Listen up, we’ve got a show on the radio

Have you ever fancied being a radio DJ or producer? Carers’ Resource is starting a radio programme made by carers, for carers – and we need your help.

We have been offered a regular slot on BCB Radio 106.6FM, based in Bradford. Our vision is that interested carers across all our areas can help create the shows and learn new skills in the process.

This is an exciting opportunity for us to tell listeners out there what being a carer means, and that anyone who is a carer is not alone. We’ll be able to offer support and services but we also want to have fun. It also gives those people who want to get involved the chance to learn how to create a radio show, how to use a mixing desk, how to interview people, how to edit sound clips, how to present, and other communications and teamwork skills.

All carers, volunteers and staff are welcome to come to our taster session at BCB Radio 106.6FM, 11 Rawson Road, Bradford, on Wednesday 17 January from 2pm-3.30pm to learn more about this exciting project, to look around the studio and have a go on the microphone. A block of six free training sessions will then start in February for anyone who wants to get on board. Attendance at the taster session is not compulsory to access the training.

To register for either the taster session or the training, contact communications officer Caroline Firth on 01274 449660 or email cfirth@carersresource.org

Caroline says: “This came about because we’ve had a few guest appearances on shows in the past month or so explaining who we are and what we do. After one of our staff Conrad Taylor was interviewed with a carer in September about our carer forums, the station’s founder and director Mary Dowson offered us a regular show.

“I followed this up with our chief executive Chris Whiley and we went to BCB to meet Mary. We had a little play with the mixing desk and it reminded me of how much fun I had presenting university radio back in 2004. I soon discovered that Conrad had done hospital radio in the late 1980s and we have both said we can’t wait to get back behind the microphone.

“The people who take part will help shape the programme by developing the format of the show, deciding whether it is live or pre-recorded, and deciding how often they want to take part in production. Carers can do as much or as little as they like but we think it’s a great opportunity for people to learn new skills, meet new people and work in a team. We are really excited.”

Season’s greetings – With best wishes for Christmas and the New Year from the staff, trustees and volunteers at Carers’ Resource

£200 grants can improve wellbeing, Page 3
Your new-look events guide, Pages 6-7
I thought I’d never leave the nursing home, Page 9
Give an extra gift this Christmas

There are two things you could do this Christmas to help carers we work with at Carers’ Resource. One is free and the other costs whatever you can afford – think of it as giving an extra Christmas present.

We appreciate every donation but please do not feel pressured to give.

You can help for FREE by buying your Christmas presents online via easyfundraising.org.uk. At no extra cost to you or us, we get commission on every purchase and you still get your online discounts.

The website is linked to hundreds of online and high street retailers including Booking.com, Amazon, Play.com, John Lewis, Debenhams, Sainsbury’s, Marks & Spencer and many more. It’s quick and easy, just go to www.easyfundraising.org.uk/causes/carers-resource, sign up for free to create an account, then click on the retailers and continue as normal.

You can shop and raise free money for us at any time, not just Christmas. Sign up now!

Or if you do want to donate the cost of an extra present to help carers in Yorkshire, here is what we could buy with the money:

If you are a UK taxpayer and would like to make your donation worth more, please complete the details below and send it in with your donation – for every £1 you give we get an extra 25p from the Inland Revenue.

Thank you for your kind donation of £

Name

Home address

Postcode

Signed

Date

I am a UK taxpayer, please claim back the tax I have paid against all charitable gifts made in the last four years and any future gifts I may make including those to Carers’ Resource. I understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

I am a U.K. taxpayer, please claim back the tax I have paid against all charitable gifts made in the last four years and any future gifts I may make including those to Carers’ Resource. I understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Any donation is greatly appreciated. If you want to give, please send a cheque of your desired amount, payable to Carers’ Resource, to the admin team at your local office.

York Christmas market trip on offer

Following on from our successful trips to Harlow Carr and Scarborough over the summer, we will be running a day trip to York Christmas market from the Bradford office on Wednesday 13 December for carers and, if desired, the people they care for.

A coach will be leaving from outside the car park on St Paul’s Avenue (opposite Shipley swimming pool) at 10am and will return from York at 4pm. The cost for the trip is £6 per person.

If you want to book a place please visit the Bradford office to fill out a consent form or contact Richard Dunbar at rdunbar@carersresource.org to request a form and return it to him with a cheque. We anticipate this event will be popular so we advise to book at the earliest opportunity. Places will be given strictly on a first come, first served basis.

 Choices is produced by Carers’ Resource and designed and printed by Avenue Printing House, 42-44 Wharfedale Avenue, Harrogate, HG2 0AU. Telephone 01423 562924, www.avenueprintinghouse.co.uk

Carers’ Resource is an independent and nationally recognised Yorkshire charity which gives tailored information and support to carers 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 Carers’ Resource. Reference to any service does not imply recommendation.

The views expressed do not necessarily reflect policy of Carers’ Resource. Reference to any service does not imply recommendation.

The submissions deadline for the next issue is 1 February, 2018.

Send copy to the editor Caroline Firth by emailing choices@carersresource.org, or post submissions to the Bradford office (address below).

