



# Bradford Area Carers' Groups

Contact 01274 449660 for further information

Issue 91

May 2015 - Aug 2015

Carers Week June 8th -12th

## Knit Together

Carers' Resource, Shipley  
2pm – 4pm

Every Thursday

## Carers Café

The Interlude Café, Shipley  
10.30am - 12 noon

Monthly on a Wednesday  
Contact 01274 449660 for dates.

Craft and Quilting Group  
Carers' Resource, Shipley  
2.00 - 4.00pm

Last Wednesday of each month

Wednesday 24 June, 29 July, 26 August

Epilepsy Support Group  
Carers' Resource, Shipley

1.30pm—2.30pm

2nd Wednesday of each month

Wednesday 10 June, 8 July, 12 August

## Bronteland

A monthly social get together for people with dementia  
and their families in the garden centre at Steven  
Smith's, Wilsden

For more details and future dates, please call Ron  
Hamer on 01535 272124

## Lads Lunch

The Crown Hotel, Horton Road, Bradford  
12noon

2nd Thursday of each month

Thursday 11 June, 9 July, 13 August

## Carers Lunch

The Noble Combe, Shipley  
11am

3rd Wednesday of each month

Wednesday 17 June, 15 July, 19 August

## Let's Sing & Happy Memories

Do you enjoy singing and have a memory problem?  
Why not join one of our singing groups with a friend or  
carer? Groups meet weekly

St Andrew's Church, Undercliffe, Bradford

For more details and future dates, contact the  
Alzheimer's Society on 01274 586008

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



# Bradford District Local Information

## Dispelling Myths DVD

In June the Dispelling Myths DVD will be launched. It tells stories of older people from different cultures who have all struggled with mental health issues.

For more information contact Saiuqa Raney on 01274 449660.

## 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](mailto:jessica.hall@bthft.nhs.uk)

## CRreate

CRreate 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.

### Beginners IT

**Carers' Resource, Shipley**

**Every Tuesday from 12 noon – 2pm**

### Enterprise Club

**Carers' Resource, Shipley**

**Thursday 28 May**

Aimed at anyone with an interest in starting their own business.

Further dates to be confirmed.

For more information or to request help with IT skills please call the CRreate team on 01274 449660.

## 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 01274 449660.

## 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 01274 449660 or 01756 700888.