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TuVida
19 Pelham Road
NOTTINGHAM
NG5 1AP

Nottinghamshire Young Carers Service

Tu Vida

Supporting your life

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)



nottinghamshirehub@tuvida.org



Follow us @nottinghamshireyoungcarers

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.

Tu Vida

Supporting your life
in the East Midlands

Nottinghamshire Young Carers Service

Information, advice and support
for young people who
look after family members



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



Are you a carer?

You may not see yourself as one, but if you are supporting a relative of any age who fits one or more of the descriptions below, then you are a carer.

They:

- Are elderly and frail
- Are physically disabled
- Have a learning difficulty
- Have mental health issues
- Have a history of substance misuse
- Have a long term/serious health condition
- Have a sensory impairment

How can the young carers service help?

Our service is available for people aged 7 to 17, who care for family members in Nottinghamshire. We offer information, advice, support, and the chance to take breaks and join in with groups and activities.

Groups and activities

We regularly hold groups and activities for young carers in Nottinghamshire. You'll be able to meet other young carers, make friends, help increase your self-esteem, have fun and learn new skills. Activities and groups may take place online or in person.

Our activities include things such as:

- Arts and crafts
- Quizzes and competitions
- Bowling
- Paintballing and laser quest
- Cooking and trying new food
- First aid training
- And much more.

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.

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

Find out more

You can call us on **0115 824 8824**, from **9am-5pm, Monday-Friday**.

Alternatively, if you'd prefer for us to contact you, simply provide us with your details using this freepost service and we'll give you a call.

(By providing us with your details, you are giving us consent to contact you).

Name

Address

Postcode

Telephone

Email

seal here

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