CONTACT US

Harrrogate
11 North Park Road, Harrogate, HG1 5PD. Tel: 01423 500555 Fax: 01423 507777

Skipton
Ronaldsway House, 36 Brook Street, Skipton, BD23 1PP. Tel: 01756 700888

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

Ripon
Community House, Sharrow View, Allhallowgate, Ripon HG4 1LE. Tel: 01765 690222

Email
info@carersresource.org

Web
www.carersresource.org

Facebook
www.facebook.com/carersresource

Twitter
@CarersResource
Move over, Broughton

Carers in Skipton can visit us more easily after we left our home of 14 years at leafy Broughton Hall for a new office in Brook Street, in the centre of town.

Ronaldsway House will offer more space and it allows us to offer activities for carers on site alongside the office. The building also has two interview rooms and a meeting/conference room.

Candy Squire-Watt, head of service for Craven, says: “The move went really smoothly and carers were very understanding as we had to close for a few days. Staff worked really hard to pack and unpack again and we were supported by our colleagues in Bradford and Harrogate, who took all our calls.

“We know this office will be better for carers because it is easier to get to and we can invite people here for discussions with staff or to groups that we now have the space to host. It’s a win-win situation.”

The refurbishment of the carers’ activity room and the furniture in it was paid for using a generous donation from the Tarn Moor Estate. The interview rooms were furnished using money kindly donated by the Rotary Clubs of Skipton and Skipton Craven.

There is some limited parking on the new site but visitors are encouraged to use nearby car parks or the train.

Our new address is: Ronaldsway House, 36 Brook Street, Skipton, BD23 1PP. The Skipton phone number will stay the same: 01756 700888.

£200 grant can help improve wellbeing

Carers feeling the strain of day-to-day caring have been urged to contact us to discuss ways to help them improve their health and wellbeing, which could result in a Carer’s Wellbeing Grant from Bradford Council of up to £200.

Recommendations for a grant are considered monthly. In September, 87 were approved and in October 126 were approved. They included requests for pamper sessions, short breaks, yoga classes, computer equipment, sleep therapy sessions, theatre and sports tickets and day trips.

To be considered for the Carer’s Wellbeing Grant, carers must have an informal review about their health and wellbeing with a member of Carers’ Resource staff, who will then be able to recommend the carer for a grant. In the past, carers could apply for this grant by filling in a form but this is no longer the case.

The grants are for over-18s who live in the geographical boundaries of Bradford Council and the Bradford, Airedale, Wharfedale and Craven Clinical Commissioning Group. To refer yourself or someone else, call Carers’ Resource on 01274 449660 or email bradford@carersresource.org

This is our last edition of Choices for 2017 and it is quite startling to think that another year is nearly over, writes Carers’ Resource chief executive Chris Whiley.

For staff and volunteers it has been an extremely busy year with new initiatives, new groups and lots of ideas picked up from carers on how we might improve our services. We have enjoyed our regular meetings with carers at the new forums and look forward to picking up more of the issues you are telling us are important in 2018.

Although we have had a lovely warm autumn there is no doubt winter is well and truly here, and therefore this is the time of year when we need to take action to ensure our health and wellbeing is as good as it can be so that we can fight off those winter bugs. I think even feeling generally more positive can help our resistance.

We know that carers often put the needs of the person they care for before their own, and we urge everyone to think of yourself and the importance of keeping well.

Carers’ Resource staff are always available to come and chat with carers about wellbeing and to make useful suggestions, so don’t hesitate to contact us.

I always look forward to the festive season. I love the glitter and twinkling lights, which seem to make the short days more bearable, so I’d like to take this opportunity to send best wishes from everyone at Carers’ Resource for a peaceful festive season and a wonderful 2018.

Chris
When quiet and shy 22-year-old Phuong Phan heard about Carers’ Resource through a friend, she knew straight away that volunteering here would benefit her.

The Masters student, from Huddersfield, came in to meet staff and offer her services. She says: “I heard about the Worth Connecting project at my first meeting with everyone and thought it was a great idea. As I am a very quiet and shy person, I thought it would be a perfect starting point for me since the main focus is around technology, which I’m confident in.”

Carers’ Resource leads the Worth Connecting scheme, which aims to help older people gain IT skills and get online. Anyone aged 55 or over living in the Bradford district can get up to six free sessions from volunteers such as Phuong. They can choose to learn anything from how to switch on the machine through to emailing, surfing the internet, using social media and contacting friends and relatives via Skype.

Phuong has so far helped 11 people to get online. She says: “It’s very rewarding. At first I thought what I’m doing is only just a little help. However, for some of the clients social media is the only way they can connect with their friends and families.

“The delight on the their faces when they saw their friends’ and families’ photos for the first time on social media let me know how much it meant for them and how important this project is.”

Phuong also finds volunteering therapeutic. She adds: “I’m doing a Masters course at university and it can be very stressful and intense. This project helps me to be able to leave my worries behind for a few hours to just talk and have a good laugh with the clients. At times I don’t know whether I’m helping them or they’re helping me – probably both.”

One person Phuong is helping is Catherine Heaton, 82, of Frizinghall, Bradford. Catherine has had four sessions so far. Her support involves a combination of one-to-one home visits and computer skills sessions with up to five other people at the Carers’ Resource office in Shipley. She has a tablet computer but other participants are able to borrow a low-cost device from the project if required and a volunteer is on hand to help choose a suitable device to buy.

Catherine says: “I have been looking out for something like this for over a year. I wanted to learn but didn’t want to go to a big group. A neighbour saw something about it in the paper. I am a client at Care@ (Carers’ Resource’s not-for-profit paid-for care service), so I rang them and asked about it and they put me through. Being an older person, we are being left behind and we won’t be able to function eventually without technology.”

