

self help  
NOTTINGHAM

## Self Help Groups

Nottingham & Nottinghamshire

2012



Supporting and promoting self help groups for 30 years.

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# Self Help Groups Nottingham & Nottinghamshire 2012

31st Edition

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Self help groups in Nottingham cover a wide range of issues including bereavement, long term conditions, disability, parenting/caring and relationships. Telephone our Information Service 0115 911 1661 (Monday - Friday 9am - 1pm) for details of local groups and national organisations.

Self Help Nottingham's 31st directory 'Self Help Groups in Nottingham and Nottinghamshire 2012' gives details of 200 self help groups and 100 useful local organisations.

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PTO

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Position/Organisation . . . . .

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## ***Nottingham & Nottinghamshire***

# **2012**

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Name	Organisation	Address	Email