



Contact Bradford Carers' Resource on 01274 449 660 for further information on any of the following activities

Visit our Information Resource at the Bradford Office

Drop in to look at our vast range of resources or to ask for help from our Information Team

Open 9am – 4.30pm Mon – Fri

Or ring the office to make an appointment if you prefer.

Nextstep in Bradford

Nextstep is a free friendly careers advice service for adults aged 20 or over.

We offer a huge range of information and advice to help you improve your skills, find courses, get new qualifications and find the right job. Available to people throughout the Bradford District.

For more details contact the Bradford Office

Caring with Confidence

Caring with Confidence is a free programme for people over the age of 18 who care for a friend, relative or neighbour.

Whilst at our friendly sessions we help carers build on their skills and knowledge in their every day caring role and get the chance to meet other carers in similar situations as yourself, to share your ideas and tips as a carer.

To find out more and book a place call
Sarah Baker on 01274 449 660
or email sbaker@carersresource.org

Emergency Planning As a carer if you were ill or had an accident who would look after the person you care for?

Our Emergency Planning service offers individual support for carers to create contingency plans. Just knowing that you have a plan in place provides peace of mind and reassurance.

For further details contact the
Emergency Planning Team

Training Opportunities

Do you Care for Someone who has difficulty making decisions?

A session on the Mental Capacity Act and its implications for Carers.

It will include;

How to support decision-making,
The Law on the Mental Capacity,

Your caring role and Where to go for help

Basic First Aid

A full day course covering Basic
Emergency First Aid. Highly relevant for
all carers

Have you always wanted to explain better to professionals what it is like being a carer?

Learn how to become a trainer yourself.
Sessions will give you the confidence
and knowledge to be able to offer
sessions to professionals who are
working with carers to give them more
insight and understanding.

If you are interested in any of these
opportunities please register your interest
with the Bradford Office.