Her fears may be correct as 63% of single 65+ households and 31% of older couples where at least one person is aged 65+ do not have internet access. Catherine adds: “I enjoy going on to websites to look at shoes. I have found the online supermarket shopping useful as it means I’m not having to spend money on taxis and they also bring the shopping up the steps at the side of my house for me.”

Phuong adds: “I would recommend volunteering at Carers’ Resource for everyone. The organisation provides a very friendly environment and all the staff are very supportive. I think the Worth Connecting project is suitable for everyone, so I would highly recommend the project.”

To find out more about Worth Connecting, email Saiduqa Raney at sraney@carersresource.org or call her on 01274 449660.

Catherine Heaton
**Winders**

Mike O’Leary, April 2012

Shut them winders
You must be cold!
You don’t think about me
Mi blood’s thin and old

Them winders are mucky
I’ll give ’em a clean
Vinegar and newspaper
That’ll give ’em a sheen

Look at them net curtains
As much use as nowt
People can’t see in
But I can’t see owt!

She never draws her curtains
You can see right in her room
Mucky little mare
She should to learn to use a broom

Them curtains have been drawn
More than three days now
That’s enough time for grieving
Poor old cow

Window man’s here Mum
‘Get me mi purse’
I’ll not pay ‘im again
Them winders look worse

---

**Sam braves the shave for young carers**

A volunteer who has helped at one of our youth groups for almost four years has raised £577 by having his hair shaved.

Sam Athersmith, a buyer for JN Bentley Ltd, in Skipton, pledged he would have his hair and beard cut off if his colleague Anna Gill could raise £500 for Carers’ Resource while he was on holiday for a week and a half.

The 26-year-old says: “When I got back, Anna had £460 and JN Bentley Ltd said it would put in £100 to knock it over £500. I was shocked she’d raised it that quickly and I was nervous – I had quite a lot of hair.

“The shave was arranged for 3pm. Anna started cutting it then other people in the office had a go. It was a laugh.”

Sam has asked for the money to be spent on Craven Young Carers – a monthly group at which he volunteers. Sam adds: “They’re really good kids who do a lot for their families and it’s nice they can get a break. I want the group to choose what they do with the money.”

Sam first got involved when he worked for Skipton Financial Services, now Skipton Building Society, which allows its staff to volunteer during work time.

Carers’ Resource events and fundraising co-ordinator Anne Wells says: “Sam and people like him change people’s lives. We can’t thank him enough and we think he is very brave.”

If you want to raise money to support Carers’ Resource please call Anne on 01423 500555.

---

**Christmas Quiz**

All the answers are related to Christmas although not necessarily very closely!  **ANSWERS BELOW**

1. How many members are there in the New York Police Department choir (as mentioned in The Pogues and Kirsty MacColl song Fairytale of New York)?
2. Which scientist is often credited with inventing the cat flap?
3. Who plays Rick Blaine in the film Casablanca?
4. Who was the other half of musical duo Eurythmics alongside Dave Stewart?
5. What links the answers to questions 2, 3 and 4?
6. Flying Fish Cove is the capital of which island (an Australian external territory)?
7. Along with Sandi Toksvig who took over a presenting role on The Great British Bake Off when it moved from the BBC to Channel 4?
8. In the film The Muppet Christmas Carol who plays the role of Ebenezer Scrooge?
9. What is the name given to a wine bottle that holds 12 litres (16 regular bottles) of wine?
10. In the song The Twelve Days of Christmas how many presents in total are given during the 12 days?
11. The mogwai Gizmo is from which Christmas film?
12. The Nakatomi Plaza features in which Christmas film?
13. Kevin McCallister is the central character in which Christmas film?
14. The Christmas Carol In The Bleak Mid-winter was originally a poem by which 19th century poet?
15. Peace on Earth/Little Drummer Boy was a Christmas hit in 1982 for which unlikely pair of singers?
16. Which Queen song has been Christmas number 1 in the charts twice?
17. In Norse mythology the god Baldur was killed by a sharpened branch of which plant?
18. In the Sherlock Holmes story The Adventure of the Blue Carbuncle where is the blue carbuncle found?
19. In the 2014 Doctor Who Christmas special the comic character Nick Frost played which character?
20. A 1978 Christmas Holiday Special TV spin-off from which movie franchise is listed in What Were They Thinking?: The 100 Dum Best Events in Television History as the “worst two hours of television ever”?

---

**Christmas Quiz Answers**

1. 50. Star Wars
2. 18. Inside a turkey.
8. 3. Carers’ Resource – Harrogate | Craven | Bradford | Airedale
10. 7. Sir Lancelot / Monty Python / Humphrey Bogart.
11. 8. Peace on Earth / Little Drummer Boy.
14. 11. Kevin McCallister.
15. 12. The Matrix.
16. 13. Peace on Earth / Little Drummer Boy.
18. 15. The Hobbit.
Carers’ Groups and Activities: Bradford, Bradford, Bradford

**BRADFORD DISTRICT**

**BAILDON**

**Worth Connecting sessions**
See “various locations” for info.

**BINGLEY**

**Drop-in**

Dates: 1st Tuesday of the month (6 Dec, 3 Jan, 7 Feb).
Time: 10.30am-noon.
Where: The Coffee Lounge, Queen Street, BD16 2JS.

