



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

Something Good

Knit Together

Carers' Resource, Shipley

2pm – 4pm

Thursday 20 March

Thursday 17 April

Thursday 15 May

Every other Thursday held at Westcliffe

Medical Practice, Shipley

Camera Club

Carers' Resource, Shipley

2pm – 4pm

Wednesday 19 March

Wednesday 16 April

Wednesday 21 May

Carers Café

The Interlude Café, Shipley

10.30am – 12.30pm

Wednesday 19 March

Wednesday 16 April

Wednesday 21 May

Craft Group

Carers' Resource, Shipley

2pm – 4pm

Wednesday 26 March

Wednesday 23 April

Wednesday 28 May

For further details on all the above groups

contact Julie Lambert on

01274 449660 or 01756 700888



Do you want help to get back into employment, training or volunteering or maybe to set up your own business?

CReate offers a variety of self-development activities along with one-to-one support to help carers with everything including job interview skills, CV writing, job search and learning opportunities.

CReate run a series of **Positive and Practical Workshops** designed to encourage carers to identify their own personal goals and arm them with the skills to achieve them.

CReate are offering Information Technology sessions to carers who would like to enhance their skills and knowledge in using computers. **Get I.T.** is an introduction to using computers and Information Technology.

For more information about these workshops and to book a place please call the CReate team on 01274 449660

Are you an employer or business?

CReate offers employers guidance on how to identify and support carers in the workplace, enabling skills and experience to be retained for the benefit of the business.

For more information please contact Stella Elson on 01274 449660

Epilepsy Support Group

1.30pm – 2.30pm

Carers' Resource, Shipley

Welcomes people living with epilepsy and/or their carer for advice and support.

Wednesday 12 March

Wednesday 9 April

Wednesday 14 May

Contact Caroline Harley on 01274 449660

Care to Read Book Club for carers

Carers' Resource, Shipley

11am – 12.30pm

Come along and enjoy reading books in a relaxed and friendly environment.

Thursday 13 March

Thursday 10 April

Thursday 8 May

Contact Caroline Harley on 01274 449660

Time for me

Carers' Resource, Shipley

10am – 12pm, Cost £2 includes refreshments

Relaxation techniques and therapy sessions for carers and the over 50s.

Wednesday 12 March

For further details on activities please contact

Carolyne Coyle on 01274 449660

Carers Dining Club

Interested in joining a dining club? Meeting for monthly lunches and evening meals across the district. Both carers and the cared for are welcome to join. For further details please contact Julie Lambert on 01274 449660



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 information and training sessions with each session lasting for two hours. You can choose as many or as few as you like

1. Caring confidently about my own health
2. Caring confidently about my own life and recognising my own feelings
3. Caring confidently using good communication
4. Caring confidently by knowing my rights
5. Caring confidently with practical situations

All sessions will take place throughout the Bradford District

Contact Sarah on 01274 449660 for further details and to book a place.

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



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

b-warm

Bradford Council operates a domestic energy efficiency scheme for Bradford residents.

b-warm provides various energy efficiency measures such as heating, loft insulation, external and internal wall insulation and cavity wall insulation. Qualifying homes may be offered free or subsidised home energy saving improvements.

For more information and contact details visit www.bradford.gov.uk/b-warm

Planning for the Future Event Tuesday 11 March 12:30pm – 2:30pm Park Lane Centre, Park Lane, Bradford

Mencap are holding a free information session where you can find out more about setting up Wills and trusts for the benefit of someone with a learning disability.

For more information and to book a place contact Gina Collins on 0207 696 6925

