



*Are you providing
much needed care
for a loved one,
friend or family
member?*

For information, advice and support,
please sign up to our...

Virtual Support Groups for Carers

Access is quick and easy, via GoTo Meeting...
(suitable equipment will be required)

- **Meet other Carers online**
 - Live streaming
 - Guest speakers
 - Share ideas
 - Peer Support

For more information and details of how to sign up please contact:

Nottinghamshire Carers Hub
0115 824 8824 hub@carerstrustem.org
www.carerstrustem.org/hub



Nottingham
City Council



Nottinghamshire
County Council