**Worth Connecting sessions**
See “various locations” for info.

**CLAYTON**

**Men’s Group**
Dates: Every Friday.
Time: 1.30pm-3.30pm.
Where: Clayton Village Hall, Reva Syke Road, BD14 6QN.

**Denise**
(Workshop)

Dates: No specific dates mentioned.
Time: Transport can be arranged.
Contact: Michael Firth, 077 734 51462.

**DENHOLME**

**Worth Connecting sessions**
See “various locations” for info.

**ECCELSHILL**

**At Anytime Self-help Group**
Dates: 6-weekly Saturdays (9 Dec). Dates for 2018 tbc please contact Dennis or Lynn for info.
Time: Noon-4pm.
Where: Charnwood Centre, Charnwood Road, off Harrogate Road, BD2 3EE. For people with arthritis and carers.
Contact: Dennis, 01274 622116, or Lynn, 01274 639596.

**GIRLINGTON**

**Worth Connecting sessions**
See “various locations” for info.

**GREATER HORTON**

**Bradford Epilepsy Support**

**Tea Shop (Best)**
Dates: Last Monday of the month (no Dec meeting, 29 Jan, 26 Feb).
Time: 1pm-3pm.
Where: The Ridge Medical Centre, Cosenh Road, BD7 3JX. Social for carers and members.
Contact: The Ridge, 01274 426525.

**Confidence to Care workshop**

Dates and times: Tuesday, 12 Dec.
Time: 10.30am-noon.
Where: Interlude Tea Room and Café, 27 Westgate, BD18 3QX. Charge of your own drink.
Contact: Carers’ Resource, 01274 494660.

**Knit Together**
Dates: Every Thursday.
Time: 2pm-4pm.
Where: Carers’ Resource office. All welcome.

**Live Well, Care Well**
Dates: 2nd Tuesday of the month (12 Dec, 9 Jan, 13 Feb).
Where: Carers’ Resource office.

**Wellbeing group**
Learn how to manage and understand stress, and try relaxation techniques, hand massage and meditation with life coach Jenny Cooper.
Cost: £2. To cover refreshments and materials.
Contact: Kay Nichols, 01274 494660, knichols@carersresource.org

**Lunch Group**
Dates: 3rd Wednesday of the month (20 Dec, 17 Jan, 21 Feb).
Time: 11am.
Where: The Noble Combe, Salts Mill Road, Guiseley, BD18 3ST.
Carers, cared for and former carers.
Contact: Carers Resource, 01274 494660.

**Worth Connecting sessions**
See “various locations” for info.

**SILSDEN**

**Chatterbox**
Dates: 1st Thursday of the month (7 Dec, 4 Jan, 1 Feb).
Time: 10am-11.30am.
Where: Silsden Methodist Church, Kirkgate, BD20 0PA. Carers and cared for welcome.
Contact: Skipton office, 01756 700888.

**STEETON**

**Time for Me**
Dates: 2nd Tuesday of the month (12 Dec, 9 Jan, 13 Feb).
Time: 10am-noon.
Where: The Hub, Stone Grove, BD20 6TQ.

**Sunnybank Carer’s Drop-in**
Dates: Tuesday, 12 Dec.
Time: 10am-noon.
Where: Sunnybank Medical Centre, Towngate, BD12 9JQ.
Advice and Information.
Contact: Melanie Evans, 01274 494660 or 07801 577256, mel.evans@carersresource.org

**Sunnybank Coffee Morning**
Dates: Alternate Tuesdays (5 Dec, 19 Dec, 2 Jan, 16 Jan, 30 Jan, 13 Feb, 27 Feb).
Time: 10am-noon.
Where: Sunnybank Medical Centre, Towngate, BD12 9JQ.
Carers’ Resource and the Practice Health Champions run a coffee morning for patients of the medical practice. A coffee morning is a great way to get together with friends or neighbours, or to meet new people.
Contact: Melanie Evans, 01274 494660 or 07801 577256, mel.evans@carersresource.org

**VARIous LOCATIONS:**

**Worth Connecting sessions**
Get one on one with Worth Connecting. Learn how to get online in a relaxed and sociable setting. With group numbers of around five, laugh and learn with others while accessing help and support.
Anyone aged over 55 living in the Bradford district (including Halton and Airedale) who has little or no computer experience is welcome. Please call 01274 494660 or ask someone to email info@worthconnecting.org to book your place.

**D ays and times:**

**Baildon:** Tuesdays 2pm-3pm at West End Café, BD17 5NH.

**Bingley:** Mondays 10.30am-11.30am at Age UK Head office, Sunbridge Rd, BD1 2AY.

**City centre:** Mondays 10am-11.30am at Age UK Head Office, address as above.

**Friday**
11.30am-1pm at Senior Power Group, John St, BD1 3JS.

**Denholme:** Tuesdays 10am-noon at Denholme Mechanics Institute, BD17 5JZ.

**Girlington:** Thursdays 11am-noon at Girlington Elderly Centre, BD8 9NN.

**Haworth:** Wednesdays 10am-noon at West Lane Methodist Church, BD22 8EL.

**Keighley:** Fridays 10am-11.30am at Café area, Central Hall, Alice St, BD21 3JU.

**Little Horton:** Thursdays 11.45am-13.45pm at Mary Seacole Court, BD5 0SW.

**Skipton:** Mondays 10.30am-11.30am, Carers’ Resource Bradford office.

**SKIPTON AREA**

**BENTHAM**

**Lunch Group**
Dates: last Monday/Tuesday (varies) of the month, except Dec (Tuesday 19 Dec, Monday 29 Jan, Tuesday 27 Feb).
Time: 10am-noon.
Where: Bentham Golf Club, Robin Lane, High Bentham, Nr Lancaster, LA2 7AG.
Carers, cared for and former carers.

