

CRreate works a treat for carers

Carers juggling a job and the demands of looking after someone are the special focus of our new CRreate service.

We have been awarded Big Lottery Reaching Communities funding for the four-year CRreate programme – Carers' Resource Employment and Training Enterprise.

It aims to help carers to stay in work; support them to manage their working and caring responsibilities; to assist carers in finding a job or returning to a career; to boost their skills and confidence.

The service also works with employers in the Bradford, Craven and Harrogate areas to increase

awareness and understanding of carers' issues, and to encourage the adoption of carer-friendly policies.

Director Chris Whiley says: "This is a great start to 2017 and this funding means we can now work more closely with carers who are struggling to maintain a working and caring balance in their lives.

"We can help them find the right solution and strategies to continue to stay in work, while also having a positive caring experience.

"Becoming a carer can happen suddenly, or it can creep up on you gradually as the person you look after's condition can worsen, and in both cases many can find they are struggling to carry on working."

• More information and details about new workshops can be found on page 4 – there may be something for you!

Harrogate Young Carers need YOU!

We start 2017 with a fundraising drive to boost our vital ongoing service for young carers – some as young as seven – in Harrogate district and Knaresborough.

"They have really helped me through some of the hardest times in my life," says young carer (YC) Stephen Kirk, 16, who has been caring since he was seven.

He says our Young Carers service has helped him deal with the stress the role brings.

"Knowing that there's someone there to catch me if I fall is a very

relieving thought," says Stephen.

"Without them I would be in a real mess." (For Stephen's full story, see page 12).

A young carer is a child who helps look after a relative who has a disability, suffers poor physical or mental health, or has an addiction.

The appeal aims to raise £50K per year to fund one-to-one support at times of crisis, youth clubs and outings. The service is solely dependent on donations.

Individuals, businesses, community organisations and

groups, sports clubs and schools are being urged to back the campaign, make donations or fundraise for young carers.

Harrogate solicitors Raworths has announced Harrogate Young Carers as its Charity of the Year – and has a packed programme of fundraising activities planned.

Chris Whiley, Director of Carers' Resource, says: "A young carer's role is relentless and whether they are at home or at school they are carrying the responsibility and worries of their demanding role.

"Their lives can be a far cry from 'care-free'; they are often worried and tired and it can mean they become isolated and miss out on typical childhood experiences."

Harrogate Young Carers was set up more than 20 years ago. Today, there are about 250 YCs helped by the service in the Harrogate area, which includes Knaresborough, Ripon, Boroughbridge, Pateley Bridge.

• See the back page for more details and how you can back the campaign.



L-R Back: Raworths' Victoria Notman, Anne Wells (Carers' Resource), Raworths' Kate Maybury and Jonathan Mortimer. Front: Young Carer workers Hettie Flynn and Laura Winfield

NEW Carers' Forums

A chance to have your say about everything to do with caring
'You care for them, We care for you'

We are proposing to set up a Carers' Forum from each of our offices, Bradford, Skipton and Harrogate.

They will enable carers to meet to talk about the issues that affect you as carers, and what would help most to continue your caring roles and have a good quality of life.

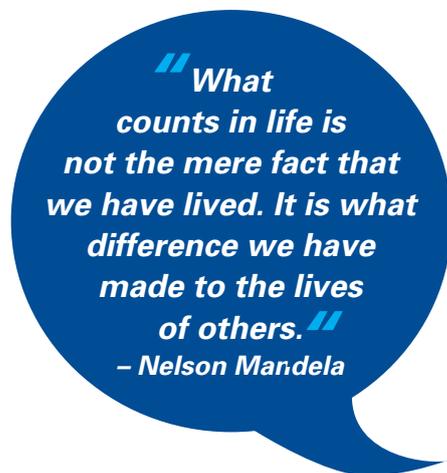
Carers' Forums will meet every three months, one in each locality. Any carer can attend any of the forums.

What will they do?

Carers can:

- Comment on the services provided by Carers' Resource and get involved in making changes that make things better for carers
- Discuss national issues that affect carers
- Comment and engage with local issues that affect your role as a carer.

If you would like to get involved in our forums please let Carolyne Coyle know, details on page 3.



Exciting new phone system

We have made some changes to how we handle phone calls coming in to Carers' Resource.

When you call any Carers' Resource office you have a choice of dialling:

- 1 if you are a carer seeking support or a professional wanting to refer a client, or
- 2 for any other enquiries.

Choose 1 and you will be put through to a member of the Carer Support Team who should be able to help you with your enquiry there and then without having to go through reception or getting called back.

Choose 2 if you know who you want to speak to or are returning a call from an individual.

The aim is to deliver a more efficient service and a better telephone system. We would like to hear any comments about the new system – please give us your feedback.

Drop in for a chat

Melanie Evans, Primary Care Liaison at Carers' Resource, will be at Thornbury Medical Practice, Rushton Ave, Bradford, BD3 7HZ, fortnightly on Tuesdays (March 13, March 27, etc), 10am to noon, to chat with carers who may need support.

Drop in or make an appointment, contact Mel on (01274) 449660 or 07801 577 256.

Julie Noted

By Carers' Resource Information Officer Julie Rainer



Planning a holiday?

Spring is often the time people begin thinking about holidays. For carers this can be beset with difficulties but help is at hand.

Carers' Resource produces a variety of factsheets to help in all aspects of finding a suitable holiday for everyone:

- Accessible Hotel Accommodation in the North of England
 - Organisations Which May Provide Funding for Holidays
 - Specialist Holiday Providers
- Travel Insurance for Pre-Existing Conditions including a list of Specialist Insurance Companies.

Check access information at www.disabledgo.com which gives details about access to shops, pubs, restaurants, cinemas, theatres, stations, hotels and hospitals across the UK and Ireland.

Flying – contact the airline at least 48 hours in advance to ask about special arrangements for mobility equipment and other help needed.

