



Airedale Area Carers' Groups

Contact 01756 700888 for further information

Issue 91

May 2015 - Aug 2015
Carers Week June 8th -12th

Bingley Drop In

The Coffee Lounge, Queen Street, Bingley

10.30am - 12 noon

1st Wednesday of each month

Wednesday 3 June, 1 July, 5 August

Keighley Drop In

Sainsbury's, Cavendish Street, Keighley

10am - 11.30am

1st Friday of each month

Friday 5 June, 3 July, 7 August

Utopia Drop-in

Utopia Café, Broughton Hall, Skipton

10am—11.30am

2nd Tuesday of each month

Tuesday 9 June, 14 July, 11 August

Art Course

Carers' Resource, Griffin House
Broughton Hall, Skipton

6 week course starts 9 June

5 week course starts 11 August

Cost £42 / £35 payable in advance, includes all art materials and refreshments.

No previous experience required.

Time for Me

The Hub, Stone Grove, Steeton

10am - 12 noon

2nd Tuesday of each month

Tuesday 9 June, 14 July, 11 August

Cost £2 including refreshments. For carers and those over 50.

Carers' Supper Club

Dine out without splashing out. We meet in the Airedale or Craven area every 6 weeks or so for an early evening meal, taking advantage of early bird or special deals.

For further information contact 01274 449660.

Chatterbox

Silsden Methodist Church

10.30am - 11.30am

1st Thursday of each month

Thursday 4 June, 2 July, 6 August

Carers and cared for welcome. Contact Grace on
01535 654591 for further information.

We are currently reviewing all our groups and activities provision. Funding is very tight and we want to check that we are delivering exactly what our carers want. Staff will be visiting all existing groups to ask for feedback and speaking to all the volunteers who help with them. If you value the groups, please try to attend so we can get an idea of numbers and gather your views.

If you are unable to come but would like to give us your feedback please contact us on 01274 449660



Airedale District Local Information

Are you a carer of a stroke survivor?

PhD researcher, Jessica Hall, who is currently working with the Carers' Resource, is looking for carers who have cared for someone following a stroke.

They must have been caring for between 9 months and 3 years.

The aim of the research is to look at how carers are affected by long term caring.

If you would like to be involved, or would like to find out more, please contact Jessica Hall on 01274 382818 or jessica.hall@bthft.nhs.uk.

Palliative Care Link Worker

Carers' Resource is delighted to announce the launch of this new service with funding from the Rayne Foundation and working with Sue Ryder Care at Manorlands Hospice.

For further information contact 01756 700888.

WE'VE GOT AN APP FOR THAT!

Carers' Resource is very excited to be launching our new mobile phone app for carers and those being cared for called '**App4Care**'.

- Are you worried about leaving someone alone at home when you go out?
- Do you look after someone who wanders or often falls?
- Do you and the person you care for live a long way apart and would you like to be able to contact them quickly and easily?
- Would a simple system of reminders such as 'doctors appointments' or 'time to take medicine' offer you reassurance?

App4Care can do all this and more over your mobile phone. The **App4Care** is very straightforward to use and is compatible with most smartphones. If you would like to help us to pilot **App4Care** please contact:

Candy Squire-Watt: 01274 449660 or email:
cswatt@carersresource.org

Full training will be given, and we will be on hand with support if you run into any problems.

Carers Week June 8th—12th

Throughout this week the Carers' Resource will be at the following venues offering information and support:

Monday 8 June

Bradford Royal Infirmary
Sangat Centre, Keighley

Tuesday 9 June

St Luke's Hospital, Bradford
Clark Foley Centre, Ilkley

Wednesday 10 June

Bradford University
Little House, Bingley

Thursday 11 June

The Ridge, Bradford
Denholme Mechanics Institute

Friday 12 June

Baildon Community Link Centre

For more details about any of the events above please contact 01756 700888 or 01274 449660.