



Contact Carol or Lesley on 01423 500555 for further information.

**Pateley Bridge Carers Lunch**  
1<sup>st</sup> Friday of each month  
1.00pm

**The Willow, Pateley Bridge**  
Friday 2 December  
Friday 6 January  
Friday 3 February  
Friendly social get-together and light lunch in beautiful surroundings.

**Knaresborough Carers Group**  
1<sup>st</sup> Monday of each month  
2.00pm - 4.00pm,

**Hewitson Court, Knaresborough**  
Monday 5 December  
Monday 9 January  
Monday 6 February  
Pop in for coffee and a chat, for carers in the Knaresborough area.

**Ripon Carers Afternoon Teas**  
2<sup>nd</sup> Tuesday of each month  
2.30pm

**Community House, Ripon**  
Tuesday 13 December  
Tuesday 10 January  
Tuesday 14 February  
Conversation and cakes for anyone with a caring role living in the Ripon area.

**Boroughbridge Afternoon Club – New Format**  
3<sup>rd</sup> Friday of each month

**Community Care Office, Boroughbridge**  
Friday 16 December  
Friday 20 January  
Friday 17 February  
12 noon lunch at Black Bull  
1.30pm - 3.30pm Social

**Friendship Group**  
Last Thursday of each month  
2.00pm - 4.00pm

**11 North Park Road, Harrogate**  
Thursday 15 December  
Thursday 26 January  
Thursday 23 February  
Coffee/tea, speakers and trips for carers in the Harrogate area.

**Cedar Court Carers Group**  
3<sup>rd</sup> Wednesday of each month  
11.00am – 12 noon

**Cedar Court Hotel, Harrogate**  
Wednesday 21 December  
Wednesday 18 January  
Wednesday 15 February  
Comfy sofas, a coffee and a chat for your midmorning break.

**Friday Group 4 Men**  
2<sup>nd</sup> Friday of each month  
12 noon – 2.00pm

**The Squinting Cat, Harrogate**  
Friday 9 December  
Friday 13 January  
Friday 10 February  
Meet for a pub lunch.  
Open to men with a caring role who live in the Harrogate area.

**St Paul's Coffee Morning**  
Every Wednesday  
10.30am – 11.30am

**Victoria Avenue, Harrogate HG1 1EL**  
  
For further details contact  
01423 500555 or  
01765 690222

**Rummikub Game Afternoon**  
2<sup>nd</sup> Thursday of each month, 2.00pm - 4.00pm  
**Hewitson Court, Knaresborough**

Thursday 8 December  
Thursday 12 January  
Thursday 9 February  
Fun, easy to learn tile game similar to gin rummy.

**Scrabble Group**  
1<sup>st</sup> Friday of each month  
10.30am – 12 noon

**11 North Park Road, Harrogate**  
Friday 2 December  
Friday 6 January  
Friday 3 February

**Rummikub Game Afternoon**  
3<sup>rd</sup> Monday of each month, 2.00pm – 4.00pm  
**Greenfield Court, 42 Wetherby Rd, Harrogate**

Monday 19 December  
Monday 16 January  
Monday 20 February  
Fun, easy to learn tile game similar to gin rummy.



## **Jennyruth Workshop Christmas Fayre Tuesday 13 December 1.30pm – 4.00pm**

Unit 5 Red House Farm, Bridge Hewick,  
Ripon, HG4 5AY

Christmas gifts, decorations and refreshments.  
Carols played by Wetherby Accordians  
For more details contact 01765 606620

## **Autism-friendly film screenings at the Odeon, Harrogate**

After a successful pilot, films are now screened every month. The lights are left on low, the volume is turned down, trailers are omitted and people can move around and make noise if they wish, making going to the cinema easier for people with autism and learning disabilities.

For more details contact  
the Odeon on 01423 520412

## **Age UK North Yorkshire**

Many activities for older people take place in the Harrogate area. These include book groups, theatre club, lunch clubs, coffee clubs, exercise groups, gardening projects, computer help and a mobile phone clinic. For more details contact Margaret Willis on 01423 502253

## **Just 'B' Bereavement Support**

Offers support and counselling to children, young people and adults

For more details contact 01423 856790

## **FREE COURSE Caring With Confidence**

**Carers' Resource, 11 North Park Road, Harrogate,  
HG1 5PD 10.00am – 12.00 noon**

**Tuesday 10 January** Caring and Communication  
**Tuesday 17 January** Caring and Resources  
**Tuesday 24 January** Caring Day-to-Day  
**Tuesday 31 January** Caring and Life

**Tuesday 7 February** Caring and Communication  
**Tuesday 14 February** Caring and Resources  
**Tuesday 21 February** Caring Day-to-Day  
**Tuesday 28 February** Caring and Life

Informal relaxed sessions for carers to learn new skills,  
meet other carers and to share experiences.

**Please contact Alyson Hill on 01423 500555 for  
more details or to book a place.**

**Disability Action Yorkshire Furniture Service**  
Sells quality pre-owned furniture on a commission  
basis to the public.

Showroom open weekdays 9.30am - 4.00pm at  
Hornbeam Park, Harrogate. Car Parking available.  
Contact 01423 855410 or

[www.disabilityactionyorkshire.org.uk/furniture-for-sale/](http://www.disabilityactionyorkshire.org.uk/furniture-for-sale/)

## **Local Health and Hospital News**

Keep in touch - join Harrogate and District  
NHS Foundation Trust.

Call 01423 554489 or visit [www.hdff.nhs.uk](http://www.hdff.nhs.uk)

## **North Yorkshire Carers Forum**

**Thursday 19 January 2012  
Galtres Centre, Easingwold  
11.30am- 2.00pm**

This forum is for anybody from North Yorkshire who is an unpaid carer for an adult who is ill, frail, disabled or has mental health or substance misuse problems.

### Meetings in 2012

Tuesday 20 March	Harrogate
Wednesday 20 June	Scarborough
Thursday 20 September	Venue TBC
Tuesday 11 December	Mencap Centre, Northallerton

Travelling expenses paid.

Further details from Anne Horner on  
01609 533635 or  
email [anne.horner@northyorks.gov.uk](mailto:anne.horner@northyorks.gov.uk)

## **Young Carers Bag Packing At ASDA, Bower Road, Harrogate, HG1 5DE**

**all day on 23 December.**

Come and support young carers and  
give generously to the work of  
Carers' Resource.

For more details contact  
Helen Prince on 01423 500555.