**GET Together**
Dates: 3rd Thursday of the month (21 Dec, 18 Jan, 15 Feb).
Time: 10am-noon.
Where: Abbeyfield, 12 Riddings Road, LS29 9BF.
Carers, cared for and former carers.

**SETTLE**

**Lunch Group**
Dates: 2nd Monday of the month (11 Dec, 8 Jan, 2 Feb).
Time: Noon.
Where: White Lion Hotel, Duke St, BD24 9DU.
Carers, cared for and former carers.

**SKIPTON**

**Airwave and Skipton Super Club**
Dates: Approximately every six weeks.
Time: Early evening.
Where: Various venues across Skipton and Airwave.
Carers, cared for and former carers – early evening meal out in various venues in Airwave and Skipton.
Contact: Tracey Howes, 077 25 117 798.

**Art Group**
Dates: Tuesdays in four-week blocks: (9 Jan, 13 Feb, 20 Mar).
Time: 10am-noon.
Where: New Carers’ Resource office.
Artwork of your own choice, no experience needed. All materials and refreshments supplied. Not only for carers and former carers – Cay st media catered for.
Cost: £30 per four-week block.
Contact: Anne Brennand, 01756 700888, abrennand@carersresource.org
**Carron, Harrogate, Ripon and districts**

**Carer forum**  
Date: Fri 15 Dec.  
Time: 2pm -3.30pm.  
Where: Carers’ Resource office.  
Discuss carer issues with Carers’ Resource staff and give feedback about our services.  
Contact: Candy Squire-Watt, 01756 700888, cswwatt@carersresource.org

**Lunch Group**  
Dates: 1st Wednesday of the month (6 Dec, 3 Jan, 7 Feb).  
Time: Noon.  
Where: Bay Horse, Snaygill, BD20 9HB.  
Carers, cared-for and former carers. Resilience Workshop for Carers  
Dates and times: Thursday 22 Feb, 10am-noon.  
Location: New Carers’ Resource office.  
Simple tips and techniques to help build resilience and boost your emotional toolbox. Meet other carers while you learn fun and relaxing strategies to recover from setbacks and to deal with the challenges of life.  
Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

**UTOPIA LUNCH GROUP**  
Dates: 2nd Tuesday of the month (12 Dec, 9 Jan, 13 Feb).  
Time: 10am-11.30am.  
Where: Utopia, Broughton Hall Business Park, BD23 3AN.  
Coffee morning for carers, cared-for, former carers and vulnerable.  
Contact: Candy Squire-Watt, 01756 700888, cswwatt@carersresource.org

**THRESHFIELD**  
Lunch Group  
Dates: 3rd Friday of the month (15 Dec, 19 Jan, 16 Feb).  
Time: Noon.  
Where: Gamekeepers, Long Ashes Park, BD23 5PN.  
Carers, cared-for and former carers.  
Exercize class to suit your ability, sitting or standing. Gentle, safe and fun – followed by afternoon tea.  
Cost: £5. Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

**HARROGATE CARER FORUM**  
Date: Weds 17 Jan.  
Time: 2pm-3.30pm.  
Where: Carers’ Resource office.  
Discuss carer issues with Carers’ Resource staff and give feedback about our services.  
Contact: Alison Straw, 01423 500555, astraw@carersresource.org

**Resilience Workshop for Carers**  
Dates and times: Tuesday 8 Feb, 10am-noon.  
Location: Carers’ Resource office.  
Learn simple tips and techniques to build resilience and boost your emotional toolbox. Meet other carers while you learn fun and relaxing strategies to recover from setbacks and to deal with the challenges of life.  
Contact: Jenni Sengel, 01423 500555, jsengel@carersresource.org

**Cedar Court Coffee Morning**  
Dates: 3rd Wednesday of the month (20 Dec, 17 Jan, 21 Feb).  
Time: 11am.  
Cost: Cost of your drink.  
Where: Cedar Court Hotel, Park Parade, HG1 5AH.  
Carers and former carers. Meet for a drink and a chat.

**Friendship Group**  
Dates: Nov 30 shopping trip, Dec 14 Christmas lunch.  
Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org  
This group is supported by Carers’ Resource office.  
Meet for a chat w ith cake & coffee. Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

**Support Group**  
Dates: 1st Monday of the month (6 Dec, 3 Jan, 7 Feb).  
Time: 10.30am-12.30pm.  
Where: Carers’ Resource office.  
Support group for parents and carers of people with autism.  
Contact: Rebecca Scurr, 01423 500555, rscurr@carersresource.org

**Supper Club**  
Dates: Every 4-6 weeks (24 Jan, 28 Feb).  
Time: 6.15pm.  
Where: Various venues in Harrogate area.  
Carers, former carers, cared for. An opportunity to socialise.  
Cost: Variable but we try to take advantage of early bird and special offers.  
Contact: Sheila Constable, 01423 500555, sconstable@carersresource.org

**Wellbeing Cafe**  
Dates: Every Thursday.  
Time: 1pm-3pm.  
Where: St Luke’s Church Hall, Franklin Square, HG1 5EL.  
The group is supported by Carers’ Resource office.  
Meet for a chat w ith cake & coffee. Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

