



# Harrogate and Ripon Area Carers' Groups

Contact Carol Lancaster on 01423 500555 for further information

Issue 91

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

**Knarborough Carers Group**  
Hewitson Court, Knarborough  
2pm – 4pm  
1st Monday of each month

Monday 1 June, 6 July, 3 August

**Pateley Bridge Carers Lunch**  
The Willow, Pateley Bridge  
1pm  
1st Friday of each month

Friday 5 June, 3 July, 7 August

**Ripon Carers Afternoon Teas**  
Community House, Ripon  
2.30pm  
2nd Tuesday of each month

Tuesday 9 June, 14 July, 11 August

Contact 01765 690222.

**Friendship Group**  
11 North Park Road, Harrogate  
2pm – 4pm  
Last Thursday of each month

Thursday 25 June, 30 July, 27 August

**Cedar Court Carers Group**  
Cedar Court Hotel, Harrogate  
11am—12 noon  
3rd Wednesday of each month

Wednesday 17 June, 15 July,  
19 August

**Dales Diners**  
Christ Church Hall, Darley  
1pm  
1st Thursday of each month

For carers and those they care for who  
have memory problems. Two courses  
for £4.50

Thursday 4 June, 2 July, 6 August

**Friday Group 4 Men**  
Squinting Cat, Harrogate  
12noon - 2pm  
2nd Friday of each month

Friday 12 June, 10 July, 14 August

**Wetherby Carers Group**  
Sant Angelo, Wetherby  
2pm  
3rd Monday of each month

Monday 15 June, 20 July, 17 August

## Harrogate Supper Club

Dine out without splashing out. We meet in the Harrogate area every 4-6 weeks and take advantage of early bird or special deals.

Venues and dates to be confirmed.

Contact Sheila Constable on 01423 500555.

## Pins n Needles

11 North Park Road, Harrogate  
10.30am—12.30pm

1st Tuesday of each month

Tuesday 2 June, 7 July

The group will not be meeting in August.

## Harrogate Cinema Club

Enjoy a night out at the cinema taking advantage of voucher offers when available.

Contact Sheila Constable on 01423 500555.



# Harrogate 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](mailto:avril.hunter@northyorks.gov.uk)

## Forward Together

A friendship group for older people in association with the Wesley Centre, Supporting Older People, and Harrogate Easier Living Project. A varied social programme with refreshments and hot lunch.

**Every Thursday from 10am, with lunch at 12 noon**

For further information, and costs, contact the Wesley Centre on 01423 861553.

## Rock Up and Sing

**Harrogate International Centre**

**Saturday 4 July, 2pm and 7.30pm**

Tickets from HIC Box office. Proceeds in aid of young carers.

## GP Practice Carer Drop-In

Carers' Resource is offering advice and information on all aspects of caring at weekly drop-in sessions for patients registered at the following GP Practices:

**North House Surgery, Ripon**

Mondays 10am—12 noon

**Church Lane Surgery, Boroughbridge**

Wednesdays 10.30am—12.30pm

**Fletcher & Partners, Ripon**

Thursdays 10.30am—12.30pm

**Feastfield Surgery, Pateley Bridge**

Fridays 12 noon—1pm

## North Yorkshire Parents And Carers Together

**NYPACT**

**Annual Conference and AGM**

**The Street, Lower Clark Street, Scarborough**

**Wednesday 24 June, 10am—3pm**

**Free 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](mailto:northyorkshirepact@gmail.com).

## Carers' Library Clinics

**Harrogate Library**

**10.30am—1pm**

**1st Wednesday of each month**

**Knaresborough Library**

**Wednesday 10 June 10am—1pm**

**Ripon Library**

**Friday 12 June 10.30am—12.30pm**

## One Big Day

**Yorkshire Event Centre,**

**Great Yorkshire Showground, Harrogate**

**Saturday 6 June 9am—4pm**

Everything you need to know about

Motability.

Free entry, free parking, fully accessible.

## Parkinson's UK Ripon Support Group

**Salvation Army Outreach Centre,**

**Lead Lane, Ripon**

**Last Tuesday of each month, 2pm—3.30pm**

**Contact 01765 604908 for more information**