

### CARER SUPPORT GROUPS

District	Date	Time
<b>Broxtowe Carer Support Group</b> Held at Chilwell Community Centre, Inham Road, Chilwell, NG9 4HX	Every 1st Wednesday of the month	10.00am - 12.00pm
<b>Mansfield Carer Support Group</b> held at Friends Meeting House, 124 Rosemary Street, Mansfield, NG18 1RB	Every 1st Friday of the Month	10.00am - 12.00pm
<b>Asian Women Support Group with Noreen</b> held at Carers Federation, Christopher Cargill House, 21 - 23 Pelham Rd, NG5 1AP	Every 1st Monday of the Month	11.00am - 1.00pm
<b>Rushcliffe Carer Support Group</b> held at Church of the Holy Rood, Village Street, Edwalton, NG12 4AB	Every 1st Tuesday of the month	1.30pm - 3.30pm
<b>Worksop Carer Support Group</b> held at The Crossing Church, Newcastle Street, Worksop, S80 2AT	Every 2nd Wednesday of the Month	10.00am - 11.30am
<b>Newark Carer Support Group</b> held at Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark, NG24 2TN	Every 2nd Thursday of the Month	10.00am - 12.00pm
<b>Bulwell Carer Support Group</b> held at Ravensworth Road Methodist Church, Ravensworth Road, Bulwell, NG6 8FN	Every 2nd Monday of the Month	1.00pm - 3.00pm
<b>Ashfield Carer Support Group</b> held at Ashfield Wellbeing Centre, Portland Street, Kirkby in Ashfield, NG17 7AE	Every 2nd Monday of the Month	1.00pm - 3.00pm
<b>Gedling Carer Support Group</b> held at Gedling Road Methodist Church, Gedling, NG4 3EX	Every 2nd Tuesday of the Month	10.30am - 12.30pm
<b>Bakersfield Carer Support Group</b> held at Bakersfield & Neighbourhood Community Centre, 312 Sneinton Dale, Nottingham, NG3 7DN	Every 3rd Tuesday of the Month	1.00pm - 3.00pm
<b>Carers Café - all Carers welcome</b> Via Zoom - book on to receive the link	Every 3rd Thursday of the Month	1.30pm - 2.30pm
<b>Clifton Carer Support Group with Christina</b> held at Clifton Community Centre, Southchurch Drive, Clifton, NG11 8AR	Every last Friday of the Month	12.00pm - 2.00pm
<b>CITY Carer Support Group</b> held at Carers Federation, Christopher Cargill House, 21 - 23 Pelham Rd, NG5 1AP	Every 4th Monday of the Month	11.00am - 1.00pm
<b>Retford Carer Support Group</b> held at the Well, Hospital Road, Retford DN22 7BD	Every last Wednesday of the Month	10.00am - 11.30pm
<b>Working Carer Support Group</b> Via Zoom, book on to receive the link	Every other month - on the 3rd Tuesday	7.00pm - 8.00pm
<b>Parent Carer Support Group</b> via Zoom, book to receive the link	Every last Thursday of the Month	7.30 pm - 8.30-pm