**KNARESBOROUGH**  
Afternoon Tea/Coffee  
Dates: 1st Monday of the month, one-off changes in Dec and Jan (11 Dec Christmas lunch, 9 Jan, 5 Feb).  
Time: 2pm.  
Cost: £2.  
Where: Hewington Court, Stockwell Road, HG5 0QE.  
Carers and former carers, Drink and a chat. Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

**MASHAM**  
Carers’ Lunch  
Dates: 3rd Tuesday of the month (19 Dec, 16 Jan, 20 Feb).  
Time: 12.30pm.  
Location: The King’s Head, Market Place, HG4 4EF.  
An informal lunch at the local pub, where carers can enjoy a meal from the lunchtime menu. No Carers’ Resource staff attend.  
Cost: From the menu £10-£12.  
Contact: Louise Wilson, 01877 835055, lwilson@carersresource.org

**PATELEY BRIDGE**  
Craft Group  
Dates: 3rd Wednesday of the month, apart from Dec (13 Dec, 17 Jan, 17 Feb).  
Time: 2pm-3.30pm.  
Cost: £5.  
Where: Nidderdale Plus, Waterstation Square, King Street, HG3 SAT.  
Learn a different craft each month and make something to take home.  
Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

**RIPON**  
Carers’ Drop-in  
Dates: Every Thursday.  
Time: 10am-1pm.  
Where: Carers’ Resource Ripon office, Community House, Sharrow View, Alkhamlegate, HG4 9LE.  
A staffed session for carers wishing to have a short consultation or to make an appointment for a later time.  
Report to reception in Community House and they will show you through to the office.  
Contact: Carers’ Resource Harrogate office, 01423 500555.

**Ripon Teas**  
Dates: 1st Tuesday of the month (Dec no meeting, 9 Jan, 13 Feb).  
Date of Christmas lunch tbc.  
Time: 2.30pm-3.30pm.  
Where: Ripon Community House, Sharrow View, Alkhamlegate, HG4 1LE.  
Support group. Confirmation of attendance required one week ahead of the date.  
Cost: £2 for tea meetings. Please contact for cost of Rainton Gardens trip.  
Contact: Jean Eames, 01423 500555, jeames@carersresource.org

**WETHERBY**  
Afternoon Tea/Coffee  
Dates: 3rd Monday of the month (Dec no meeting, 15 Jan, 19 Feb).  
Time: 2pm.  
Where: Angelo Restaurant, High Street, LS22 6LT.  
Carers and former carers. Drink and a chat in friendly environment with cakes.  
Cost: Of our own food and drink.  
Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org
Volunteers recognised for their amazing work

We gave awards to some of our wonderful volunteers at our annual general meeting and conference.

Several volunteers were nominated by staff, including Grace Summersgill, of Silsden, and Helen Gunton, of Oakworth, who were given a certificate and flowers by Carers’ Resource chief executive Chris Whiley and chairman David Harbourne at the AGM in the Shipley office.

Lucy Tiffany and Angela Lloyd Roberts, both from Harrogate, were given their awards at our staff and volunteer conference at the Mercure Bradford Bankfield Hotel.

Grace won the Going The Extra Mile award. She co-ordinates the Silsden Stroke Club and Silsden Carers’ Group, which give carers the chance to meet one another for peer-to-peer support. She also raises money for the charity by hosting parties and running.

Helen got the Group Volunteer award for leading the Time for Me monthly group for carers and over-50s for more than a year. When the previous volunteer left due to work commitments, Helen stepped in to ensure carers could continue to meet.

Knitter Award winners Lucy and Angela have been involved with the charity’s Easter knitted chick and Christmas decoration initiatives for nearly 10 years. Sales of the gifts in the past year have raised £3,633 – the best year yet – taking all the knitters’ total fundraising to £23,000. See page 2 for details about how to buy their festive decorations.

Lucy and Angela also run a Pins N Needles group at the Carers’ Resource office in Harrogate. The monthly session gives carers the chance to take part in craft activities and be creative while having a break from caring. They also help at our lunch club Dales Diners; on reception at our office; with Time Out for Tea parties; and with Christmas card sales.

Other winners, who were not present at either event, included 17-year-old young carer volunteer Harry Beaton, telephone support volunteer Chris Baugh, most cheerful volunteer Mike Emsley, locality volunteer Ian Tennant, home visiting volunteer Tracey Howes and volunteering team Home from Hospital.

Carers’ Resource chief executive Chris Whiley said: “We are so grateful to all of our wonderful volunteers. They help us across the whole area we cover, carrying out all sorts of tasks from admin to sitting with cared-for people so carers can have a break.”

Family bouncing after getting charity grant
Families raising disabled or seriously ill children and young people can apply for a grant from Family Fund to buy something that would improve their lives.

The charity considers any grant request that relates to the needs of the child and their family. This might be for furniture, clothing, bedding, kitchen appliances, sensory toys, computers or tablets, a family break, or something to help with college for 16 and 17-year-olds.

One recipient of a grant was Muhammad Yahya, three, who lives in Keighley with his parents and his three brothers. Muhammad was born with spina bifida and hydrocephalus and has spent a lot of time in hospital.

His family received a grant for a tumble dryer and a trampoline. Muhammad’s dad Shazad says: “Our neighbours had a trampoline in their yard and he saw that and wanted to have a go. He absolutely loved it. It was so good to see him so happy, so we applied for a grant for a trampoline. He’s always out there.”

To find out more, visit www.familyfund.org.uk or call 01904 550055.

