

Tu Vida



Nottinghamshire
Carers Hub

FREE Respite Service for Carers

**Do you live in Nottingham City
or registered with a City GP?**

**You may be eligible for up to 100 free
hours of respite within a 12 week period**

**The Respite Service can provide an
experienced care worker to sit with the
person you care for and can be used for:**

- Planned short breaks eg; a few hours away from the home to re-charge your batteries, shopping, visit a friend, go for a walk, have a lie down, attend an appointment, wedding or funeral
- Emergency cover eg: someone to provide care and support if you have a short term illness or need ongoing treatment
- Provide engaging social activities for the cared for
- Available 7 days a week including bank holidays
- Night sits (subject to availability)

**Contact Nottinghamshire Carers Hub to
find out if you are eligible**

To register with the Carers Hub and speak to an experienced support worker please contact us Mon to Fri 9.00am - 5.00pm

Tel: 0115 8248 824 or Email:

nottinghamshirehub@tuvida.org



Nottingham
City Council

NHS