



The Carers' Resource has offices for:

Harrogate and district

11 North Park Road
Harrogate HG1 5PD
Telephone: 01423 500555

Bradford and Airedale

Unit 15, Park View Court
St Paul's Road
Shipley BD18 3DZ
Telephone: 01274 449660

Ripon and rural area

Community House
Sharow View
Allhallowgate
Ripon HG4 1LE
Telephone: 01765 690222

Craven and Airedale

Griffin House
Broughton Hall Business Park
Skipton BD23 3AN
Telephone: 01756 700888

info@carersresource.org
www.carersresource.org

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The Kirkby Foundation

carers' resource

you care for them, we care for you

The Carers' Resource is a charitable company limited by guarantee.
Registered charity No. 1049278
Company registered in England No. 3054273
Registered office: 11 North Park Road,
Harrogate HG1 5PD.

Do you look after someone?



my daughter



my sister



my mother



my nephew



my daughter



my mother



my daughter



my brother



my wife



my mother



my daughter



my husband

carers' resource
you care for them, we care for you

Are you a carer?

A carer is someone who, without payment, provides help to a relative or friend who could not manage otherwise due to illness, disability, frailty, mental health, drug or alcohol issues.

Anyone can be a carer. Some carers care for an ill partner, an elderly parent or a child with additional needs and some carers are children who look after a parent.

Many carers combine this with working, running a home and looking after children. Every caring situation is different but what carers have in common is that they usually put their own needs last.



"Carers can feel very isolated and the groups organised by the Carers' Resource bring people together."

Cedric, carer

We can help you

- ▶ by listening and understanding
- ▶ to find out what support is available and how to access it
- ▶ to plan for the future
- ▶ by providing information on everything from accessing benefits and services to long-term care and respite care
- ▶ to find training and employment opportunities
- ▶ by providing social and leisure opportunities

What is the Carers' Resource?

The Carers' Resource gives tailored and confidential support and information to unpaid carers and vulnerable people. It is an independent, award-winning Yorkshire charity which is open to everyone and offers information and practical and emotional help to enable them to cope.



"Having support from the Carers' Resource helped me through and I'm so glad I didn't give up work."

Beatrice, carer

The Carers' Resource is focused on carers' needs. We listen, we understand, we are non-judgemental and we help. We are a specialist service working with carers to help find ways to improve their lives and the lives of those they care for.

We provide confidential support for all carers, irrespective of their age, race, religion or situation.

We have a specialist service for young carers.



If you would like more information on what we can do for you, please complete this form, tear it off, place in an envelope and send to:

**The Carers' Resource, FREEPOST NEA29,
11 North Park Road, Harrogate, HG1 5BR**

**FREEPOST RSEG-LKHE-SEEJ, The Carers' Resource,
Unit 15, Parkview Court, St Paul's Road, Shipley,
BD18 3DZ**

**The Carers' Resource, FREEPOST NAT8951,
Skipton, BD23 3BR**

You don't need to use a stamp but if you do use one we can save money. Please cross out the FREEPOST address line if you use a stamp. Thank you.

Name (Mr/Mrs/Miss/Other)

Address

Postcode

Telephone

Email

I am a carer

My work brings me into contact with carers

Other

Where did you find this leaflet?

Signed

Date