

# Tu Vida

Supporting your life  
in the East Midlands

## Nottinghamshire Carers Hub

Free support and information for  
carers across Nottinghamshire



TuVida is a not-for-profit organisation.  
Charity registration number 1051649.



### Are you a carer?

If you are supporting a friend or relative who fits at least one of the following descriptions, then you are a carer. They:

- Are elderly and frail
- Are physically disabled
- Have a learning disability
- Have mental health issues
- Have a history of substance misuse
- Have a serious health condition

### Helping you navigate the world of care

At TuVida, we know that each person and family face their own journey. We aim to work with people to understand what will make their lives better.

Through our **carers hubs** we provide information, advice, guidance and support to unpaid carers.

We also host events and activities where you can meet other carers, take a break, and/or learn new skills.

### Our services include:

- Information, advice and guidance
- Signposting to other organisations
- Emotional support
- Access to carer support groups
- Free access to local leisure, health and wellbeing facilities
- Access to carer breaks
- Assistance to access counselling services
- Free training and caring support
- Access to carer assessments
- Access to carer grants
- Peer support

Our services may be delivered via telephone, online or in person.

### About us

TuVida is a not-for-profit organisation, meaning that we invest any surpluses back into our services.

We have over 30 years' experience in the care sector. You may have previously known us as a network partner of Crossroads Care, Carers Trust and/or Princess Royal Trust for Carers. Today, we operate as **TuVida**.

We are registered with the Care Quality Commission (CQC) – the independent regulator of health and social care in England.

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**TuVida is a Carers Trust Network Partner.**  
We are formerly known as Carers Trust East Midlands.



#### Local office

19 Pelham Road, Sherwood, Nottingham, NG5 1AP.



0115 824 8824  
(9am-5pm, Monday-Friday)



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Follow us @tuvidasupport

[www.tuvida.org](http://www.tuvida.org)

If you require this information in a different format, please let us know.

**Charity registration number 1051649.**  
East Midlands Crossroads – Caring for Carers is a company limited by guarantee registered in England and Wales, registration number 3128681.

#### Registered office

19 Pelham Road, Sherwood, Nottingham, NG5 1AP.

[tuvida.org](http://tuvida.org)