

Harrogate Supper Club

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

Thursday 22 January
Thursday 19 February

Venues to be confirmed

To book contact Tina Morris on
01423 500555

Contact Carol on 01423 500555 for further information.

Knareborough Carers Group

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

Monday 1 December
Monday 15 December
Christmas Lunch at Dower House
at 12.30pm
Monday 5 January
Monday 2 February

Pateley Bridge Carers Lunch

1st Friday of each month
1.00pm

The Willow, Pateley Bridge
Friday 12 December
Friday 9 January
Friday 6 February
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 9 December
Christmas Treat
Tuesday 13 January
Talk on Care Policy
Tuesday 10 February
Conversation and cake for
anyone 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 17 December
Thursday 29 January
Thursday 26 February

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 17 December
Wednesday 21 January
Wednesday 18 February

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
2 courses for £4.50
Thursday 4 December
Thursday 8 January
Thursday 5 February

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 12 December
Friday 9 January
Friday 13 February
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.

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)

Make new friends over coffee.

For further details contact 01423 500555

Wetherby Carers Group

3rd Monday of each month.
2pm, Sant Angelo, Wetherby

Monday 15 December (Christmas Lunch)
Monday 19 January
Monday 16 February
Friendly social get-together in beautiful
surroundings.



North Yorkshire Carers' Forum

Thursday 27 November
11:30am – 2pm

Disability Action Yorkshire, Harrogate

Travelling expenses paid. Further details from

Avril Hunter on 01609 536898 or

email: avril.hunter@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.

Mental Health Carers' Support Group

Wednesday 10 December
3.30pm – 5.00pm

Starbeck Library, Harrogate

Saturday 19 December
2.00pm – 4pm

Ripon Library, Ripon

For further information please contact Sharon Jessop on 01609 535209 or Wendy Clark on 01609 533516

Carers' Clinic

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

Harrogate Library

Wednesday 3 December

Wednesday 7 January

Wednesday 4 February

A Carers' Resource staff member is available to give advice and information.

As a carer do you always put other people's wellbeing before your own? Would it help to chat and learn more about the issues which affect you?

We are offering free sessions for you, as a carer, to put yourself first. These sessions are designed to help you deal with the variety of day to day issues which impact on your life. Each session lasts for two hours and you can choose as many as you like

My own health, life and feelings

Explore physical health, diet, exercise, sleep and mental health issues such as stress. Take control of your life, make time for yourself and look at emotions, low mood, anxiety and stress and how to tackle them.

Communication and carers' legal rights

Feel more confident asking for what you want and getting what you need. Looking at your legal rights, assessments, finances and how to complain if things go wrong.

Finance

Discuss general benefits and where to get professional advice. Also tips on saving money.

Coping day to day

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

For further details and to book your place contact Alyson Hill 01423 500555

Christmas Coffee Shop

Saturday 13 December
10.00am – 2.00pm

St Peter's Church, Harrogate

To raise funds, Carers' Resource is organising a Christmas coffee shop. Please pop in to have some refreshments or get in touch with Jean Eames on 01423 500555 or email on jeames@carersresource.org if you can bake a cake or lend a hand for an hour or two.

Library Service Consultation

North Yorkshire County Council has begun a three month public consultation on their proposals for the changes to the Library Service which will run until 8 February 2015.

A full explanation of the proposals and the consultation can be found at www.northyorks.gov.uk/libraryconsultation

GP Practice Carer Drop-In

Carers' Resource is offering advice and information on all aspects of caring at weekly drop-in sessions for patients registered at the following GP Practices.

Church Lane Surgery, Boroughbridge
Wednesdays 10.30am to 12.30pm

North House Surgery, Ripon
Mondays 1.00pm to 3.00pm

Fletcher & Partners, Ripon
Thursdays 10.30am – 12.30pm

