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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](http://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

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