



**Nottinghamshire Carers Hub – Virtual City and County Support Groups & Drop In Sessions**  
 Carers are welcome to attend any Virtual support group. We use a variety of online mediums, for details contact Carers Hub on

0115 8248 824 or [hub@carerstrustem.org](mailto:hub@carerstrustem.org)

**NOTTINGHAM CITY – CARER SUPPORT GROUPS**

District & Facilitator	Dates or Day of the Month	Time
Bulwell & Clifton – Rebecca Robbins & Christina Hughes	First Friday	10.30am
Hyson Green & Mapperley – Jassent Powell & Noreen Yousaf	Third Monday	10.30am

**NOTTINGHAM COUNTY – CARER SUPPORT GROUPS**

District & Facilitator	Dates or Day of the Month	Time
Mansfield, Ashfield & Gedling – Linda Fox, Fatima Colubali & Sally Charles	First Wednesday	10.00am
Retford, Worksop & Newark – Lauren Medlam & Denise Roberts	Second Tuesday	10.00am
Broxtowe, Rushcliffe & Keyworth – Hayley Wormsley & Kayleigh Conlon	Third Thursday	1.30pm

**COMBINED VIRTUAL GROUPS – CARER SUPPORT GROUPS**

District & Facilitator	Dates or Day of the Month	Time
Nottingham City & County – Various Support Workers	Fourth Wednesday	10.30am
Asian Women Support Group – Imaan Rasheed & Noreen Yousaf	First Tuesday	2.00pm

**NOTTINGHAM CITY & COUNTY – VIRTUAL FACE TO FACE DROP IN'S**

District & Facilitator	Dates or Day of the Month	Time
Nottingham City & County – Fatima Colubali & Catherine Shaw	Monday – Friday	9am – 5pm, times to suit you

**NOTTINGHAM CITY & COUNTY – LATE VIRTUAL/TELEPHONE SUPPORT**

District & Facilitator	Dates or Day of the Month	Time
Nottingham City & County – Various Support Workers	Variable days, Monday - Friday	Between 5pm – 7pm

**All Support Groups and Drop In's are hosted virtually through a variety of Online Mediums**