

Harrogate Supper Club

Dine out without splashing out.
Take advantage of early bird or special deals.

Thursday 20 March
Thursday 24 April
Thursday 22 May

Venues to be confirmed

To book contact Tina Morris on
01423 500555

Contact Carol on 01423 500555 for further information.

Knarborough Carers Group

1st Monday of each month
2.00pm - 4.00pm,
Hewitson Court, Knarborough

Monday 3 March
Monday 7 April
Monday 12 May

Pop in for coffee and a chat, for carers in the Knarborough area.

Pateley Bridge Carers Lunch

1st Friday of each month
1.00pm

The Willows, Pateley Bridge

Friday 7 March
Friday 4 April
Friday 2 May

Friendly social get-together and light lunch in beautiful surroundings.

Ripon Carers Afternoon Teas

2nd Tuesday of each month
2.30pm
Community House, Ripon

Tuesday 11 March
Tuesday 8 April
Tuesday 13 May

Conversation and cakes for anyone with a caring role living in the Ripon area.
Contact 01765 690222

Friendship Group

Last Thursday of each month
2.00pm - 4.00pm
11 North Park Rd, Harrogate

Thursday 27 March
Thursday 24 April
Thursday 29 May

Enjoy an afternoon coffee/tea, speakers and occasional trips.

Cedar Court Carers Group

3rd Wednesday of each month
11.00am – 12 noon
Cedar Court Hotel, Harrogate

Wednesday 19 March
Wednesday 16 April
Wednesday 21 May

Enjoy a mid-morning break - comfy sofas, a coffee and a chat.

Dales Diners

1st Thursday of each month,
1.00pm

Christ Church Hall, Darley

Thursday 6 March
Thursday 3 April
Thursday 1 May

For carers and cared for with memory problems.

Friday Group 4 Men

2nd Friday of each month
12 noon – 2.00pm
The Squinting Cat, Harrogate

Friday 14 March
Friday 11 April
Friday 9 May

Meet for a pub lunch.
Open to men with a caring role who live in the Harrogate area.

Harrogate Cinema Club

Enjoy a night out at the cinema taking advantage of voucher offers when available.

March The Grand Budapest Hotel
April Transcendence
May Maleficent

For further details contact Tina Morris on 01423 500555

St Paul's Coffee Morning

Every Wednesday
10.30am – 11.30am
Victoria Avenue, Harrogate
(opposite the Library)

For further details contact 01423 500555

Carers' Clinic

1st Wednesday of each month.
10.30am to 1.00pm, Harrogate Library

Wednesday 5 March
Wednesday 2 April
Wednesday 7 May

Staff are available for advice and information.



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.

Fundraising Events

Friday 14 March at 7pm

Follifoot Village Hall

The Rotary Club of Harrogate is holding a Race Night to raise funds for Carers' Resource and Dementia Forward.

Tickets are £10 including fish and chip supper.

For further information and tickets please contact

John Perry on 01423 870394.

Wednesday 16 April at 7:30pm

Frazer Theatre, Knaresborough

The Mayor of Knaresborough's Spring Fashion Show is raising funds for young carers and the Frazer Theatre.

Tickets are £5 and are available from Anne

Wells on 01423 500555 or email

awells@carersresource.org

Home Library Service

If you are a carer you are eligible for North Yorkshire County Council's free home delivery service. If you would like to know more please

contact the Home Library Service

on 01609 533800

Life-Wise Workshops

CRreate at Carers' Resource are offering a series of free workshops and one to one support to carers, parents and job seekers.

Thursday 27 February 10am – 1pm

Life-Wise Part 1

CRreating the confidence to reach your goals

Wednesday 5 March 10am – 1pm

Life-Wise Part 2

Planning the route to reach your goals

Monday 17 March 1:30pm – 4:30pm

Work-wise Part 1

CRreate a CV that wows employers

Monday 24 March 1:30pm – 4:30pm

Work-wise Part 2

CRreate a great impression at an interview

Wednesday 26 March 10am – 1pm

Money-wise Part 1

CRreate a monthly budget to achieve your goals

Wednesday 2 April 10am – 1pm

Money-wise Part 2

CRreate a budget maintenance plan to review your goals

Wednesday 23 April 10am – 1pm

Life-Wise Part 1

CRreating the confidence to reach your goals

Wednesday 30 April 10am – 1pm

Life-Wise Part 2

Planning the route to reach your goals

For more information and to book places please ring Jenny or Dan on 01423 500555

Health and Wellbeing Fair

Friday 14 March 2pm – 5pm

Boroughbridge Library

Carers' Resource is attending this free event along with other organisations promoting the welfare of the local Boroughbridge community.

For further information please contact Boroughbridge Library on 0845 034 9519.

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 Alyson Hill 01423 500555

Planning for the Future Event

Monday 10 March 6:30pm – 8:30pm

Council Chamber Rooms,
Council Offices, Harrogate

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

