



## Bradford District Local Information



### Disability Equipment Bradford

**Open days 10.00 am – 3.00pm**  
Help and independent advice.  
All ages and abilities welcome.

**Monday 15 March** – Equipment to help  
Parkinson's Disease

**Wednesday 31 March** – Comfortable Shoes  
and Footwear

#### General Open Days

**Thurs 8 April, Tues 27 April, Mon 10 May,  
Weds 26 May, Thurs 10 June, Tues 29 June**

### Carers Winter Warmth Payment

If you are caring for someone with a long term illness or disability and live in the Bradford Metropolitan District Council area, you can apply for a one-off £50 grant.

**Carers Winter Warmth Payment**  
can be used to contribute towards the cost of your fuel bill or to purchase an item such as a winter duvet.

**Deadline for applications is 19 March 2010**  
For further information and an application form  
**call Carers' Resource 01274 449660**

**Parent Forum for Bradford & Airedale**  
(a new forum for parents of children with disabilities)  
**March 16 Bankfield Hotel, Bingley 7pm – 9pm**  
Aiming High – Open Meeting with Ann Roli,  
Commissioner for Disabled Children  
Contact Reena Uddin on 01274 481183

### FIRST AID FOR CARERS

**What would you do in an emergency?**

Carers' Resource has organised FREE courses  
**Emergency First Aid for Carers of Adults**  
Tuesday 23 March

**Emergency First Aid for Carers of Children**  
Friday 26 March

Courses from 10am-1pm, lunch included, at  
Carlisle Business Centre, Bradford, BD8 8BD  
Places are limited, so please book early – call  
Mel or Lucy at Carers' Resource: 01274 449660

### Making Space

**Keighley Carer Support Group for those caring  
for someone with a mental illness**

Meets at Temple Row Centre, Temple St, Keighley  
7pm – 8.30pm

#### Upcoming Dates

**Wednesday 31 March**

**Wednesday 28 April**

**Wednesday 26 May**

**Wednesday 30 June**

**Contact Gillian Angus on 0845 111 4440 for  
more details**

### Carers' Holiday Grants

Planning a summer break?  
If you are providing regular care for someone, you  
may be eligible for a grant of up to £320 towards  
the cost of a holiday.

**Contact Disability Advice Bradford  
01274 594173**

### Older Persons Focus Group

A monthly meeting for the over 50s run  
by Bradford Council's Adult and  
Community Services. The group offers  
information and discussion about  
current government issues such as  
health and social care which may affect  
members' daily lives - plus an  
opportunity to make friends!  
Meetings start at 11am and finish at  
12:30pm with a delicious lunch -  
members make a voluntary  
contribution.

#### Upcoming dates

**Tuesday 23 March**

Midland Hotel, Bradford

**Tuesday 20 April**

Victoria Hall, Saltaire

**Tuesday 18 May**

Victoria Hall, Keighley

**For further details or to book a place  
contact Julie on 01274 431573**

### Stay & Play

**At Ilkley Library for children under 5 with  
special and additional needs and their**

**parents and carers**

Every 1<sup>st</sup> Tuesday  
2pm – 3pm

**Contact 01943 436 225 for more  
information – or just come along**