Clockwise from left, Lucy is presented with her certificate by Carers’ Resource chairman David Harbourne; Grace, centre, with David and Carers’ Resource chief executive Chris Whiley; Helen; and Angela

Muhammad, middle, on the trampoline with his brothers
‘I thought I had no choice but to stay in a nursing home for ever’

When elderly people move into a care home they won’t ever go home again. Will they? Well, one of our clients did – and it gave her a new zest for life.

Marion Harris and her terminally ill husband Peter were receiving help around their home from our not-for-profit paid-for service Care@ Carers’ Resource when Peter was admitted to hospital for a blood transfusion. Peter’s condition deteriorated while he was in hospital and he was discharged to a local nursing home for palliative care.

Marion decided to move into the nursing home to be with him as they had no family. Sadly, Peter died a couple of months later, on Christmas Eve 2016.

Marion became depressed, stopped eating and found it harder than usual to get around. She didn’t want to be in the nursing home but did not realise she had options. She says: “I thought that I had no choice and would be stuck in there for ever.”

But one day she was visited by her former support worker Claire Barrett, a care co-ordinator from Care@ who had become a friend. Claire told her manager Sarah Hulbert about Marion and they put the wheels in motion to help Marion go home if she wanted.

Claire and Sarah got to work to arrange moving furniture around so Marion could live downstairs. They set up a care package for Marion, reconnected her emergency buzzer, organised a food shop and asked the GP and pharmacy to reinstate a regular delivery of Marion’s medication.

Claire says: “Marion took time to get settled back into a routine but then told us she would like to be able to go out places. She was a bit anxious as it was a long time since she had been out. She was worried about managing the wheelchair too.

“One of the first things Marion did was get some money out using her card. She had been relying on a friend to cash a cheque for her to get any money. Marion and her support worker went to buy new clothes. These are things we take for granted but Marion was thrilled.

“Now Marion goes out once a week and is able to buy what she sees and likes. She is empowered. She sees people her and Peter used to see when they went out together before Peter became ill. She has asked us to increase her social outings to twice a week.”

Marion is now more independent, she has put on weight and her mobility and wellbeing have improved. She says: “I had forgotten what normal life was like, things like getting money out of the bank.”

Claire adds: “Sometimes we can take simple pleasures in life for granted but we recognise that, with support and encouragement, we can help people achieve their goals and improve their lives.”

Carol concert will raise money for Carers’ Resource

The Fisher Singers, a community choir in Harrogate, is performing its Christmas concert on Monday 11 December at 7.30pm at the Cairn Hotel.

Its mixed programme will include Christmas carols and traditional songs. Special guest Christian Lunn will also perform a selection of songs from shows and musicals. Tickets are available on the door for £10 and there will be a raffle held in aid of Harrogate Young Carers.

Get a tree-mendous knitted decoration

Get your hands on a knitted Christmas decoration before they sell out. Our volunteers have created 900 of them and they are on sale priced £2 each at:

- Noir hair salon, Harrogate
- Feastfield Medical Centre, Pateley Bridge  ● Kathryn Elliott osteopath, Knaresborough  ● The Little Stationery Shop, Shipley
- Haywra Hair and Beauty, Harrogate  ● The Jewellery Workshop, Bingley
- The Harrogate Hair & Beauty Clinic

You can also get them at all our offices, where you can also get packs of Christmas cards for £2 each.

If you can’t get to our outlets, maybe you could make a cards pledge to your friends and family this year and donate the money you would have spent on cards to Carers’ Resource?
Choice: Carers' Resource – Harrogate | Craven | Bradford | Airedale

Parents’ deaths left me bereft

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. Here she writes about how her life changed drastically when her caring role ended after her parents sadly died.

A couple of weeks after my father died, I felt so lost I literally didn’t know where to go. The funeral was over, I was dealing with the paperwork and all the other practical fallout of bereavement, and life was returning to some kind of normality. That’s when it hit me – I was no longer a carer.

For over a decade I helped my dad care for my mum, who had dementia and became bedridden. Shortly after her death, my dad’s own health deteriorated and, just five months later, he died too. I spent the final weeks of his life caring for him at his home, with the help of a wonderful homecare team and, in the last days, Marie Curie nurses.

As any carer knows, caring becomes a way of life and in a way it defines you. I had a full-time job and a social life, but I was also a carer, and that was never far from my mind. So when I suddenly wasn’t a carer any more, I didn’t know what to do with myself.

For years, my routine had been calling at my parents’ home after work to help with Mum and keep Dad company. Overnight, that routine disappeared. I’d leave the office after work on dark winter evenings, after Dad died, feeling lost. Their house was empty; there was no one to care for any more.

For those of us who have lost loved ones, Christmas can be a poignant time of year. And for people who have been carers, it can be a particularly painful reminder of those they have lost.

Caring will affect us all at some point in our lives, and Carers’ Resource is there when that happens. And the practical and emotional support doesn’t end when you stop becoming a carer.

If needed, caseworkers continue to be there for people they have supported as carers. They try to focus on helping them move on and fill the gap left in their lives. Often carers don’t have work to distract them after bereavement. A number of ex-carers go on to become volunteers for Carers’ Resource, which helps them to keep busy – and enables them to use their experience to support other carers.
Lend your voice to a national carer rights project

Do you know your rights under the Care Act? Carers are being asked to share their stories to help create a national framework that will ensure they know about and can access their rights promised under law.

