



Contact Julie Lambert on 01756 700888 or 01274 449660 for further information.

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

Wednesday 3 December
Wednesday 7 January
Wednesday 4 February



Keighley Drop In
10.00am – 11.30am
Lavender Fields Emporium
42 Cavendish Street
Keighley
BD21 3DY

Friday 5 December
Friday 6 February



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

Tuesday 9 December
Tuesday 13 January
Tuesday 10 February



Something Good
Knitting and Craft Together

Lavender Fields Emporium, Keighley
Every Monday 1.30pm – 3.00pm

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



Activity Fundraising Committee

In order to continue the array of activities, workshops and groups offered we will be asking for a voluntary donation of up to £2 per session. We will also be forming a fundraising committee to raise money for our activities, if you would like to join please contact Anne Wells 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
Start date to be confirmed

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



Time for me
The Hub, Skipton Road, Steeton
10am – 12pm, Cost £2 includes refreshments

Tuesday 9 December
Tuesday 13 January
Tuesday 10 February
Games, crafts and quizzes

Contact Julie Lambert on 01274 449660 or 01756 700888



Chatterbox
10.30am – 11.30am
Silsden Methodist Church

Thursday 4 December
Thursday 5 February
Conversation and games.
Carers and cared for welcome

For further details please contact the Minister on 01535 653842





Carers' Day Trips

**Christmas Shopping
Leeds Trinity Shopping Centre**

Monday 1 December - £5

Picking up from Keighley, Shipley and Bradford Forster Square.
Times to be confirmed.

The Mill Batley

Monday 9 February - £8

Picking up from Ilkley, Keighley, Bingley, Shipley and Bradford.
Times to be confirmed.

For further information on these and all other trips or to book a place contact Julie Lambert on 01274 449660

Booking is essential for all trips

Payment due on booking, non-refundable.

Festive Lunch

Tuesday 16 December

Central Hall, Alice Street, Keighley

£11.95 for three courses

Carers, cared for and those over 50 are all welcome.

If you are interested in joining us and for more details please contact Julie Lambert on 01274 449660

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.



Zumba

Tuesday 2 December

Tuesday 9 December

1.15pm – 2.15pm

The Hub, Skipton Road, Steeton

£2 per session

A new venue is planned for the New Year.

For further details please contact Julie Lambert on 01756 700888

Carers Rights Open Day

Friday 28 November

10.30am to 2.30pm

Carers' Resource, Shipley

Staff from Carers' Resource, which now incorporates Carers Connection, will be on hand to talk to carers about the new integrated service and the wide variety of support available.

We are especially keen for carers who were previously supported by Carers Connection to come along and find out about our services, to enjoy a taster of our social and leisure activities and meet the team.

For more details contact the Shipley office on 01274 449660.