Leeds Bradford Airport – Contact the OCS team on 0113 391 1607 if you need help accessing the terminal or plane. Ring at least 48 hours in advance and be prepared to check in early. Useful information can be found on the Leeds Bradford Airport website at www.leeds-airport-guide.co.uk

Manchester Airport – Contact general enquiry line 0800 042 0213. The airport has awareness booklets and videos for parents and carers with children on the autistic spectrum to help understand the airport experience. Call 08714 777747 or email customer.relations@manairport.co.uk for details and to request a wristband so the child and family are fast-tracked through security to reduce waiting times.

Concerned about flying? An aircraft cabin assessment costs £50 and gives the opportunity to try equipment which helps you transfer and board the plane, together with seating assistance. You can then arrange to hire any necessary equipment. Tryb4Ufly assessments are available at William Merritt Disabled Living Centre, Aire House, Town Street, Rodley, Leeds, LS13 1HP. Contact 0113 350 8989.

Please contact Carers' Resource for a copy of the factsheets or for further information about holidays.





Welcome to our first **Choices** of 2017

– and so much good news to tell you already!

by *Carers' Resource Director*
Chris Whiley

Our newly-funded CReate service is up and running – right across Bradford, Craven and Harrogate districts – and staff are organising a range of workshops for carers who are working, and those who also want to get back into work or learn new skills (see pages 1 & 4).

And as you'll see from my photo, we're getting 'eggs-cited' about this year's Easter chicks fundraiser – see details below. (*Thanks to the fun-loving knitter who modelled a design on my hairdo!*)

On a more serious note, we're delighted to be working with Positive Minds Bradford to help more older people create new online links and become IT savvy as part of the innovative Worth Connecting 2 scheme (page 12).

Several carers also share their experiences with us; Harrogate parent Katrina (page 10) who tells us about support she's had from our EPIC project; and a heartfelt poem by Bradford volunteer writer Mike O'Leary is on page 9.

Our fundraising campaign Harrogate Young Carers Needs You (pages 1 & 12) calls on individuals and businesses to back our appeal to make sure there is ongoing support for young carers in Harrogate and district.

We also have some new columns which we hope you'll enjoy – Food for Thought on page 11, and Branching Out; monthly gardening tips on page 10.

Please let us know what you think of Choices and the articles we feature – you're welcome to write a piece, or share your own caring story (please contact Carolyne Coyle, see details, right).

If you'd like to help us plan some events and activities for this year's Carers Week (June 12-18) bring your ideas to our planning meeting at our Bradford office, Shipley, on Thursday, 9 March, 10.30am to noon.

Best wishes and here's hoping we have a pleasant and sunny Spring!

Chicks all colours of the rainbow

An eye-catching chattering of knitted Easter chicks is winging its way to our offices.

The wonderful woollen chicks annual fundraising campaign helps provide ongoing support for carers.

This year's theme is 'all colours of the rainbow' and already we have some vibrant and vivid creations at the ready.

Can you help to make this year's clutch even more outstanding? We're looking for crafty knitters and decorators, and more sales outlets.

Contact Anne Wells on 01423 500555, awells@carersresource.org if you can help. Big thanks to our generous sponsor, Cadbury, which provides the crème eggs so every penny we raise helps carers. They are on sale at £2 each.



- Our Christmas woollen decorations had a record year. We had about 25 knitters who produced more than 900 decorations and 25 sales outlets. The total raised was £1,438!
- Thanks to all of you who helped with finding outlets, knitting, selling, transporting and collecting in the money for such a successful fundraising activity.



Carers' Resource is an independent and nationally-recognised Yorkshire charity which gives tailored information and support to carers, those in need of care and support, and the professionals who work with them. Our services support people to remain independent, and have choice and control to improve their lives or situations.

Carers' Resource is a company limited by guarantee.
Reg charity number 1049278.

EDITORIAL CONTRIBUTIONS

Contributions (300 words max) are welcomed but may be edited. The views expressed do not necessarily reflect policy of the Carers' Resource. Reference to any service does not imply recommendation.

The deadline for submissions for next issue is May 1, 2017 and can be sent to the editor, Carolyne Coyle, email: ccoyle@carersresource.org or by post to the Bradford office (address below).

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Griffin House, Broughton Hall
Business Park, Skipton, BD23 3AN.
Tel: 01756 700888

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15, Park View Court, St Paul's Road,
Shipley, BD18 3DZ.
Tel: 01274 449660
Fax: 01274 449673

Ripon

Community House, Sharow View,
Allhallowgate, Ripon HG4 1LE.
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Editorial support from A level student Joe Firth, 18, of Shipley.



Whatever the situation – we'll find a solution!



CReate team. Back (Left to right): caseworker Hettie Flynn (Harrogate), team leader Jenny Sengel, caseworker Rachel Blackwell (Craven). Front: caseworkers Liz Liepins and Hannah Crabtree (both Bradford district).

CReate Manager Jenny Sengel says: "For some carers, reducing their working hours, speaking to their employers about flexible working or the possibility of remote-working arrangements, can be a solution, whereas for others it may mean changing roles or even taking time out from work."

"Whatever the situation – as no two situations are ever the same – the CReate team will support and help carers to find a solution that suits them best at that time."

"Caring can be overwhelming, demanding and exhausting, and we know that about 50 per cent of carers have had to give up their job to look after a relative or friend."

Support will include a range of workshops (some are listed below), courses, one-to-one mentoring and support groups to help carers develop and learn new skills, writing CVs and job applications; interview techniques, and job-seeking.

The service builds on the success of the initial CReate programme, and for the first time there will be a special focus on supporting carers who are combining work with caring responsibilities.

CReate runs in Bradford, Harrogate and Craven districts.

NEW FREE CReate Workshops for Carers

Contact for ALL is Jenny Sengel
jsengel@carersresource.org
01423 500555

Caring to Work

When: Thursday 6 Apr,
10am-noon

Where: Carers' Resource,
ShIPLEY, BD18 3DZ

For carers who want to work but are unsure of how to go about it. Focus on job-searching tips, CV writing, and interviews specifically from the carer's point of view.

