



Contact Bradford Carers' Resource on 01274 449660 for further information on any of the following activities

Something Good

**Knit Together
Carers' Resource, Shipley
2pm – 4pm**

Knitting, crocheting, embroidery and tapestry. Group is open to everyone. To be held every Thursday

**Carers Café
The Interlude Café, Shipley
10.30am – 12.00pm**

All carers welcome.
Wednesday 17 December
Wednesday 14 January
Wednesday 11 February

**Craft Group
Carers' Resource, Shipley
2pm – 4pm**

Come along and try different craft activities.
Wednesday 28 January
Wednesday 25 February

For further details on all the above groups contact Julie Lambert on 01274 449660 or 01756 700888

Interested in Volunteering for Carers' Resource?

We are recruiting volunteers to help with specific projects and hosting the clubs. If you are interested or want further details please contact Jeanette Procter on 01274 449660



CReate offers a variety of self-development activities along with one-to-one support to help carers with everything including job interview skills, CV writing, job search and learning opportunities.

CReate are offering Information Technology sessions to carers who would like to enhance their skills and knowledge in using computers.

**IT for Beginners
Carers' Resource, Shipley
Every Tuesday starting
10.00am – 12.00 noon**

**Best use of your laptop
Carers' Resource, Shipley
Every Tuesday
12.00 noon – 2pm**

For more information about these workshops and to book a place please call the CReate team on 01274 449660

**Group Recovery Ongoing Wellness (GROW)
Relaxation and Contemplation Workshops
Carers' Resource, Shipley
Every Monday**

**1.30pm – 3.00pm, £5 per session
Seven weeks of workshops.**

For more information and to book a place please call 0800 772 0845 or 07538 051098

Epilepsy Support Group

1.30pm – 2.30pm

Carers' Resource, Shipley

Welcomes people living with epilepsy and/or their carer for advice and support.
Wednesday 10 December
Wednesday 14 January
Wednesday 11 February

Contact Caroline Harley on 01274 449660

Time for me

**Carers' Resource, Shipley
10.30am – 12.30pm, Cost £2 includes refreshments**

Activities for carers and the over 50s.
Wednesday 3 December
Simple jewellery making
Wednesday 17 December
Social with Christmas carols
Wednesday 7 January
Wednesday 4 February

For further details on activities please contact Julie Lambert on 01274 449660

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.

Clayton Village Dickensian Market

Saturday 6 December

11.00am – 5.00pm

Crossroads Care are organising a stall at this year's event; if you wish to donate any items please call 01274 588990 before

Wednesday 3 December to arrange collection.

Alternatively, please deliver to Carers' Resource, Shipley.

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.

Men's Group

Every Friday

1.30pm – 3.30pm

Clayton Village Hall

For more information or to arrange transport please call Carol on 07846 344071

www.claytonvillagehall.org.uk



a service of carers' resource

Staying Warm and Well this Winter

Carers' Resource and Warm Homes Healthy People Partnership are delivering a network of services in order to support vulnerable people stay warm and well this winter.

The initiative launched in November and will run until 31 March 2015.

Support available through the scheme includes:

- Fuel Debt Advice
- Home Energy Efficiency Checks
- Practical Support (food parcels and bedding)
- Home Fire Safety Checks
- Eat or Heat Roadshows

Access to these services is available through professional referral only and eligibility criteria will apply. If you are in need of these services and are vulnerable to winter

please visit: www.first4contact.org

Alternatively call your local Carers' Resource office if you do not have access to the internet.

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.

Festive Lunch

Wednesday 10 December

The Midland Hotel, Forster Square

£16.95 for two courses

£19.95 for three courses

(including coffee and mints)

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

Non-refundable £10 deposit is required to secure your place. If you are interested in joining us please contact Julie Lambert on 01274 449660

Carers' Dining Club

Our dining club meets for monthly lunches and evening meals across the district. Both carers and the cared for are welcome to join.

For full details and to book your place please contact Julie Lambert on either 01274 449660 or 01756 700888

