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Hello and welcome to the Carers Federation Carers Hub Newsletter for July 2025.

We're looking back at our activities throughout Carers Week, as well as giving you the details of regular groups throughout July. 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

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

Thank you for a wonderful Carers Week 2025!

Looking back on a wonderful Carers Week 2025!

It was a pleasure to host carers from around Nottinghamshire throughout the week, especially on Wednesday and Thursday for our events and activities.

Carers Week is a wonderful time to highlight the specific issues faced by carers, and raise awareness. But our work continues throughout the year to give carers the support they need.

For more information on how the Carers Hub Service could help you, or someone who cares for you, visit our website: <https://carershub.carersfederation.co.uk/>



Activities in your area throughout July

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Location

Date/Time

Rushcliffe Carer Support Group with Ella held at St Luke's Church, Leahurst Road, West Bridgford NG2 6GL
Guest speaker: Bill – information sharing

Tuesday 1st July
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: Sally – Social Prescriber tbc

Wednesday 2nd July
10am - 12pm

Mansfield Carer Support Group with Aliya held at Friends Meeting House, 124 Rosemary Street, Mansfield NG18 1RB
Guest speaker: Notts County Council Benefits Advice

Friday 4th July
10am - 12pm

Gedling Carer Support Group with Sally held at Gedling Road Methodist Church, Gedling Road, Gedling N4 3EX
Guest speaker: Home Instead

Tuesday 8th July
10.30am - 12:30pm

Worksop Carer Support Group with Helene held at the Crossing Church, Newcastle Street, Worksop S80 2AT
Guest speaker: Nottingham Energy Advice

Wednesday 9th July
10.30am - 11:30pm

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Newark Carer Support Group with****Monday 14th July**

Noreen held at Newark Beacon Centre,
Gresham Suite, Cafferata Way, Newark,
Notts NG24 2TN

10am-12pm

Guest speaker: Inspire – Digital Training

Bulwell Carer Support Group with Ella**Monday 14th July**

held at Ravensworth Road Methodist
Church, Ravensworth Road, Bulwell
NG6 8FN

1pm - 3pm

*Guest speaker: Helene – Update on
volunteer service*

Ashfield Carer Support Group held at**Monday 14th July**

Ashfield Wellbeing Centre, Portland
Street, Kirkby in Ashfield NG17 7AE

1pm - 3pm

**Asian Women Carer Support Group
with Noreen** held at Carers Federation,
21-23 Pelham Road, Carrington NG5
1AP

Tuesday 15th July**11am-1pm**

Guest speaker: to be confirmed

Parent Carer Support Group with**Wednesday 16th July**

Helene held via Zoom, book on to
receive the link

7pm-8pm**Parent Carer Support Group with****Wednesday 16th July**

Helene held via Zoom, book on to
receive the link

7pm-8pm**Parent Carers Drop In Session with****Thursday 17th July**

Helene held at Carers Federation, 21-23
Pelham Road, Carrington NG5 1AP

10am-11.30am

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Clifton Carer Support Group with Anna**

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

Guest speaker: Specsavers / Home Visits

Friday 26th July

12pm - 2pm**City Carer Support Group**

held at Carers Federation Ltd, 21-23 Pelham
Road, Carrington NG5 1AP

Guest speaker: The Green Doctor

Monday 28th July

11am-1pm**Retford Carer Support Group with**

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

Wednesday 30th July

10am - 11.30am

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

Thursday 31st July

7pm - 8.30pm

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.

Breaks consist of 1-2 night hotel stays, plus breakfast, there is an admin fee of £33 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.