Confidence Building

When: Thursday 4 May,
10am-noon, Carers' Resource,
ShIPLEY office, BD18 3DZ

Thursday 11 May, 2pm-4pm,
Carers' Resource, Skipton,
BD23 3AN

Open to all carers whether in work or not. To help carers deal with the challenges life as a carer can bring.

Stress-Busting Workshop

When: Thursday 16 Mar,
10am-noon, ShIPLEY office,
BD18 3DZ

Thursday 23 Mar, 10am-noon,
Harrogate office, HG1 5PD
Thursday 30 Mar, 10am-noon,
Skipton, BD23 3AN

Open to all carers. Focus on sharing coping techniques to deal with stresses of life.

Are you a working carer?

About half of all carers in the UK combine paid work with unpaid caring.

The majority of carers are of working age. The demands of caring alongside the responsibilities of a paid job can be hard to manage, leaving some working carers feeling like they are being pulled in two different directions.

Those who fall out of work can face financial hardship, so it pays to think carefully about the support you need to keep caring while continuing to be a valued member of staff for your employer. The CReate team can help you with:

- Knowing your rights at work
- Balancing work and caring
- Requesting flexible working
- Time off for dependents
- Other workplace adjustments

As a working carer you are likely to need a different kind of support at different times.

Don't leave it until you feel like you can no longer manage – come and talk to the CReate team about your options and get the support you need.

Carers have skills

Getting back to work after a long time away can feel daunting, and it can be hard to recognise the valuable skills and personal qualities you have gained as a carer, including:

- Time management
- Organisation and planning
- Problem solving
- Budgeting
- Empathy
- Diplomacy
- Strong communication skills

These skills are highly transferable to the workplace.

The CReate team can help you to:

- Consider your transferable skills and what you would like to do
- Check jobsites for information about local vacancies
- Look at volunteering or work experience opportunities
- Find out about courses and training
- Write an up-to-date CV

Request a free CReate one-to-one session to help you write a personal development plan.

We are also looking for volunteers to run workshops including arts and crafts, home maintenance and DIY, and more. Do you have a skill you'd like to share? Get in touch!

Email: jsengel@carersresource.org Twitter : CReate_carers



Art from the heart

Sharleen Shaha, 28, of Bradford, is a carer for her mum. Here she writes about her experience and the impact caring has had on her as a child and into adulthood.

I find it difficult to accept that I am a carer; I am a daughter, a sister, a friend and a professional, but I have been a carer for the past 18 out of 28 years in this world.

When I was 10 years old my mother was seriously ill after my baby brother was born. My mother would stop me from going to school so I could be with her.

When I did go to school, on my return I would find mum glued to the TV and she would then tell me about all the horrible things I had done at school because the TV said I did.



I covered up for my mum and kept the teachers guessing why I never attended, the social worker never guessed.

They were happy that I was ahead of everyone in class. I used my passion for art to escape. I managed to get into sixth form with A grades in Art, Design and English. I used this as a motivation to improve my life.

Over the years I helped to do the shopping for the house, organised the family and ensured my younger siblings were in school and doing well.

I take mum for a walk nearly every day in the evenings; she is better now but has other health issues. I am her rock but sometimes I don't feel appreciated. It is difficult for me to plan my own life because mum is the centre of it.

Last year I defined myself as a carer in public for the first time. I was afraid to ask for help when I was younger because my family may have been split up. Later, I felt I would be judged by other professionals.

Caring for so long has made me mentally and physically exhausted. When I hit my 20s I lost hope and there

was no magic in the art that once kept me going.

I am thankful for the health professionals and friends who have helped me in the past year; close friends now know my story and it has lightened the load.

I enjoy my part-time work helping vulnerable people and I have even completed my postgraduate studies.

Now I wish I spoke out more, but I can do that now. I can tell others that they don't have to carry the burden when there are people who can help.

Sharleen.

NEW Volunteer Awards

Our volunteers are one of the core strengths of Carers' Resource.

People help us over many years, and in a huge variety of ways, and without them we would struggle to provide the quality of services that we feel carers deserve.

This year we are introducing our new Volunteer Awards which will be presented at our AGM in September. There are a number of categories, not only long-service awards but 'Home Visiting Volunteer', 'Young Volunteer', 'Going the Extra Mile', to name a few.

Nomination forms with all the categories will be available from every office and on our website shortly. Anyone can nominate any volunteers for any category so if you regularly come across a Carers' Resource volunteer who brings something positive into your life then please nominate them. The closing date for nominations is Friday, 30 June 2017 so plenty of time to get them in!

Share your views

Please get in touch if you would be interested in helping to support us in raising awareness about the work we do, or by sharing your views.

Ways to get involved include:

Carers Panel – an email group of carers to whom we send short surveys, questionnaires, one-off questions or requests.

Share your story – help us raise awareness in our publicity by sharing your experience as a carer. Or write for Choices about your role or issues which affect carers.

For any of these please contact Carolynne Coyle, Communications Officer, at Bradford office, email ccoyle@carersresource.org



Carers' Groups and Activities: Airedale, Bradford,

AIREDALE AND SKIPTON SUPPER CLUB

Dates: Approx every 6 weeks.

Time: Early evening.

Where: Various venues; Skipton/Airedale.

Carers, cared-for and former carers.
Contact: Tracey Howes, 07725 111798.

BINGLEY CARERS' DROP-IN

Dates: 1st Wednesday of the month (1 Mar, 5 Apr, 3 May).

Time: 10.30am – noon.

Where: The Coffee Lounge, Queen Street, Bingley, BD16 2JS.

CLAYTON MEN'S GROUP, CLAYTON, BRADFORD

Dates: Every Friday.

Time: 1.30pm-3.30pm.

Where: Clayton Village Hall, Reva Syke Road, Clayton, Bradford, BD14 6QN.

Dominoes, cards, pool table, £1 for refreshments.

HAPPY MEMORIES, UNDERCLIFFE, BRADFORD

Dates: Every Thursday.

Time: 1.30pm-2.45pm.

Where: St Andrew's Church, Otley Road, Undercliffe, Bradford, BD2 4QP. Run by Alzheimer's Society for people with dementia/memory loss and their carers, led by trained leader. Contact: Stephanie Crabtree on (01274) 586008.

