

Virtual Support  
for **BAME** Carers

**Tu Vida**



Nottinghamshire  
Carers Hub

**Afro-Caribbean Carers**

**Support Group with Jazz**

**3rd Wednesday of the month 2.00pm**

**&**

**Asian Women Carers**

**Support Group with Noreen**

**1st Monday of the month 1.30pm**

**Access is quick and easy, via Zoom**

**(computer, laptop, tablet or mobile phone with  
camera & speaker required)**

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

**Nottinghamshire Carers Hub @ Tuvida**

**0115 8248 824 / [nottinghamshirehub@tuvida.org](mailto:nottinghamshirehub@tuvida.org)**



Nottingham  
City Council



Nottinghamshire  
County Council

