Join us to celebrate

Carers Week takes place from 11-17 June and we have got loads planned to get you involved and to try to help other people realise for the first time that they are carers.

To prepare for the week, carer Maria Cartwright and her friends will be running in the Knaresborough Bed Race on Saturday 9 June in aid of young carers.

Starting on Monday 11 June and going on throughout the week, we will be hosting information stands across our patch at places including supermarkets and GP surgeries – make sure you come to say “hello”. We’ll also be hosting special events such as day trips, one-off art sessions and coffee mornings, and the launch of our impact report highlighting all the work we have been doing over the past year. See pages 2-3 for the full Carers Week events listings.

The theme for this year is “healthy and connected”, and we will be featuring tips on our Facebook and Twitter pages during the week on diet, fitness, staying safe online and how to look after your wellbeing.

We will also explore this theme in a special carers’ radio show on BCB 106.6FM during Carers Week. The broadcast date and time are not finalised, so follow us on social media to get the latest information.

Get involved in our fundraising initiative Time Out For Tea by picking up a fundraising pack from our offices, or by downloading one at www.carersresource.org/support-us/time-for-tea/

Carers’ Resource chief executive Chris Whiley says: “We champion and support carers all the time but

Win free entry to RHS Harlow Carr

To mark Carers Week, our friends at RHS Harlow Carr, in Harrogate, have kindly donated some vouchers for carers to visit the gardens for free.

We are holding a draw on 11 June so that lucky winners can bag up to two vouchers – valid throughout 2018 – to have a day out with a friend or relative.

To enter the draw, email info@carersresource.org or call Kathryn Watson or Anne Wells on 01423 500555 (press option 3). Please indicate if you require one or two passes. If you want to take the person you care for you get in free as their carer, so you would only need one voucher. Vouchers are limited to a maximum of two per family.

All carers who get in touch before Friday 8 June will be entered into the draw. We will contact the winners after Monday 11 June.
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 Carers’ Resource. Reference to any service does not imply recommendation. The submissions deadline for the next issue is 30 July, 2018.

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

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Fax: 01423 507777

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

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

Ripon
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Facebook www.facebook.com/carersresource
Twitter @CarersResource

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

What’s on in Carers Week 11-17 June 2018

MONDAY 11 JUNE

Information stand
Time: 9am-11am.
Where: Queensbury Library, Bradford.
Contact: Melanie Evans, 01274 449660, mevens@carersresource.org

Information stand
Time: 10am-1pm.
Where: St Luke’s Hospital, Bradford.
Contact: Sarah Wademan, 01274 449660, swademan@carersresource.org

Information stand
Time: 10am-1pm.
Where: Sainsbury’s, Greengates, Bradford.
Contact: Rifat Parveen, 01274 449660, rparveen@carersresource.org

Information stand
Time: 10am-2pm.
Where: Sainsbury’s, Ripon.
Contact: Anne Wells, 01423 500555, awells@carersresource.org

Information stand
Time: 10.30am-2pm.
Where: Margaret McMillan Tower, Bradford.
Contact: Rifat Parveen, 01274 449660, rparveen@carersresource.org

Information stand
Time: Noon-2pm.
Where: Wibsey and Queensbury Medical Practice, Bradford.
Contact: Melanie Evans, 01274 449660, mevens@carersresource.org

Information stand
Time: 3pm-4.30pm.
Where: Mayfield Medical Practice, Bradford.
Contact: Melanie Evans, 01274 449660, mevens@carersresource.org

Meet our parent-carer worker
Time: 3.45pm-5pm.
Where: Winkies Kids Play Centre, Harrogate.
Contact: Rebecca Scurr, 01423 500555, rscurr@carersresource.org

TUESDAY 12 JUNE

Information stand
Time: 10am-noon.
Where: Sainsbury’s, Keighley.
Contact: Rifat Parveen, 01274 449660, rparveen@carersresource.org

Information stand
Time: 10am-noon.
Where: Westcliffe Medical Practice, Shipley.
Contact: Melanie Evans, 01274 449660, mevens@carersresource.org

Deep relaxation session
Time: 11am-Noon.
Where: Provided by Harrogate Meditation Centre at the Carers’ Resource Skipton office. £2 donation. Booking required.
Contact: Sally Skipper, 01756 700888, sskipper@carersresource.org