BRADFORD CARERS GROUP

Dates: 6 April.

Time: 2 – 4pm.

Where: Kala Sangam, St Peter's House, Bradford, BD1 4TY.

For carers of people with Dementia
Cost: Free. Please book, spaces limited.

Contact: Sarah Baker (01274) 449660
sbaker@carersresource.org

BRADFORD EPILEPSY SUPPORT TEAM (BEST), BRADFORD

Dates: 4th Monday of the month (27 Mar, 24 Apr, 22 May).

Time: 1pm-3pm.

Where: The Ridge Medical Centre, Cousen Road, Bradford, BD7 3JX. Social for carers and members.

Contact: Stephen Greenwood (01274) 675721

email sgreenwood52@yahoo.co.uk

ART GROUP, BROUGHTON HALL

Dates: Tuesdays in 4-week blocks: (from: 21 Mar, 25 Apr, 30 May).

Time: 10am-noon.

Where: Carers' Resource Skipton Office, BD23 3AN.

Carers only. Art work of own choice, no experience needed.

All materials/refreshments supplied. Not oils; most media catered for. Cost: £28 per 4-week block, full cash payment on first day of the block.

Contact: Anne Brennand

(01756) 700888

abrennand@carersresource.org

UTOPIA GROUP, BROUGHTON HALL

Dates: 2nd Tuesday of the month (14 Mar, 11 Apr, 9 May).

Time: 10am-11.30am.

Where: Utopia, Broughton Hall Business Park BD23 3AN.

Carers, cared-for, former carers, vulnerable adults.

CEDAR COURT COFFEE MORNING, HARROGATE

Dates: 3rd Wednesday of the month (15 Mar, 19 Apr, 17 May).

Time: 11am-noon.

Where: Cedar Court Hotel, Park Parade, Harrogate HG1 5AH.

Carers and former carers.

DALES DINERS LUNCH, DARLEY

Dates: 1st Thursday of the month (2 Mar, 6 Apr, 4 May).

Times: 1pm-3pm.

Where: Christ Church Hall, Main Street, Darley, HG3 2Q.

For carers and cared-for with memory problems.

Cost: £4.50 for 2 courses.

Booking required.

Contact: Carol Lancaster on (01423) 500555.

ALLSORTS AT WINKIES, HARROGATE

Dates: Mondays, except Bank Holidays.

Time: 3.45pm-5.15pm.

Where: Unit 9 Provincial Works, The Avenue, Starbeck, HG1 4QE.

Free for children with special needs aged 0 – 11 years. Siblings £2.

Refreshments, books, info, support for parents/carers.

Contact: (01423) 886886.

FRIENDSHIP GROUP, HARROGATE

Dates: Last Thursday of the month (30 Mar, 27 Apr, 25 May).

Time: 2pm-4pm.

Cost: £2.

Where: Carers' Resource Harrogate Office, HG1 5PD.

Get-together, occasional speakers.

NEW BEGINNINGS, HARROGATE

Dates: Every Wednesday.

Time: 10am-noon.

Where: Elim Church Hall, Park View, Harrogate, HG1 5LZ.

Support group for carers who have

lost a loved one or are now living in care as a result of Alzheimer's/dementia.

Cost: £3.

Contact: Lynda Oliver on 07817 820965.

PINS AND NEEDLES, HARROGATE

Dates: 1st Tuesday of the month (7 Mar, 4 Apr, 2 May).

Time: 10.30am-12.30pm.

Where: Carers' Resource Harrogate Office, HG1 5PD.

Carers and former carers.

SUPPAUT, HARROGATE

Dates: 1st Wednesday of the month (1 March, 5 April, 3 May).

Time: 10.30am-12.30pm.

Where: Carers' Resource Harrogate Office, HG1 5PD.

Support group for parents and carers of people with autism.

SUPPER CLUB, HARROGATE

Dates: Every 4-6 weeks.

Time: Early evening.

Where: Various venues in Harrogate. Carers, former carers, and cared-for.

Cost: Variable – early bird/special offers.

Contact: Sheila Constable/ Carol Lancaster, Harrogate office (01423) 500555.

GET TOGETHER, ILKLEY

Dates: 3rd Thurs of the month (16 Mar, 20 Apr, 18 May).

Time: 10.30am-noon.

Where: Abbeyfield, 12 Riddings Road, Ilkley LS29 9BF.

Carers, cared-for, former carers.

LET'S SING TOGETHER, ILKLEY

Dates: First Tuesday of the month (7 March, 4 April, 2 May).

Time: 2pm-4pm.

Where: Clarke Foley Centre, Cunliffe Rd, Ilkley LS29 9DZ.

Singing group for people with memory problems and their carers.

Contact: Janet Austin (01943) 430207.

LUNCH GROUP, INGLETON

Dates: Last Monday/Tuesday of the month (Mon 27 Mar, Tues 25 Apr, Tues 30 May).

Time: noon.

Where: Three Horse Shoes, 41 Main St, Ingleton, LA6 3EH.

Carers, cared-for, former carers.

COFFEE MORNING, KEIGHLEY

Dates: 1st Friday of the month (3 Mar, 7 Apr, 5 May).

Time: 10am-11.30am.

Where: Lavender Fields, 42 Cavendish St., Keighley BD21 3RL.

Carers, cared-for, former carers.



Craven, Harrogate, Ripon and districts

CHATTERBOX, SILSDEN, NEAR KEIGHLEY

Dates: 1st Thursday of the month (2 Mar, 6 Apr, 4 May).

Time: 10am-11.30am.

Where: Silsden Methodist Church, Kirkgate, Silsden, BD20 0PA.

Carers and cared-for.

Contact: Grace Summersgill, 07905 843242.

TIME FOR ME, STEETON, NEAR KEIGHLEY

Dates: 2nd Tuesday of the month (14 Mar, 11 Apr, 9 May).

Time: 10am-noon.

Where: The Hub, Stone Grove, Steeton BD20 6TQ.

For carers/over 50s.

