



Craven District Local Information

North Yorkshire Carers' Forum

Wednesday 16 September 11.30am

Community House, Selby

Further details from Avril Hunter

Tel: 01609 536898

or

email: avril.hunter@northyorks.gov.uk

Discount for Carers

Therapist, Liz Crosland, is offering a 15% discount to carers and those they care for.

Liz offers reflexology, massage and seated acupuncture 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

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

Health Awareness Day

Thursday 1 October 1.00pm - 4.00pm

Kings Hall, Ilkley

Stalls, a talk, tea and coffee.

All welcome.

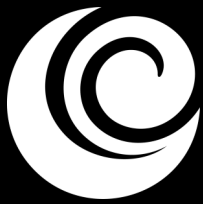
Being held by Ilkley Moor Surgery in conjunction with their patient participation group.

Horton Community Café

A range of events and activities in Embsay, Gargrave, Ingleton and Skipton, including craft workshops, exercise activities, informal advice sessions, social events and more.

Tel : 0758 401 5792

E-mail: communitycafe@hortonhousing.co.uk



Craven Area Carers' Groups

Contact Val Stewart on 01756 700888. * indicates booking required

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Sep 2015 - Nov 2015

Settle Lunch*

The Lion Hotel, Duke St, Settle

12 noon

2nd Monday of each month

14 September, 12 October, 9 November

Skipton Lunch*

Bay Horse, Snaygill, Skipton

12 noon

Wednesday 2 September

Tuesday 6 October

Wednesday 4 November

Mid Craven Lunch*

The Gamekeeper Inn, Long Ashes,

Threshfield

12 noon

3rd Friday of each month

18 September, 16 October, 20 November

Utopia Drop-in

Utopia Café, Broughton Hall,

Skipton

10.00am—11.30am

2nd Tuesday of each month

8 September, 13 October, 10 November

North Craven Lunch*

Three Horse Shoes, Ingleton

12 noon

Tuesday 29 September

Monday 26 October

Monday 30 November

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

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.

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.