



Contact Anne Brennand on 01756 700888 for further information. * Booking essential, where indicated.

Settle Lunch*

12 noon,
The Lion Hotel, Duke St, Settle
2nd Monday of the month

Monday 10 March
Monday 14 April
Monday 12 May

Chat with friends, old and new. Make your own choices from the menu.

Skipton Lunch*

12 noon,
Bay Horse, Snaygill, Skipton

Wednesday 5 March
Tuesday 1 April
Wednesday 7 May

Chat with friends, old and new. Pay for whatever you choose from the menu.

Mid Craven Lunch*

12 noon,
The Gamekeeper Inn,
Long Ashes, Threshfield

3rd Friday of the month
Friday 21 March
Friday 25 April
Friday 16 May

Lighter meals are available.

Utopia Drop-in

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

Tuesday 11 March
Tuesday 8 April
Tuesday 13 May

Enjoy a drink and relax in beautiful surroundings.

North Craven Lunch*

12 noon, Three Horse Shoes,
Ingleton

Monday 24 March
Tuesday 29 April
Tuesday 27 May

Chat over lunch with friends old and new. Set menu, choice of one, two or three courses.

Seasonal Soup Group

Greatwood & Horseclose
Community Centre
12 noon – 3pm,
£2.50 including food

For dates and further information please contact Caroline Leiper on 01756 701386

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.

Open House (near the exit of the Skipton Town Hall car park)

4th Tuesday of the month 10am – 2:30pm

A social and activities group for carers, those they care for and older people.

Meeting for board games, crafts, music, chair exercise, and other activities.

Call Rebecca Procter on 01756 798022 for further details.

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 Anne Brennand
on 01756 700888



North Yorkshire Carers' Forum

Thursday 6 March

11:30am – 2pm

Galtres Centre, Easingwold

Thursday 15 May

11:30am – 2pm

Scarborough Bowls Centre, Scarborough

Travelling expenses paid. Further details from

Patrick Duffy on 01609 534940 or

email: patrick.duffy@northyorks.gov.uk

This Forum is free to attend 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.

North Craven Strollers

Meet new people whilst exercising and enjoying the local scenery by joining this free and open to all walking group. Come along when you can and walk at a pace to suit you.

For a full programme telephone 01729

824537 or email

ncravenstrollers@yahoo.co.uk

Home Library Service

Did you know that as a carer you are eligible for North Yorkshire County Council's free home delivery service? Books are selected at the library and delivered once a fortnight by volunteers. Books and audio books can be requested free of charge.

If you would like to know more please contact the Home Library Service on 01609 533800

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

- Caring confidently about my own health
- Caring confidently about my own life and recognising my own feelings
- Caring confidently using good communication
- Caring confidently by knowing my rights
- Caring confidently with practical situations

For further details and to book your place contact Anne Brennand on 01756 700888

Interested in Volunteering for Carers' Resource?

We are recruiting volunteers to help with specific projects and hosting the luncheon clubs. If you are interested or want further details please contact

Val Stewart on 01756 700888.

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



Purple Patch Arts

Feel Good in Skipton

Every Wednesday during term time

12pm – 3pm

St Andrew's Church, Skipton

A project designed by people with learning disabilities for people with learning disabilities. Health and well being workshops involving a mixture of movement-based exercise along with music, meditation and art. Cost £21 per session (first two taster sessions are free), advance booking only.

Please call or text 07725 041801 or email info@purplepatcharts.org to make a booking for a taster session.

South Craven Walking4Health Group

Specifically aimed at people not confident in walking alone who wish to improve health, fitness and general well-being. Weekly short walks commence at 9:30am on Mondays at various locations in South Craven. Longer walks are organised on a monthly basis.

For further details contact Andy Glen on 01535 632734 or email andyglen07@hotmail.com

Sunbeams – Especially for us

Sunbeams is a parent run support group for parents and carers of children with disabilities and special needs. Meeting every Tuesday from 1:30pm – 3pm at Bentham Methodist Church, High Bentham. A chance to meet other parents in a friendly, relaxed environment.

For more information contact Rebecca on 01524 263062