Activities, speakers.

Cost: £2, including refreshments

Contact Carolyne Coyle (01274)

449660, ccoyle@carersresource.org

AFTERNOON TEA/COFFEE, KNARESBOROUGH

Dates: 1st Monday of the month (6 Mar, 3 Apr, 8 May, change due to Bank holiday).

Times: 2pm-4pm.

Cost: £2.

Where: Hewitson Court, Stockwell Road, Knaresborough HG5 0QE.

Carers and former carers.

BRUNCH GROUP, PATELEY BRIDGE

Dates: 1st Friday of the month (3 March, 7 April, 5 May).

Times: 1pm-2pm.

Cost: £6.

Where: The Willow, Park Road, Pateley Bridge HG3 5JS.

Booking required. Carers and former carers.

Contact: Carol Lancaster on (01423) 500555.

MASHAM CARERS' LUNCH, MASHAM, RIPON

Dates: 3rd Tuesday of the month (21 Mar, 18 Apr, 16 May).

Time: 12.30pm.

Where: The King's Head, Market Place, Masham, HG4 4EF.

Costs approx. £10.

Contact: Louise Wilson (01677) 470843.

CARERS' DROP-IN, RIPON

Dates: Thursdays.

Time: 10am-1pm.

Where: Carers' Resource Ripon Office, Community House, Sharow View, Allhallowgate, Ripon, HG4 1LE.

Staffed session for carers seeking advice/to make an appointment.

Report to Community House reception. Contact: (01423) 500555.

RIPON TEAS

Dates: 2nd Tuesday of the month (14 Mar, 11 Apr, 9 May).

Time: 2.30pm.

Where: Ripon Community House, Sharow View, Allhallowgate, Ripon HG4 1LE.

Carers support group (booking required a week ahead).

Cost: £2.

Contact: Jean Eames (01423)

500555, jeames@carersresource.org

LUNCH GROUP, SETTLE

Dates: 2nd Monday of the month (13 Mar, 10 Apr, 8 May).

Time: Noon.

Where: The Lion Hotel, Duke St, Settle BD24 9DU.

Carers, cared-for and former carers.

BOOK GROUP, SHIPLEY

Dates: 3rd Tuesday of the month (21 March, 18 April, 16 May).

Time: 6.30pm-8pm.

Where: Carers' Resource Shipley Office, BD18 3DZ.

Open to all, take turns to pick a book for the month, discuss it following month.

Contact Chris Whiley (01274) 449660 email: cwhiley@carersresource.org

CARERS CAFÉ, SHIPLEY

Dates: 2nd Wednesday of the month (8 Mar, 12 Apr, 10 May).

Time: 10.30am-noon.

Where: Interlude Tea Room and Café, 27 Westgate, Shipley BD18 3QX.

EPILEPSY SUPPORT GROUP, SHIPLEY

Dates: 2nd Wednesday of the month (8 Mar, 12 Apr, 10 May).

Time: 1.30pm-2.30pm.

Cost: Voluntary donation of £2.

Where: Carers' Resource Shipley Office, BD18 3DZ.

Contact: Stephen Greenwood, (01274) 675721;

sgreenwood52@yahoo.co.uk

LIVE WELL, CARE WELL, BRADFORD CARERS' WELLBEING GROUP

Dates: 2nd Tuesday of the month (14 March, 11 April, 9 May).

Times: 6.15pm-7.30pm.

Where: Shipley Carers' Resource Office, BD18 3DZ.

Cost: £2.

Stress management, wellbeing techniques, meditation. With Life

Coach Jenny Cooper. Contact

Carolyne Coyle (01274) 449660

email: ccoyle@carersresource.org

LUNCH GROUP, SHIPLEY

Dates: 3rd Wednesday of the month (15 Mar, 19 Apr, 17 May).

Time: 11am.

Where: The Noble Comb, Salts Mill Road, Quayside, Shipley BD18 3ST. Carers, cared-for and former carers.

KNIT TOGETHER, SHIPLEY

Dates: Thursdays.

Time: 2pm-4pm.

Where: Carers' Resource Shipley Office, BD18 3DZ.

All welcome.

JUST SING! SKIPTON

Dates: Alternate Tuesdays.

Time: 2pm-3.30pm.

Where: Skipton Baptist Church Hall, Otley St, Skipton, BD23 1ET.

All welcome.

Cost: £2.

Contact: Sue Jackson (01756) 796967 or singskipton@btinternet.com

LUNCH GROUP, SKIPTON

Dates: 1st Wednesday of the month (1 Mar, 5 Feb, 3 May).

Time: Noon.

Where: Bay Horse, Snaygill, Skipton BD20 9HB.

Carers, cared-for, former carers.

SINGING FOR FUN, SKIPTON

Dates: Alternate Tuesdays.

Time: 2pm -3.30pm.

Where: Skipton Baptist Church Hall, Otley St, Skipton, BD23 1ET.

For people with additional needs (dementia, Parkinson's, stroke) with family, friends, carers.

Cost: £2 each (inc carers).

Contact: Liz Pratt (01535) 653917, Sue Jackson (01756) 796967 or singskipton@btinternet.com

SUPER STRIKERS, 10 PIN BOWLING, SKIPTON

Date: Last Wednesday of the month (29 Mar, 26 Apr, 31 May).

Time: 6.30pm.

Where: Matrix Superbowl, Skipton, BD23 2AA.

All abilities welcome. For disabled adults with/without companions.

Cost: £7.50 for 3 games.

Contact: 07795 388807.

LUNCH GROUP, THRESHFIELD

Dates: 3rd Friday of the month (17 Mar, 21 Apr, 19 May).

Time: Noon.

Where: Gamekeepers, Long Ashes Park, Threshfield, Skipton BD23 5PN.

Carers, cared-for and former carers.

AFTERNOON TEA/COFFEE, WETHERBY

Dates: 3rd Monday of the month (20 March, 24 April, 15 May).

Time: 2pm-3pm.

Where: Sant' Angelo Restaurant, High Street, Wetherby LS22 6LT.

Carers and former carers.



