



# Harrogate District Local Information

## Computers for Carers Course

**Monday 21 September for 7 weeks**

**10.00am - 1.00pm**

**Carers' Resource, Harrogate**

A class for current or previous carers wanting to brush up their IT skills. All levels from beginner to improver welcome. Tea and coffee will be available.

Classes will be free to those on means tested benefits and low incomes. Fee will be payable by others (cost to be confirmed).

The course operates a waiting list and you will be offered a place when one becomes available.

To book a place call the admin team or Jenny on 01423 500555.

## Carers' Library Drop-In

**Harrogate Library**

**10.30am - 1.00pm**

**1st Wednesday of each month**

## Carers' Time Off service links up with Carers' Resource

Carers Time Off, a long-established and valued service which matches volunteers with those being cared for to provide carers with a break, has joined forces with the Carers' Resource in Harrogate.

Previously based at Harrogate Easier Living Project at Harrogate and Ripon CVS, the partnership helps create a more co-ordinated support for carers and those they look after.

Some 29 volunteers provide about 170 hours' 'time off' a month. Co-ordinator Christine Boxall carefully matches volunteers with clients to ensure carers can have a well-deserved break, in the knowledge their loved one is well looked after.

Director of Carers' Resource Anne Smyth, OBE, said: "This vital service helps recognise the important role carers play as well as ensuring they can also have a positive experience of caring.

"Whether the carer needs a break for an appointment, or to just have some 'me time', this service is an asset and we encourage carers to use it."

The boards of both organisations have given their backing to the move, as has its funder, North Yorkshire County Council. For info contact Christine Boxall on 01423 500555 or email [cboxall@carersresource.org](mailto:cboxall@carersresource.org)

## 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 10.00am—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—1.00pm

## North Yorkshire Carers' Forum

**Wednesday 16 September 11.30am**

**Community House, Selby**

Further details from Avril Hunter on 01609 536898

or

email: [avril.hunter@northyorks.gov.uk](mailto:avril.hunter@northyorks.gov.uk)



# Harrogate and Ripon Area Carers' Groups

Contact Carol Lancaster on 01423 500555 for further information

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**Knaresborough Carers Group**  
Hewitson Court, Knaresborough  
2.00pm – 4.00pm  
1st Monday of each month

7 September, 5 October, 2 November

## Dales Diners

Christ Church Hall, Darley  
1.00pm

1st Thursday of each month

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

3 September, 1 October, 5 November

## Friendship Group

11 North Park Road, Harrogate  
2.00pm – 4.00pm  
Last Thursday of each month

24 September (Cancelled)

29 October

26 November

**Cedar Court Carers Group**  
Cedar Court Hotel, Harrogate  
11.00am - 12 noon  
3rd Wednesday of each month

16 September, 21 October,  
18 November

## Pateley Bridge Carers Lunch

The Willow, Pateley Bridge  
1.00pm

1st Friday of each month

4 September, 2 October,  
6 November

**Friday Group 4 Men**  
Squinting Cat, Harrogate  
12 noon - 2.00pm  
2nd Friday of each month

11 September, 9 October,  
13 November

**Wetherby Carers Group**  
Saint Angelo, Wetherby  
2.00pm  
3rd Monday of each month

21 September, 19 October,  
16 November

## 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

1 September, 6 October, 3 November

## Harrogate Cinema Club

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

Contact Sheila Constable on 01423 500555.