



Contact Julie Lambert on 01756 700888 for further information.

Bingley Drop In
10.30am – 12.00 noon
The Coffee Lounge
2 Queen Street,
Bingley
BD16 2JS

Wednesday 5 March
Wednesday 2 April
Wednesday 7 May

Keighley Drop In
10.30am – 12.00 noon
The Courtyard Café
15 Cavendish Court
Lawkholme Lane,
Keighley, BD21 3DY

Tuesday 18 March
Tuesday 15 April
Tuesday 20 May

Ilkley Drop In
10.30am – 12.00 noon
The Lister Arms,
Moors Shopping Centre,
South Hawksworth Street,
Ilkley, LS29 9LB

Friday 28 March
Friday 25 April
Friday 30 May

Utopia Drop-in
10am – 11.30am
Utopia Café,
Broughton Hall, Skipton
2nd Tuesday of month

Tuesday 11 March
Tuesday 8 April
Tuesday 13 May

**Something Good
Knit Together**

The Courtyard Café, Keighley
Every Monday 1.30pm – 3.30pm

If you love knitting, crocheting, or would just like to learn, then please come along.

Volunteers needed

To help the carer groups continue we need volunteers to assist at some coffee and lunch groups. If you are interested or want further details please contact Val Stewart on 01756 700888.

We need your help

Your opinion matters

Carers' Resource is regularly asked to provide answers to local and national surveys regarding carers and their experiences. If you are happy to be added to a list of carers we can contact to help us complete these surveys, please call Tina Morris on 01423 500555

Carers' Supper Club

Dine out without splashing out!
We meet in the Airedale or Craven areas every 6 weeks or so for an early evening meal, taking advantage of early bird or special deals.

Contact Julie Lambert on 01756 700888

Art Course

**Carers' Resource,
Griffin House
Broughton Hall, Skipton**
6 week course commences
Tuesday 11 March 10am – 12 noon

Cost £36 payable in advance includes all art materials and refreshments. No previous experience required.

Time for me
Keighley Healthy Living,
10am – 12pm, Cost £2 includes refreshments

Relaxation sessions for carers and the over 50s

Thursday 6 March
Energy foods, nutrition and healthy snacks

Contact Carlyne Coyle on 01274 449660

Dalesway Lunches
12.00 noon
The Dalesway,
502 Bradford Road,
Keighley, BD20 5NG

Thursday 27 March
Thursday 24 April
Thursday 29 May
Carers and cared for welcome
Contact Julie Lambert on 01756 700888



Improve your health and well being

The Self Care scheme is designed to help you improve your physical and mental health in many different ways. This ranges from weight management and nutritional support to advice on stopping smoking and reducing alcohol intake.

It draws upon the expertise of a range of partners; Local Authority specialists, local NHS, Mind in Bradford, Bradford District Care Trust Health Trainer Service and Champions Show the Way, Stop Smoking Service, Obesity Team, CReate, Prescribing Support Services, and Alzheimer's Society to guide people towards the right support at the right time, whether as part of a group or on a one-to-one basis.

It is a free service, open to everyone and is being co-ordinated by Carers' Resource. The form is designed to be completed online by visiting www.carersresource.org/first-contact

For further details please contact 01274 449660 or email firstcontact@carersresource.org



Do you always put other people's wellbeing before your own?

We are offering free sessions for you, as a carer, to put yourself first. Each session lasts for two hours and you can choose as many as you like

Caring confidently about my own health

Explore physical health, diet, exercise, sleep and mental health issues such as stress.

Caring confidently about my own life and recognising my own feelings

Take control of your life, make time for yourself and look at emotions, low mood, anxiety and stress and how to tackle them.

Caring confidently using good communication

Feel more confident asking for what you want and getting what you need.

Caring confidently by knowing my rights

Look at your legal rights, assessments, finances and how to complain if things go wrong.

Caring confidently with practical situations

Explore the day to day aspects including medications, equipment, telecare and more

All sessions will take place throughout the Airedale District

Contact Sarah on 01274 449660 for more details or to book a place



Getting you the help you need

First Contact Winter Warmth Staying warm and well this Winter

Have you got fuel debts? Are you interested in heating your home more efficiently?

Could you benefit from warm clothing/bedding or a food parcel?

First Contact will enable you to access information, advice and services in the Bradford District and Airedale area, in order to stay safe, healthy and independent.

To find out how you can get help please visit www.carersresource.org/first-contact or telephone 01274 449660

The Gentlemen's Club

Are you a male carer? Would you like to join our male carer group?

The aim is to meet once a month in different venues for pool, darts, bowling, days out and lunches. The group will be led by what its members would like to do.

If you are interested in joining the group and would like your name added to our mailing list to be notified of upcoming events please contact Julie Lambert on 01756 700888