Cherished moments



Emma Clayton is the Leisure and Lifestyle Editor of the Telegraph & Argus, Bradford's daily newspaper. She was presented with the Alzheimer's Society's Dementia Journalism award (Regional Journalism category) at last autumn's Dementia Friendly Awards.

It was the first year the Alzheimer's Society had included a journalism category in its awards, recognising those who help to make society a friendlier place for people with dementia, and their carers. Here she writes about her experiences of being a carer.

I have spent much of my adult life as a carer.

In my late twenties I helped to care for my grandmother, who was dying of cancer, and shortly afterwards I became a long-term carer for my mother, who had dementia. The role of a carer can take many forms, from chatting with someone who is unwell to working around the clock; getting a loved one up and putting them to bed, washing, dressing and feeding them, and giving them regular medication. As well as being as physically demanding as any paid job, caring can take its toll mentally.

Watching my mum deteriorate from dementia – a condition she had from her mid-fifties – was like a living bereavement. The vibrant, sunny woman she once was gradually became a shell of a person, barely able to move in the last few years of her life.

Helping my dad to care for her, while holding down a fulltime job, left me exhausted and often at the end of my tether. I am still haunted by the times I snapped at her when she wouldn't open her mouth while I tried to feed her, or when she wailed uncontrollably in frustration and terror at what was happening to her. And I still feel guilty for the bristling resentment I felt at giving up so much free time to look after her, while still a young woman myself.

As any carer knows, it can be a viciously lonely experience. As well as dealing with the practical side of caring for my mum, it was important for me to support my dad, her main carer, to keep him company and try to raise his spirits.

Despite the dark times, caring for my mum brought me closer to her and I cherish the times we had together, when something as simple as a song on the radio, or a joke from my dad, would make her smile.

Organisations like Carers' Resource and the Alzheimer's Society play a vital role in supporting carers. As a feature writer for the Telegraph & Argus, I've been able to give something back by promoting the work of these charities, and that's as rewarding as my years of being a carer ultimately were.

Lots on offer

The carers' fortnightly coffee group at Sunnybank Medical Practice, Town Gate, Wyke, Bradford, BD12 9NG, 10am-noon, offers support and information.

Forthcoming topics are: Wellbeing Reviews and Emergency Plans, 14 March; Self Care, 28 March; Stress and wellbeing, 11 April; Returning to work/study, 25 April; Dementia, 9 May; Holiday information for carers, 23 May.

For details contact Melanie Evans, Primary Care Liaison, Carers' Resource on (01274) 449660 or 07801 577 256.

“Always remember you are braver than you believe, stronger than you seem, smarter than you think and twice as beautiful as you've ever imagined.”
– Dr Seuss

Support group

People with Ataxia and their carers are welcome at a self-help group in Bradford.

It meets Saturdays March 18, April 29, June 10, 12pm to 4pm at Charnwood Centre, Charnwood Road, off Harrogate Road, BD2 3EE.

For details contact Dennis on (01274) 622116, or Lynn (01274) 639596.

We're dementia friendly

All our offices – Bradford, Skipton and Harrogate – have scooped the Dementia Friendly Award.

To achieve this, staff in each office carried out an audit of the public areas of the buildings focussing on signage and lighting. It resulted in new signs being added to help clients and visitors find their way around more easily.

Staff have been offered the opportunity to attend a Dementia Friends session and to become a

Dementia Friend. This is now included in the induction for all new staff. The Bradford office was one of the first in the region to gain a Dementia Friendly award in 2014 in recognition of our work to help people living with dementia.

Staff at Carers' Resource are also active members of the local and regional Dementia Action Alliances and are committed to improving the help and support for those living with or affected by dementia.



Volunteer writer and poet Mike O'Leary

I have looked after my Mum since 2005. As a carer I have received vital help and support from Carers' Resource and initially from Carers Connection. I have greatly benefited from courses attended and from friendships formed.

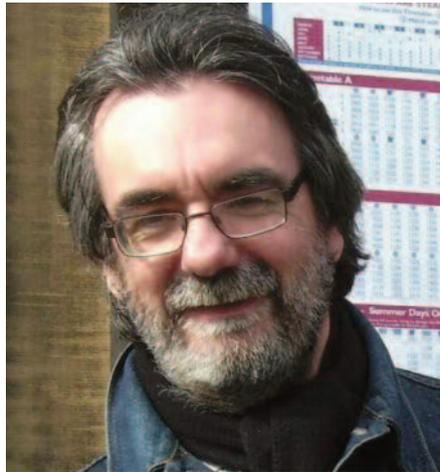
A member of the Carer Panel and a volunteer, I attempt to give something in return.

I studied Philosophy and Sociology at the University of Leeds. Subsequently working in I.T, my experience ranges from programming to project management, and includes the design and delivery of training courses. I have a coaching qualification from the Institute of Leadership and Management.

A musician in my younger days, I have in recent times reignited the creative spark. Painting and drawing, learning to sing, I have even played the drums again! I write poetry and had two poems in an anthology published by Carers UK (read 'I Don't Care', right) in 2014. I was a founder member of the writing group Carers Writes.

A volunteer presenter at BCB Radio, I have a weekly music show, 'The Man in the Station'. Listen on 106.6 FM or at www.bcbradio.co.uk on Sundays 11pm to midnight, and Mondays 10pm to 11pm. Being a carer and being creative for me both drink from the same spring.

They draw upon a source that is essential to what makes us truly human. I was pleased to be asked to contribute to Choices.



I don't care

*'I feel like a burden'
Well I don't care
'You should be working'
I don't care
'I've had my life'
Well I don't care
'What about your wife?'
We don't care

'You shouldn't be spending
So much time with me'
'You shouldn't be caring
Looking after me'
'You shouldn't be letting
Your life slip away'

I'm your son
I'm your carer
So I don't care

The choices we make
The things that we do
We don't care about losing
We care about you.*

Mike O'Leary

Can you help a friendly group?

We are appealing for a volunteer to come forward to help run the Ilkley Carers Group.

