

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

[View this email in your browser](#)



## Hello and welcome to the Carers Federation Carers Hub Newsletter for May 2025

Please find support group details below for May 2025. If you wish to book on for face to face or virtual events please contact us. See details below:

**Tel: 0808 802 1777**

**Email: [carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk)**

**WhatsApp or Text: 07814 678460**

[Visit the Carers Hub website](#)

or scan the QR code below



**Follow us on social media** to keep up to date with the latest news and events for carers in Nottingham and Nottinghamshire

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

# Carers Week 2025!

## Save the date!



The theme for Carers Week this year is: “Caring about Equality highlighting the inequalities faced by unpaid carers, including a greater risk of poverty, social isolation, poor mental and physical health.”

Please save the date and join Carers Federation for a **special celebration of Carers Week 2025 on the 11th June.**

## Activities in your area

(ordered by date)

### District

### Date/Time

**Mansfield Carer Support Group with Aliya** held at Friends Meeting House,  
124 Rosemary Street, Mansfield NG18  
1RB

Friday 2nd May  
10am - 12pm

*Guest speaker: Notts Fire & Rescue - CHARLIE*

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

**Rushcliffe Carer Support Group with Husna** St Luke's Church, Leahurst Road, West Bridgford NG2 6GL  
*Guest speaker: British Red Cross First Aid Training*

Tuesday 6th May  
**1.30pm – 3.30pm**

**Broxtowe Carer Support Group with Natalie** held at Middle Street Resource Centre, 74 Middle Street, Beeston NG 9 2AR  
*Guest speaker: Specsavers – Home eye tests*

Wednesday 7th May  
**10am - 12pm**

**Newark Carer Support Group Noreen** held at Newark Beacon Centre, Gresham Suite, Cafferata Way, Newark, Notts NG24 2TN  
*Guest speaker: Community Dental Service*

Thursday 8th May  
**10am-12pm**

**Bulwell Carer Support Group with Ella** held at Ravensworth Road Methodist Church, Ravensworth Road, Bulwell NG6 8FN  
*Guest speaker: Notts Fire & Rescue*

Monday 12th May  
**1pm - 3pm**

**Ashfield Carer Support Group with Imaan** held at Ashfield Wellbeing Centre, Portland Street, Kirkby in Ashfield NG17 7AE  
*Group chat & cake*

Monday 12th May  
**1pm - 3pm**

**Gedling Carer Support Group with Sally** held at Gedling Road Methodist Church, Gedling NG4 3EX

Tuesday 13th May  
**10.30am - 12:30pm**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

**Workshop Carer Support Group with Helene** held at The Crossing Church, Newcastle Street, Worksop, Nottinghamshire S80 2AT  
*Guest speaker: Green Doctor*

Wednesday 14th May  
**10am - 11:30am**

**Asian Women Carer Support Group with Noreen** held at Carers Federation, 21-23 Pelham Road, Carrington, Nottingham NG5 1AP  
*Guest Speaker: Bina Menz – Estate Planning (tbc)*

Tuesday 20th May  
**11am-1pm**

**Parent Carer Support Group with Helene** held via Zoom, book on to receive the link

Wednesday 21st May  
**7pm-8pm**

**City Carer Support Group with Imman** held at Carers Federation Ltd, 21-23 Pelham Road, Carrington NG5 1AP

**No group due to Bank Holiday**

**Young Adult Carers Support Group with Ella**  
*crazy golf at the Corner House - contact the Carers Hub team to book (details at the top of this newsletter)*

Thursday 22nd May  
**7pm-8.30pm**

**New Carer Group in Wollaton** held at Wollaton Park Community Centre, Harrow Road, Wollaton NG8 1FG

Tuesday 27th May  
**10am - 12pm**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Retford Carer Support Group with Annalise**

held at The Well, Hospital Road, Retford, Nottinghamshire DN22 7BD

*Guest speaker: Social Prescribing Service*

Wednesday 28th May

**10am - 11.30am****Evening Carer Support Group with Jo**

held via Zoom, book on to receive the link *(details at the top of this newsletter)*

Thursday 29th May

**7pm - 8.30pm****Clifton Carer Support Group with Aliya**

held at Clifton Community Centre, Southchurch Drive, Clifton NG11 8AR

*Guest speaker: Trading Standards – Fraud & Scams*

Friday 30th May

**12pm - 2pm**

**Carers Hub Drop-In** held at Carers Federation, 21-23 Pelham Road, Carrington NG5 1AP

*Opportunity for carers to drop in, have a cuppa and talk to a support worker*

Friday 30th May

**10am - 12pm**


---

## Carefree Breaks



Short hotel breaks for unpaid carers, time & space to look after your own wellbeing. Carefree is a multi-award-winning digital charity with a mission to offer every full-time unpaid carer in the UK the chance of an annual short break.

and you are responsible for transport, food, insurance etc and you must have interim care in place for the person you look after, you can take a friend but not the person you care for.

To be eligible you must be 18+ and a full-time unpaid carer (30+ hours per week)

***How to register:***

For more information or to request a referral to Carefree Breaks contact Carers Hub Service on **carershubinfo@carersfederation.co.uk** or **0808 802 1777**

---

## Health & Wellbeing Membership

We have free health and wellbeing memberships on offer, you can pick one day a week and attend a leisure centre of your choice for 12 weeks in the following areas:

**Gedling** choose from: Arnold, Carlton Forum, Redhill and Calverton Leisure Centres

**Bassetlaw** choose from: Worksop, Retford and Bircotes Leisure Centres

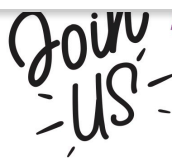
Rushcliffe: Rushcliffe Arena

**Newark & Sherwood** choose from: Newark, Southwell, Blidworth Leisure Centres

For more details contact Husna at the Carers Hub on

Email: [carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk)

Tel: 0808 802 1777

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

families of children and young people  
with additional needs

## Parent Carer Coffee Morning *In our Carer's Cafe*

In partnership with SEND PaCT Notts

**Thursday 15th May  
10 - 11.30am**

**Carers Federation, 21-23 Pelham Road, NG5 1AP**

We have parking at the back of our building on Clinton Avenue and disabled parking available. We have disabled access into the property and a lift.

