



# Airedale District Local Information

## **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.

### **IT Volunteer Required**

CRreate are looking for a volunteer to deliver Beginners and Improvers IT sessions at our Shipley office.

### **Introduction to Working in Retail**

**10.00am - 12 noon**

**Thursday 10th September**

### **Enterprise Club**

**10.30am - 12.30pm**

**Friday 11th September, Thursday 8th October,**

**Thursday 5th November**

For anyone interested in starting their own business.

### **Introduction to Facebook**

**1.00pm - 3.00pm**

**Thursday 1st October**

All held at the Carers' Resource, Shipley Office.  
For more information please call the CRreate team  
on 01274 449660.

## **Stroke services in our district are changing:**

- Hyper Acute Stroke Unit (HASU) at Airedale Hospital will close, but acute/rehabilitation services remain.
- Patients with suspected stroke will be taken to HASU at Bradford Royal Infirmary for initial tests and treatment.
- The single HASU will provide specialist 24/7 care.

Find out more and have your say at  
[www.healthwatchbradford.co.uk](http://www.healthwatchbradford.co.uk)

or call 01535 665 258

**We want to hear from carers and patients about their experiences of stroke services in order to ensure the new service meets their needs.**

## **The Herbert Protocol**

This is a national scheme being introduced by West Yorkshire Police which encourages carers to compile useful information (such as medication required, mobile numbers, places previously located, a photograph etc.) which could be used in the event of a vulnerable person going missing. The form can be easily sent or handed to the police to reduce the time taken in gathering this information.

**Find out more by calling Carers' Resource on  
01274 449660**

or at

[www.westyorkshire.police.uk/dementia](http://www.westyorkshire.police.uk/dementia)

## **Managing Stress**

**1.00pm—3.00pm**

**Tuesday 13 October**

**Carers' Resource Office, Shipley**

A short workshop to help you identify the symptoms and suggest ways to help you manage stress.

**Contact: Candy Squire-Watt on 01274 449660**

**E-mail: [cswatt@carersresource.org](mailto:cswatt@carersresource.org)**



# Airedale Area Carers' Groups

Contact 01756 700888 for further information

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## Bingley Drop In

The Coffee Lounge, Queen Street, Bingley

10.30am - 12 noon

1st Wednesday of each month

2 September, 7 October, 4 November

## Keighley Drop In

Sainsbury's, Cavendish Street, Keighley

10.00am - 11.30am

1st Friday of each month

4 September, 2 October, 6 November

## Utopia Drop-in

Utopia Café, Broughton Hall, Skipton

10.00am - 11.30am

2nd Tuesday of each month

8 September, 13 October, 10 November

## Art Course

Carers' Resource, Griffin House

Broughton Hall, Skipton

6 week course starts 29 September

4 week course starts 24 November

Cost £42 for September course and £28 for the course in November, includes all art materials and refreshments. No previous experience required.

## Chatterbox

Silsden Methodist Church

10.30am - 11.30am

1st Thursday of each month

3 September, 1 October, 5 November

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

## 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.

## Time for Me

The Hub, Stone Grove, Steeton

10.00am - 12 noon

2nd Tuesday of each month

8 September, 13 October, 10 November

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

## Ilkley Carers' Group

Abbeyfield Ilkley, 12 Riddings Road, Ilkley

2.00pm

Thursday 24 September, Friday 23 October,

Thursday 26 November

Call Alison Armstrong or Stella Elson on 01274 449660