It meets every third Thursday of the month, from 10.30am to 12 noon, at Abbeyfield The Dales, Grove House, in Ryddings Road, Ilkley.

Carers go along to meet others in a similar situation, share and discuss any issues and tips, and also to be informed about services and schemes which may help.

The group was recently awarded some funding from the Ilkley Round Table which members may be using for a special trip.

Member and carer Patricia Williams, who looks after her husband Brian, said: "It's lovely to come and talk to other carers and to know that they totally understand what you're going through. Caring can be 24/7 and very demanding, and getting out for a couple of hours can make a big difference.

"There must be many carers in

and around Ilkley who know nothing about our group, which is such a shame."

Anne Wells, Fundraising Co-ordinator at Carers' Resource, said: "A volunteer has been helping to run the group, meeting carers and serving refreshments, but she is starting a placement soon. We hope we can find someone who has a few hours to spare, who likes meeting and talking to people, and possibly arranging the occasional speaker or activity, to take on this rewarding role."

Alice Wild, Abbeyfield The Dales Day Centre Manager, said: "Carers should not feel alone; by joining this friendly group here at Abbeyfield The Dales we hope to help make the group a valued and supported community. We are also able to provide carers with a well-earned break while their loved one is cared for in the Day Centre."

• For details about this

volunteering opportunity contact Val Stewart, Volunteer Co-ordinator at Carers' Resource on (01274) 449660, email vstewart@carersresource.org

Full training will be given and a DBS will be carried out. Volunteers are reimbursed for their travel expenses.



Members of the Ilkley Carers Group with Anne Wells (back left), Fundraising Co-ordinator at Carers' Resource, and Alice Wild (back right), Abbeyfield The Dales Day Centre Manager.



Doing an EPIC job for parents

EPIC – which stands for Empowering Parents in Caring – is doing ‘what it says on the tin’ in supporting hundreds of parent carers across Harrogate, Craven and Bradford.



It is funded for three years by Reaching Communities (from the Big Lottery) and aims to help 1,500 families.

Parent carer Katrina Farrell, whose son William has autism, says EPIC has helped them as a family.

She says: “It’s heart-breaking to have a child who hurts themselves as a method of coping. William thumps himself and hits his head when he’s really struggling.

“We find this the hardest thing to deal with but we talk openly about it with William and he knows he must try to use alternative strategies where he can.”

Talking with EPIC worker Rebecca helped the Farrells ‘step back’ and view their family situation from ‘the outside’.

“We’ve been planning our outings to work on developing William’s independence, for example using public toilets, interacting with staff in a shop, eating out, crossing a road, as these are all things he struggles with,” adds Katrina.

“Inside of school he feels very secure and knows what to expect but outside of school he demonstrates much less independence and has a real fear of you leaving him alone.

“We had no idea we were ‘carers’ until Rebecca discussed it with us and made us consider our own wellbeing as well as William’s.”

Katrina, who is finishing a master’s degree at Leeds University in Special Educational Needs and is hoping to start a doctorate specialising in Autism research, found out about EPIC at a NYPACT (North Yorkshire Parent Carer Forum) event.

Husband Tom works at Bettys and Taylors in Harrogate. Daughter Alice, six, is currently going through the diagnostic assessment for autism.

William was referred for an assessment when he was six but Katrina and Tom suspected ‘there was something different’ about him from about nine months.

“He didn’t really like toys and he was obsessed with traffic lights to the point that where we lived we were known as ‘the traffic light family,’ as everyone saw us go out with William on our shoulders to watch the traffic lights – even in the rain or snow for about an hour every night,” says Katrina.

William also repeated his speech in an unusual way; had to sit facing backwards for group activities at nursery, and became extremely stressed and anxious at bedtime. “We hadn’t quite anticipated the sheer ‘relief’ it would provide William with when he was diagnosed. He told us he thought he was just really naughty for getting things wrong.

“He jokes now and tells us he ‘fell out of the autism tree’ and everyone else is just a regular apple.”

William attends Hookstone Chase Primary School in Harrogate, an enhanced mainstream school for communication and interaction.

Katrina says: “Our best days are a formula; we go to the same places and do the same things and then William is very happy and knows what to expect and he can relax.”

● For details about EPIC contact your Carers’ Resource office (phone numbers on page 1)

BRANCHING OUT – our new gardening tips for each month

SPRING IS ON ITS WAY!

MARCH: Prepare your garden for summer...

- Protect new spring shoots from slugs
- Plant shallots, onion sets, early potatoes and summer-flowering bulbs
- Hoe and mulch weeds to keep them under control early
- Prune climbing roses and bush roses

APRIL: Keep on top of the new growth...

- Sow hardy annuals, herbs and wild flower seed
- Protect fruit blossom from late frosts
- Tie in climbing and rambling roses
- Sow new lawns or repair bare patches



MAY: The garden comes to life...

- Check for nesting birds before clipping hedges
- Earth up potatoes, and promptly plant any still remaining
- Regularly hoe off weeds
- Water early and late to get the most out of your water, recycle water when possible

Information from www.rhs.org.uk



Making the most of every moment

Three years ago Sally Goodman and husband Steve Hill, who has early-onset Alzheimer's, sold their London home and moved to Skipton for a better quality of life.

Steve's short-term memory began to fade about nine years ago. In 2013 tests revealed he had a frontal lobe disorder. An MRI scan also showed his brain was shrinking. Sally, 55, says: "From that point on I became Steve's carer; something I never thought I'd become. I look out for him – constantly.

"Now I'm on duty 24/7; I'm never off duty. I do everything at home, the cooking, driving; now with a sat nav, cleaning, project-managing house improvements, and generally looking after him, and Steve's always on my mind. Steve's awesome and he copes with it amazingly well."

Steve, 63, has a PhD in nuclear physics and was an IT security consultant at the time of diagnosis. He took voluntary redundancy as he found it difficult to maintain concentration.

Sally worked full-time as an environmental management consultant with a London firm for big names like Rolls Royce and British Airways, and would travel the country auditing firms.

"We decided we'd move to Skipton to be nearer Steve's family in Leeds and Cheshire, and also so

we could have a better quality of life," says Sally.

