



# Bradford District Local Information

## 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)

## Carers in Action

The NHS have relaunched this group for carers to meet and share information in the Bradford District Care Trust area. Monthly meetings are held at :

**Canalside Health Centre, Bingley**  
**10.00am - 12 noon**  
**Wednesday 30th September**  
**Wednesday 28th October.**

Call 01274 228298 for more details.

As part of Carers' Resource 20<sup>th</sup> anniversary we are celebrating by re-naming and re-launching our care-provider service



Providing care for all



Care @ Carers Resource, (formerly Crossroads Care Airedale and Bradford), has provided services in Bradford District for 25 years. It is a service of Carers' Resource.

A reliable, professional service for people in need of care and their carers, available across Bradford and Airedale.

Our aim is to enhance and enrich the quality of people's lives by providing a tailored support package which responds to individual needs, provided by trained, insured support workers and is of a consistently high standard.

**Telephone: 01274 588990**

**Email: [care@carersresource.org](mailto:care@carersresource.org)**

**Web: [care.carersresource.org](http://care.carersresource.org)**

## 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**

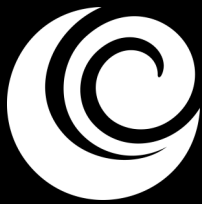
For anyone interested in starting their own business.

### 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.



# Bradford Area Carers' Groups

Contact 01274 449660 for further information

Issue 92

Sep 2015 - Nov 2015

## Knit Together

Carers' Resource, Shipley  
2.00pm – 4.00pm

Every Thursday

## Epilepsy Support Group

Carers' Resource, Shipley  
1.30pm - 2.30pm  
2nd Wednesday of each month

9 September, 14 October, 11 November

## Carers Lunch

The Noble Comb, Shipley

11.00am

3rd Wednesday of each month

16 September, 21 October, 18 November

## 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.**

## Happy Memories Singing Group

Organised by the Alzheimer's Society

Do you enjoy singing and have a memory problem? Why not join our singing group with a friend or carer?

St Andrew's Church, Undercliffe, Bradford

For details and future dates call 01274 586008.

## Managing Stress

1.00pm - 3.00pm

Tuesday 13 October

Carers' Resource Office, Shipley

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

Contact: Candy Squire-Watt on 01274 449660

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

## Discount for Carers

Therapist, Liz Crosland, is offering a 15% discount to carers and those they care for. Liz offers reflexology, massage and seated acupressure treatments to help you relax. Appointments available at her Bingley or Skipton premises, or she can offer a mobile service.

Tel: 0797 919 3040

E-mail: [lizcrosland@orange.net](mailto:lizcrosland@orange.net)