How to register:

For more information or to request a referral to Carefree Breaks contact Carers Hub Service on:

Email: carershubinfo@carersfederation.co.uk

Tel: 0808 802 1777

Health and 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:**

Email: carershubinfo@carersfederation.co.uk / Tel: 0808 802 1777

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



Carersuk – new resources for carers, click on the links to find out more:

[Looking After Someone 2025–26 England](#)

[coming-out-of-hospital england april-2025-26.pdf](#)

Mental Health support:

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trickytotalk@nottinghamforest.co.uk / telephone: 0115 9824 318

Men's Mental Health Support:

Click on the link for more information:

[Mental Health Events - MANUP? Mens Mental Health — MANUP?](#)

A colorful banner for the Community Directory Nottingham/shire Project. The background features a blue sky with clouds, a sun, a green hill with a tree, and a grassy field with flowers. The text is centered and reads: "Community Directory Nottingham/shire Project" in bold black font, followed by "The NottsHelpYourself / ASKLiON Update Project" in a smaller italicized font. Below this is a large heading "Co-design Workshops June and July 2025". The main text explains that they are replacing NottsHelpYourself and ASKLiON with a new website and need input from communities, users, workforce, and residents. It states they are running a series of Co-design Workshops to invite people from across Nottingham and Nottinghamshire to share their opinions and get involved. In this workshop, they will explore how information should be laid out, what style of language should be used, and which tags/filters are important. A call to action box says "Find workshop dates and sign up here" with a QR code to the right. At the bottom, it says "If you are struggling to book onto any of these sessions please reach out to our team at: communitydirectoryproject@nottsc.gov.uk".

**Community Directory
Nottingham/shire Project**
The NottsHelpYourself / ASKLiON Update Project

Co-design Workshops June and July 2025

**We're replacing NottsHelpYourself and ASKLiON with a new Community Directory website.
We'd like input from communities, users, workforce and residents in how the new site operates.
It will be a tool for you, so it's important that you share your view!**

**We are running a series of Co-design Workshops to invite people from across Nottingham and Nottinghamshire to share their opinions and get involved.
In this workshop we'll explore how information should be laid out, what style of language should be used and which tags/filters are important.**

**Find workshop dates and
sign up here**



**If you are struggling to book onto any of these sessions please reach out to our team at:
communitydirectoryproject@nottsc.gov.uk**

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You're invited!

Open Day

on:

Thursday 10 July 2025 | 10am-1pm

Information stalls & special "guests" from Berridge Primary School

Free tea & coffee

Contact us:
The Pauleen Davies Centre, 25 Prospect Street, Nottingham NG7 5QE
 Tel: 0115 9786133, email: info@radfordcaregroup.org.uk
www.radfordcaregroup.org.uk



Local Action, Global Protection

☎ **0115 985 9057**
 🌐 **nottenergy.com**

NEP is a climate change and fuel poverty charity providing home improvement measures in the community to improve the energy efficiency of homes throughout Nottinghamshire.

Services we offer:



**Home
Insulation**



**Heating
Solutions**



**Air Source
Heat Pumps**



**Solar PV
Panels**



**Water Bill
Discount**



**Food Bank
Vouchers**



**National Grid's Priority
Services Register**



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We help by:

- Supplying free and subsidised home insulation, heating upgrades and renewable technologies.
- Improving health and well-being through referral schemes.
- Offering support and free resources to support households through the cost of living crisis.

Scan here to see
how we can help
you.



Build your support network and find out information about dementia in Nottinghamshire

Get information to help you support someone with dementia and look after yourself

Our Information Programmes are for family, friends and carers living with dementia. A friend or relative may have been recently diagnosed or have had dementia for some time. The sessions are run by skilled, compassionate and experienced staff.

Where to find us?

We will be holding this session virtually via Zoom. All details will be sent to you in advance of the sessions so you will be able to log in and attend. Please ensure you can attend all sessions.

Our Information Programme runs:

5th August 2025 10:30am – 1pm

12th August 2025 10:30am – 1pm

19th August 2025 10:30pm – 1pm

26th August 2025 10:30am – 1pm

Please contact your local office before attending

To find out more contact us on:

nottspdss@alzheimers.org.uk

Telephone 0115 934 3811

[alzheimers.org.uk](https://www.alzheimers.org.uk)

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