



Craven Area Carers' Groups

Contact Val Stewart on 01756 700888. * indicates booking essential.

Issue 91

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

Settle Lunch*

The Lion Hotel, Duke St, Settle

12 noon

2nd Monday of each month

Monday 8 June, 13 July, 10 August

Skipton Lunch*

Bay Horse, Snaygill, Skipton

12 noon

Wednesday 3 June

Wednesday 1 July

Tuesday 4 August

Mid Craven Lunch*

The Gamekeeper Inn, Long Ashes,

Threshfield

12 noon

3rd Friday of each month

Friday 19 June, 17 July, 21 August

Utopia Drop-in

Utopia Café, Broughton Hall,

Skipton

10am—11.30am

2nd Tuesday of each month

Tuesday 9 June, 14 July,

11 August

North Craven Lunch*

Three Horse Shoes, Ingleton

12 noon

Monday 29 June

Tuesday 28 July

Monday 24 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.

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.

Call 01274 449660 for further details.

Open House, The 3 Links Club

(near the exit of the Skipton Town Hall car park)

10am—2.30pm

4th Tuesday of each month

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.

Contact Rebecca Procter on 01756 798022 for further details.

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.



Craven District Local Information

North Yorkshire Carers' Forum

Wednesday 17 June 11.30am

Venue still to be confirmed

Further details from Avril Hunter on 01609 536898

or

email: avril.hunter@northyorks.gov.uk

NYPACT

Locality Group Meeting

Skipton Children's Centre

Thursday 4 June 1.30pm—3pm

Annual Conference and AGM

The Street, Lower Clark Street, Scarborough

Wednesday 24 June, 10am—3pm

Family Fun Day

Mowbray School, Bedale

Sunday 12 July, 11am—3pm

For further information about the North Yorkshire Parent Carer Forum contact 01765 640552 or email

northyorkshirepact@gmail.com

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.

We now need your help to test our new App, and have been given some funding to do this in the Craven area. If you live or work in this area, or you care for someone who does, we would love to hear from you!

The **App4Care** is very straightforward to use and is compatible with most smartphones. Full training will be given, and we will be on hand with support if you run into any problems.

If you would like to know more please contact:

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

My Memories and Me

Carers' Resource is hosting 6 weekly sessions on reminiscence for people with early dementia or memory loss and their carers.

Sessions will take place on Fridays, from 22 May, 11am – 1pm, at the Quaker Meeting Rooms, Kirkgate, Settle. All sessions are free and refreshments will be provided.

To book a place please contact Elaine Owen on 01756 700888 or email: eowen@carersresource.org

Cancer Support, Skipton is holding a Moonlight Walk on Friday 26 June.

For further information contact
01274 202226.