.30pm – 3.30pm

For more information please ring our Helpdesk number on: 0115

8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Toton Carers Support Group**

Tesco Community Room, Swiney Way, Toton, Nottinghamshire, NG9 6QX.

First Wednesday of every month, 10am – 12pm.

For more information please ring our Helpdesk number on: 0115

8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Carers 1-2-1 Drop-in Session, Toton**

Tesco Community Room, Swiney Way, Toton, Nottinghamshire, NG9 6QX.

Third Wednesday of every month, 10am – 12pm.

For more information please ring our Helpdesk number on: 0115

8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **For Carers in Rushcliffe Borough**

The Rad Room, Lings Bar Hospital, Becksides, Gamston, Nottinghamshire, NG2 6PR.

First Tuesday of every month, 1.30pm - 3.30pm.

For more information please ring our Helpdesk number on: 0115

8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

### **Bingham Day Centre Support Group**

Moor Lane, Bingham, Nottinghamshire, NG13 8AS

Next support group: Friday, 21<sup>st</sup> October 2016, 11am – 1pm, future dates tbc.

For more information please ring our Helpdesk number on: 0115

8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

## **Cotgrave Carers Support Group**

Cotgrave Futures Community Centre, Candleby Lane, Cotgrave,  
Nottinghamshire. NG12 3JG

Third Tuesday of every month, 10.30am – 12.30pm.

For more information please ring our Helpdesk number on: 0115  
8248824 or email [hub@carerstrustem.org](mailto:hub@carerstrustem.org)