The National Development Team for Inclusion (NDTi) has invited Carers’ Resource to help create the framework after two of the carers we work with, Marlene and Lynn, went to the launch of its Spotlight on a Carer’s Journey report at the House of Lords 18 months ago.

Marlene spoke to peers about her experience of being a carer after we worked with NDTi in 2015 to look at the impact of the Care Act on carers. The project involved carers and a Shipley GP in Bradford being interviewed for a film our staff created, along with carers sharing their stories with NDTi.

NDTi is a not-for-profit organisation that aims to enable people at risk of exclusion, due to age or disability, to live the life they choose.

Marlene, 58, of Menston, who looks after her elderly housebound mum, has been supported by Carers’ Resource and said at the time: “It was a wonderful experience to be in the House of Lords to talk about my journey as a carer. I never would have been able to have done that before.”

Personalised support for carers under the Care Act gives carers the right to their own support plans and personal budget if they are assessed as eligible. In the new phase of our partnership, NDTi wants to work with us to understand how this is being implemented and the impact on carers who need support, with emphasis on carers’ wellbeing.

The idea is to eventually co-produce a national quality framework, which will be used by local authorities and carers so they can plan and assess the progress made in implementing the Carer Journey.

Councils and professionals are being surveyed at the moment to find out if they are providing the support for carers they are supposed to under the Care Act. More confidential carers’ stories will be gathered at a later stage, so if you would like to get involved in this exciting project and add your voice to a national scheme then please email cfirth@carersresource.org or call Caroline Firth on 01274 449673 to register your interest in finding out more.

Have your say at our carer forums

We have been holding quarterly carer forums in our offices since early this year and scores of carers have come along to discuss the issues they face.

These are informal get-togethers with fellow carers, our chief executive, and a few other Carers’ Resource staff. The idea is for carers to tell us how we can advocate on their behalf, for them to meet other carers and to let us know how we could improve our services.

Discussions in the past have included blue badges, carer cards, bereavement care, equipment for people who have hearing or sight difficulties and planning for our exciting Carers Rights Day, which was due to be held as we went to press.

All carers from all areas are welcome to any of the forums – just turn up. The next meetings are: Skipton office, Friday 15 December, 11.30am-1pm; Harrogate office, 17 January, 1pm-3.30pm; Bradford office, Thursday 18 January, 1.30pm-3pm.

Did you know we also have a carer panel? This is a group of carers who have told us they might be interested in coming to one-off small events (for example the Challenge Week story on page 10), and among other things we also ask these carers to help with recruitment of our staff and to feed back on our services. All our requests and offers to the panel are optional. If you want to get involved or know more, contact Caroline Firth on 01274 449660 or cfirth@carersresource.org

Marlene, right, and Lynn at Westminster
Steph carves out a new career

When working full time as a dental practice manager became too much for carer Steph McCluskey, she cut down her hours and discovered her new hobby might be able to make her some money.

Steph has three children and all of them are on the autistic spectrum. Recently her husband has also been diagnosed with autism and things became difficult for the family as they struggled to balance work and home life.

Steph says: “Trying to work full time while looking after my family, their appointments, illnesses, arguments, meltdowns, constant misunderstandings and trying to be perky all the time was starting to take a toll on my health. Running around like a mad woman wasn’t helping anyone.”

“L had to reduce my hours at work so I could be home more for my gang. But the reduced hours meant a reduced income.”

Things became more difficult for Steph as her own health took a turn for the worse with a condition that caused her pain and fatigue. It was one of the most stressful times of her life, but Steph found a way to relax when she picked up her husband’s woodwork tools and began to experiment, making small items from offcuts of reclaimed wood.

Gradually she began creating her own wood designs, making jewellery, trinket boxes and toys. She loved spending time choosing pieces of wood and shaping them into new and beautiful things. She says: “Wood has the ability to calm me, I love the smell, the feel of it and being able to make so many different items from it amazes me.”

When she showed other people what she had made, they began to ask her to make things for them. She even sold a few items on market stalls.

In the spring of 2016, Steph felt she was no longer able to work outside the home due to her health problems and her family’s needs. She took redundancy from the dental practice but continued woodworking and decided to develop this as a small self-employed business with her husband.

Steph was supported for a year by the carer support team at Carers’ Resource and was then referred to the CReate team. CReate works with carers who want to work, build confidence, gain skills or work towards goals beyond their caring role.

It was clear Steph’s love of designing wooden items had the makings of a small business but she struggled with her husband’s heavy woodwork tools and how to advertise her creations.

The CReate team gave Steph advice and helped her to apply to the Carers Trust for a Skills for You grant, which she used to buy lightweight woodworking equipment.

Thanks to these new tools, Steph has been more and more productive and, supported by her husband, she is proud to have launched her website www.quirkynperky.com. Why the name Quirky and Perky? Steph says: “My shop name refers to our personalities. It fits us perfectly.”

To find out more about the support CReate offers, contact your local Carers’ Resource office.

Best wishes to all our readers, clients, staff, professional partners and volunteers and a wonderful festive season and New Year and a fantastic 2018.

We know that for some people this time of year is difficult, so do pick up the phone or come to see us if you need us.

CHRISTMAS OPENING TIMES

All our offices are closed on Christmas Day, Boxing Day and New Year’s Day.

The Bradford office is open as normal the rest of the time, including Wednesday 27, Thursday 28 and Friday 29 December. The Harrogate office is open Thursday 28 and Friday 29 December. Skipton is open on Thursday 28.