Carefree Breaks  
Info

Talk to an IPSEA  
trained adviser

Connecting  
Carers to other  
specialist  
services

Craft activities

Meet other  
parent carers

Signposting and  
advice

**Want to get in touch?**

Call us on: 0808 802 1777

Email: [carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk)

WhatsApp or Text : 07814678460



## Please see below for information from other providers that might be useful for carers:

# Do you look after someone with dementia? Specialist information is now available for All unpaid Carers



are pleased to announce their next **FREE** Programme  
for carers of those with dementia at:

**Bulwell Riverside**  
**Main Street Bulwell**  
**Nottingham NG6 8QJ**

**30<sup>th</sup> April 2025 to 11<sup>th</sup> June 2025**  
**Every Wednesday 1.30 pm – 3.30 pm**

## Making Sense of Dementia

### What carers need to know

This programme of special support sessions for carers of people with dementia will give an improved understanding of all aspects of dementia.

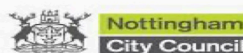
The free seven-week programme has experts guiding the group and also offers mutual support from other carers, refreshments and a chance to get your questions answered in a relaxed and informal setting. Help with respite care may be available (subject to suitability).

### Booking is required

For more information or to reserve a place please contact us on  
**0115 9786133**

(Our centre is open Monday to Thursday 9-3)

email [sue.cain@radfordcaregroup.org.uk](mailto:sue.cain@radfordcaregroup.org.uk)







## Community Peer Hubs for Dementia – Bassetlaw

Whether you've had a dementia diagnosis or awaiting one you may be very worried and confused about what support there is available in Bassetlaw to help you. The Alzheimer's Society have developed a Community Peer Hub which meets monthly and gives you the opportunity to obtain guidance and resources from local services as well as meet and talk to others who are living with or caring for dementia.

A variety of services from Bassetlaw will be on hand to discuss the support they can offer you including social services, memory group representatives, Talking Therapies, benefit services and social prescribers. Whilst you may not need anything at the moment it will enable you to understand what is available in the future as and when needed.

We would like to invite you to one of our next meetings as shown below. Each hub runs on a Tuesday (Worksop) and a Thursday (Harworth) from 11am to 1pm and parking and refreshments are available. If you are unable to attend any of these but would like to access future ones, please let us know and we can get the details of future hubs to you.

**Kilton Golf Club Worksop**  
**22<sup>nd</sup> April, 20<sup>th</sup> May, 17<sup>th</sup> June, 22<sup>nd</sup> July**

**Devonshire community Centre Harworth**  
**24<sup>th</sup> April, 22<sup>nd</sup> May, 19<sup>th</sup> June, 24<sup>th</sup> July**

We hope to see you there and if you have any queries please do not hesitate to call us.

Best wishes

Sharon Grocock and Hazel Tengku Chik Melewar  
 Dementia Advisers – Bassetlaw Tel: 0333 150 345

---

## We Find Any Learner

We Find Any Learner are absolutely thrilled to announce that we are offering not one, not two, but THREE of our most popular online courses at zero cost!

But don't wait too long to register your interest, as spots are filling up fast. This is an incredible opportunity that you won't want to miss out on. You can easily sign up on our website at [www.wefindanylearner.com/book-online/](http://www.wefindanylearner.com/book-online/) or by contacting our team at 01226 958 888.

apprenticeship program. Enrol today and let's make a difference together

**Counselling Skills Level 2** Many people find it helpful to seek counselling at some point in their lives, and a counsellor can provide support for people in all sorts of situations. If you're interested in supporting people to improve their personal well-being, this course will provide you with the correct understanding, knowledge and skills to do that. You'll learn about core counselling skills and how to use them in a counselling relationship. You will also be taught about counselling theory and the ethical framework that informs how counsellors use their skills.

**Mental Health First Aid Level 2** It's important that employers are transparent and open about mental health issues, and this qualification builds an understanding of mental health problems and the support available to colleagues. Increasing the understanding of the mental health of staff at all levels builds a culture of care and support.

**Understanding Autism Level 2** This course will give you an understanding of autism and the principles of supporting individuals with autism. You will look at the person-centred approach and the influence that positive communication methods can have and will gain an understanding of how individuals with autism can be supported to live healthy and fulfilled lives.

---

### Carers in Hucknall Self-Help Group

Everyone welcome you don't have to be a carer to attend, just someone who needs support, come along for a cuppa.

Dates: **every 1st and 3rd Tuesday of the month**

Time: **1.30pm – 3.30pm**

Venue: *John Godber Centre, Ogle Street, Hucknall, NG15 7FQ*

Tel: 0115 9530 746

Website: <https://carersinhucknall.wordpress.com>



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

*your details. You can unsubscribe via the link below. If you would like to contact us regarding your data please get in touch via:*

***Tel: 0808 802 1777 / Email: [carershubinfo@carersfederation.co.uk](mailto:carershubinfo@carersfederation.co.uk)***

*Copyright (C) 2025 The Carers Federation. All rights reserved.*

Our mailing address is:

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe](#)