Information stand
Time: 1pm-3pm.
Where: Carers’ Resource Skipton office. £2. Make a bracelet or necklace with the help of a tutor.
Contact: Sally Skipper, 01756 700888, sskipper@carersresource.org

Information stand
Time: 1pm-3pm.
Where: Bradford Royal Infirmary.
Contact: Sarah Wademan, 01274 449660, swademan@carersresource.org

Information stand
Time: 1.30pm-3.30pm.
Where: Clarke Foley Centre, Wellbeing Café, Cunliffe Rd, Ilkley, LS29 9DZ.
Contact: Fiona McKinnon-Evans, 01756 700888, fmcinnon-evans@carersresource.org

Speaker: Fit for Function
Time: 2.30pm-3.30pm.
Where: Community House, Ripon. £3. Refreshments provided. For carers and former carers. Learn how to stay safe and healthy, seated exercise and how to prevent falls/falling.
Contact: Jean Eames, 01423 500555, email jeames@carersresource.org

Information stand
Time: 2.30pm-4.30pm.
Where: Low Moor Medical Practice, Bradford.
**WEDNESDAY 13 JUNE**

**Information stand**

**Time:** 8.30am-10am.
**Where:** Cottingley Surgery, Bradford.
**Contact:** Melanie Evans, 01274 449660, mevans@carersresource.org

**Parent carer coffee morning**

**Time:** 10am-noon.
**Where:** A chance for parent carers to meet one another and receive support and advice.
**Contact:** Sam Bland, 01274 449660, sbland@carersresource.org

**Information stand**

**Time:** 10am-1pm.
**Where:** Sainsbury’s, Greengates, Bradford.
**Contact:** Rifat Parveen, 01274 449660, rparveen@carersresource.org

**Information stand and meet a caseworker**

**Time:** 10am-1pm.
**Where:** Masham Town Hall. Other organisations will also have stands.
**Contact:** Naomi Evans, 01423 500555, nevans@carersresource.org

**Dales coach trip, provided by Friends of the Dales**

**Time:** 10.30am-4.30pm.
**Where:** The route will be via Grassington, Hawes, Ribblehead and Settle, with stops at Grassington, West Burton and Hawes. Start and return at Skipton. For carers, the people they care for and former carers. £4 per person. Booking required.
**Contact:** Sally Skipper, 01756 700888, sskipper@carersresource.org

**Carers’ lunch**

**Time:** 1pm-3pm.
**Where:** The Hopper Lane Hotel, Blubberhouses. Pay for your meal. For carers and former carers.
**Contact:** Carol Lancaster, 01423 500555, clancaster@carersresource.org

**Information stand**

**Time:** 1.30pm-3.30pm.
**Where:** Rockwell Medical Practice, Bradford.
**Contact:** Melanie Evans, 01274 449660, mevans@carersresource.org

**Carers’ Group quiz**

**Time:** 2pm-4pm.
**Where:** Boroughbridge Surgery. £2, includes refreshments
**Contact:** Alyson Hill, 01423 500555, ahill@carersresource.org

**THURSDAY 14 JUNE**

**Information stand**

**Time:** 9am-noon.
**Where:** Saltaire Medical Practice, Bradford.
**Contact:** Melanie Evans, 01274 449660, mevans@carersresource.org

**Dementia Friendly training**

**Time:** 10am-11am.
**Where:** Carers’ Resource Skipton office. An informal and friendly session for anyone interested in learning more about dementia and how it affects people and families. This free session is for carers, former carers, people who are cared for, volunteers, Craven residents and our local partners.
**Contact:** Sally Skipper, 01756 700888, sskipper@carersresource.org

**Information stand**

**Time:** 10am-1pm.
**Where:** Airedale General Hospital, top landing.
**Contact:** Sarah Wadem an, 01274 449660, swadem an@carersresource.org

**Young Carers’ trip (11-18)**

**Time:** 10am-4pm.
**Where:** Join Ripon Rotary Club’s free big day out to Lightwater Valley.
**Contact:** Amy Copeland, 01423 500555, acopeland@carersresource.org

**Time Out For Tea**

**Time:** 11am-12.30pm.
**Where:** Carers’ Resource Skipton office. Free. Come and join us for tea and cake, meet the team and find out about other activities and information available to carers.
**Contact:** Sally Skipper, 01756 700888, sskipper@carersresource.org

