



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 8 December  
Monday 12 January  
Monday 9 February

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

### Skipton Lunch\*

12 noon,

**Bay Horse, Snaygill, Skipton**

Tuesday 2 December  
Tuesday 6 January  
Wednesday 4 February

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 19 December  
Friday 16 January  
Friday 20 February

Lighter meals are available.

### Utopia Drop-in

10am – 11.30am

**Utopia Café, Broughton Hall, Skipton  
2nd Tuesday of month**

Tuesday 9 December  
Tuesday 13 January  
Tuesday 10 February

Enjoy a drink and relax in beautiful surroundings.

### North Craven Lunch\*

12 noon, **Three Horse Shoes,  
Ingleton**

Monday 22 December  
Tuesday 27 January  
Monday 23 February

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**

**Start date to be confirmed**

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

**Open House, The 3 Links Club (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 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](mailto: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.

## 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](mailto:ncravenstrollers@yahoo.co.uk)

## Carers' Resource Young Carers Youth Groups

First Wednesday of the month

6.30pm – 8.00pm

St Stephen's School Hall, Skipton

A youth group for secondary aged young carers.

Second Wednesday of the month

3.30pm – 5.00pm

Settle College, Settle

An after school club for young carers.

For further details please contact Susan Arkell on 01756 700888



a service of carers' resource

## Warm and Well Together

- Have you got Fuel Debts?
- Are you interested in heating your home more efficiently?
- Would you like to attend workshops on accessing money saving initiatives online?

If you are interested in any of these services please contact Elaine Owen on 01756 700 888 or email: [eowen@carersresource.org](mailto:eowen@carersresource.org) or visit: [www.first4contact.org](http://www.first4contact.org)

## My Memories and Me

'My Memories and Me' was launched on Thursday 20 November at the Three Links Club in Skipton.

If you are caring for someone with dementia and would be interested in attending activity and reminiscence sessions with the person you care for, please contact Elaine Owen on 01756 700 888 or email: [eowen@carersresource.org](mailto:eowen@carersresource.org)



## 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.

## 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

## 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](http://www.northyorks.gov.uk/libraryconsultation)