Sally managed the relocation and initially carried on working but the responsibility of looking after Steve, and a crisis involving her late mum's own dementia condition worsening, resulted in Sally being given a three-month sick note due to depression.

"It was a perfect storm," says Sally.

"Luckily, I've had the wherewithal to work out all of the paperwork and be on top of the forms we need to fill in but that doesn't mean it's not been overwhelming," she says. "You are thrown into this whole system and you have to work it out yourself. Carers' Resource has helped enormously, as have the health professionals and Airedale Hospital; I can't fault any of them."

Sally was told about Carers' Resource by Sue Jackson who runs singing groups, and has benefited from a wellbeing review, a North Yorkshire Carer's Assessment, and a Carer's Wellbeing Grant - £200 to spend on herself for aromatherapy massages.

"It's a hard job being a carer and as soon as we moved we made sure we got involved with lots of groups and became part of the community. We're making the most of every moment," adds Sally.

"We have so many good friends here – and further afield – and I know I can call on them in an emergency," she says.

They follow a special diet which is reported to slow down the effects of dementia. They were already vegetarian, and their eating plan also excludes dairy and gluten. "It may be working, of course we don't know for sure, but it's certainly helping us stay healthy," adds Sally.



NEW!

Food for Thought OUR QUARTERLY COLUMN FEATURING FRUIT OR VEG OF THE SEASON

Rhubarb is a vegetable related to dock but its thick, fleshy stalks are treated as a fruit, despite their tart flavour.

Rhubarb grows in two crops. The first, forced rhubarb, arrives early in the year. This is grown under pots, particularly in what's known as the 'rhubarb triangle' around Leeds, Wakefield and Bradford. It is the more tender and delicately flavoured of the two. The second, called maincrop rhubarb, is grown outdoors. It has a more intense flavour and a more robust texture. Here's a recipe to try:

Rhubarb Chutney

This chutney will benefit from being made up to a month in advance. It will keep in sterilised jars for a year or so, but you should refrigerate after opening and use within eight weeks.

Try it with smoked mackerel, this chutney will also go with ham, cheddar cheese, pork or lamb.

Ingredients

- 500g rhubarb
- 1 medium onion finely chopped
- 100ml cider or white wine vinegar
- 1cm piece fresh ginger finely chopped
- 200g sugar
- ½ teaspoon salt

Method

Trim and wash the rhubarb, then slice it, like celery, into fairly fine chunks.

Heat the onion, vinegar, ginger, sugar and salt in a wide-based non-aluminium pan. Bring to a rolling boil for about 5 minutes, then add the rhubarb.

Reduce the heat and simmer for 15 minutes, until slightly thickened. Spoon into a sterilised jar while still hot.

To sterilise jam jars pop the tray of clean jars and lids in to a preheated oven at 160-180°C/gas 4 for about 15 mins, alternatively wash them in a dishwasher.



Helped me through tough times



Stephen Kirk looks after his mum who has a chronic illness causing her extreme nausea, dizziness and migraines on a daily basis.

He says: "Being a young carer is tough, really tough.

"One of the hardest things for me is the worry I experience when walking home after a good day to see mum has fallen ill and there's nothing I can do about it."

Studying photography, geography and media studies A levels at St Aidan's C of E High School in Harrogate, Stephen also attends the Young Carers UTime youth club.

He says: "It really helps with getting away from stress. I also have contact with my mentors and go to events which help to distract my mind from the worry. They have really helped get me through some of the hardest times in my life.

"The best thing about the service is the support, the friends you make, and the opportunities they offer. I have been on many stress-relieving weekends away, some to Newcastle, others to York, creating memories I may not have had otherwise.

"The service is incredibly important for young carers as, without it, children would really struggle with their exams, homework and life in general.

"They may grow up too fast and not have much of a childhood, and they may not get to take up opportunities offered by school. But this service really helps to give them a childhood and helps them to release the stress found in many young carers."

Stephen wants to become a journalist or outdoor photographer, and to volunteer abroad with different charities.

- Please give regularly so that we can **support young carers** for as long as they need us.
- Ways to give: visit www.youngcarersresource.org to donate by direct debit, PayPal or credit card, or by cheque made payable to Carers' Resource.
- Contact Fundraising Coordinator Anne Wells on (01423) 500555, email: awells@carersresource.org

"A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort."

– Herm Albright, artist.

Bluebell gardens

See some beautiful gardens at bluebell time and support Carers' Resource at the Harrogate Stone Rings Close Open Gardens, Harrogate, HG2 9HZ, on Saturday May 13, and Sunday May 14, noon-5pm.

It's Worth Connecting 2



We are proud to be part of a new scheme to help connect older people across the Bradford district to computer technology.

We are leading on this exciting project with Positive Minds Bradford to help over-55s who live alone to interact more with the help of social media and Skype.

Worth Connecting 2 has been funded by Big Lottery and will involve one-to-one home visits and small skills groups, using technology to combat loneliness.

About 25,000 to 28,000 over 65-year-olds in the district live by themselves, which can lead to an increased probability of depression, bad health and poor mobility.

Positive Minds Bradford, a partnership of nine local organisations including the statutory and voluntary sector, piloted a successful small project in the Worth Valley to tackle depression in older people by introducing them to the internet, which helped win this Lottery bid.

Marilyn Foster, chairman of Positive Minds, says: "Older people are not normally seen to welcome utilising technology to make their lives easier. We have an innovative project which will work across the district to support older people in the use of technology, and for it to open new doors to social inclusion.

"It's far too easy to say that older people are technophobes, but we are finding that with support the internet can open up a whole new world of keeping active, getting information and creating reasons to connect with others – thereby reducing the likelihood of depression."

- For more information contact Saiuqa Raney, Community Health Development Lead, at Bradford office, email: sraney@carersresource.org

Join the board

From time to time we have vacancies on our Board of Trustees and always welcome expressions of interest. If you would be interested in any future vacancies, please contact Director Chris Whiley on (01274) 449660 email cwhiley@carersresource.org

