



## Bradford District Local Information

**Alzheimer's Society – Just for Carers**  
16-18 North Parade, Bradford, BD1 3HT  
1.30pm – 3pm

Tuesday 14 June  
Tuesday 12 July  
Tuesday 9 August

A support group for anyone who cares for a person who has a memory problem.

Contact 01274 733880 for further details

### Care Services Directory

Bradford Council is reviewing this annual publication and would like some help to improve the publication.

If you have used this directory to help select a residential or nursing home and would be interested in joining a discussion group which meets several times during the year, please contact

**Nick Farrar on 01274 437996.**

### Bradford Wheels4All

A new cycling club for children with disabilities in the Bradford District has been launched. Run by CTC (Cyclists' Touring Club), the club has weekly sessions at **Titus Salt School, Baildon.**

Specially adapted bikes available.  
Contact Ginny Leonard on 07801 552303 for more information.

### H2O Club for people with Learning Disabilities Water Fun Therapy Sessions

**Tuesday 6pm – 8pm, Saturday 12noon – 3pm**

Lots of activities including bodyboarding, aqua skateboards, snorkelling, aqua basketball, water jets, wave machine.

**The Aqua Clinic,  
27 Otley Road, Shipley  
£15 for 1 hour session**

Booking essential. Contact 01274 586633

### Safe and Sound Service (Careline)

Provides a range of equipment to ensure help is at hand when needed.

The service offers help should you fall or need regular reminders – to take medication, for example. Can also help minimise risks from fire or carbon monoxide.

Safe and Sound is available round the clock, 7 days a week so there is always someone there should you need help.

The service is currently **free** and available to anyone of any age in the Bradford District who is assessed as needing help to feel safer, more protected and independent at home.

For more information please contact 01274 434994.

### Sunday Luncheon Club for the over 50's

**Second Sunday in the month  
12.30pm – 2.30pm  
Held at Cardigan House, Ferncliffe Road, Bingley**

Two course lunch including tea or coffee.

Cost £4 per person

Booking essential

Please contact Sarah Parkinson on 01274 781222

Organised by Shipley & Bingley Voluntary Services

### Reminiscence Writing Group

Don't lose those precious memories. Ever thought about making a written record for future generations?

#### Free group meets at

The Kirkgate Centre, Shipley  
fortnightly on Wednesdays,  
10.30am – 12noon

The Clark Foley Centre, Ilkley  
fortnightly on Wednesdays.  
2.30pm – 4pm

Contact Sue at Seniors Show the Way on 01274 321911



Contact Bradford Carers' Resource on 01274 449660 for further information on any of the following activities

**Carers' Themed Information Events**

Come along and see our Information Resource, meet the staff and other carers, chat to the professionals and enjoy free refreshments.

Wednesday 22 June      International Carers  
Friday 23 September      Parent Carers  
Friday 2 December      Carers Rights Day

Join us at the  
Bradford Office, 15 Park View Court,  
St Paul's Road, Shipley, BD18 3DZ

10am – 12 noon

Contact Sarah on 01274 449660 for more information

**Emergency Planning for Carers**

Worried about what would happen if you, the carer, were taken ill or had an accident?

We can offer individual support to create a contingency plan which can be accessed 24 hours a day in case of emergency.

Contact Stella Elson on 01274 449660 for more information.



**1940's Tea Party**

Thursday 26 May 2011  
2pm – 4pm  
at

15 Park View Court, St Pauls Road,  
Shipley, BD18 3DZ

Are you a carer from the Bradford area?

Would you like to meet other carers and make new contacts?

Carers and cared for are welcome to enjoy an afternoon of tea and cakes and a nostalgic look back at this bygone era.

Please feel free to bring along any items of nostalgia to share your memories.

To book a place please contact  
01274 449660 or email  
bradford@carersresource.org



**Do you care for a child with a severe food allergy?**

If you are interested in forming a parent carer group please contact Caroline Harley on 01274 449660

The Joseph Rowntree Foundation is conducting research to explore the issues of loneliness in Bradford Moor and Denholme.

Would you like to know more about this project or to get involved yourself? Come along to an introductory session at the **Mechanics Institute, Denholme**  
Wednesday 18 May 5.30pm – 8.30pm  
Thursday 19 May 12 noon – 3pm

**Thornbury Centre, Leeds Old Road, Bradford**

Wednesday 25 May 6pm – 9pm  
Thursday 26 May 9.30am – 12.30pm

Please contact Tracey on 07580071818 or email Tracey.robbs@jrf.org.uk

**Celebrate Carers Week 2011  
The True Face of Carers**

Join us at  
The Banqueting Suite, City Hall,  
Bradford

Friday 17 June  
For more details contact  
01274 449660