**Information stand**

**Time:** 2.30pm-4.30pm.
**Where:** Woodroyd Centre, West Bowling, Bradford.
**Contact:** Melanie Evans, 01274 449660, mevans@carersresource.org

**Young Carers’ youth club (11-18)**

**Time:** 6pm-7.30pm.
**Where:** St Georges Community Centre, Harrogate.
**Contact:** Amy Copeland, 01423 500555, acopeland@carersresource.org

**FRIDAY 15 JUNE**

**Carer drop-in**

**Time:** 10am-1pm.
**Where:** Carers’ Resource Harrogate office. A staffed session for carers wishing to have a short consultation or to make an appointment for a later time.
**Contact:** Catherine Thompson, 01423 500555, cthompson@carersresource.org

**Launch of Carers’ Resource impact report**

**Time:** Noon-2.30pm.
**Where:** Norcroft conference centre, The University of Bradford.
For carers, former carers, cared for, politicians and professionals. Hear how Carers’ Resource has helped carers over the past year, and discuss the big questions we continually ask ourselves about caring eg how do we engage with carers who don’t realise they’re carers, and what kind of groups would attract male carers? Bring your own lunch, but tea and coffee will be provided.
**Contact:** Conrad Taylor, 01274 449660, ctaylor@carersresource.org

**Meet Andrew Jones, the MP for Harrogate**

**Time:** 1pm-2pm.
**Where:** Carers’ Resource Harrogate office.
**Contact:** Alison Straw, 01423 500555, astraw@carersresource.org

**Afternoon tea and entertainment**

**Time:** 2pm-3.30pm.
**Where:** Station View Resource Centre, Starbeck, Harrogate. Free. For carers and the person they care for.
**Contact:** Christine Marshall, 01423 500555, cmarshall@carersresource.org

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**Choices: Carers’ Resource – Harrogate | Craven | Bradford | Airedale**
Action needed if you want to keep getting Choices

We love sending Choices to carers, professionals and supporters. It's a great way to tell you news and stories about carers, as well as details of events and activities across our area.

The law has recently changed and we are not allowed to send you Choices or other mailings by post or email from now on unless you give us your consent.

You can do this online at www.carersresource.org/contact/choices-subscription-and-other-mailings/ or fill in the form below and send it to us at Ronaldsway House, 36 Brook St, Skipton, BD23 1PP.

If we don't hear from you by 16 July, we will assume that you no longer wish to receive Choices and will remove you from our mailing list. You can make changes to the information you receive from us at any time.

Our privacy notice is available to view at www.carersresource.org/privacy or by asking at one of our offices. This gives information about how we gather, use, manage and protect your personal details.

I WOULD LIKE TO RECEIVE:

- ☐ Choices, the quarterly newsletter by EMAIL
- ☐ Choices, the quarterly newsletter by POST*
- ☐ Other mailings about news and events by EMAIL
- ☐ Carer panel emails seeking feedback and views of carers on a range of issues by EMAIL

*Please bear in mind it costs 85p to send a copy of Choices by post. Each person who receives our newsletter by email rather than post saves us £3.40 a year.

Help improve our services by completing our annual survey

We value your feedback as it helps improve our services. We would be grateful if you could fill in this annual survey and return it to us, or complete it online at www.carersresource.org/annualsurvey18

If you send back the annual survey together with the consent form above, we will separate them on receipt so you cannot be identified when they are processed if that is your wish.

First part of your Postcode (eg HG1) ____________ Age range: ☐ 16-25 ☐ 26-45 ☐ 46-64 ☐ 65-84 ☐ 85+

Please tick the ways you have had contact with Carers' Resource in the last year, and indicate how satisfied you were with the service you received.

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<th>Choices (newsletter)</th>
<th>VERY PLEASED</th>
<th>A LITTLE SATISFIED</th>
<th>NOT VERY HAPPY</th>
<th>VERY UNHAPPY</th>
<th>N/A – DID NOT USE</th>
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<td>Other (please state)</td>
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How long were you in a caring role before you realised you were a carer?

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<th>7-12 MONTHS</th>
<th>1-5 YEARS</th>
<th>6-10 YEARS</th>
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How long were you in a caring role before you were in touch with Carers' Resource?

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Which of these factors played a part in you recognising yourself as a carer?

- ☐ Previously in a caring role
- ☐ Social care staff
- ☐ Media
- ☐ Health professional
- ☐ Family/friends
- ☐ Other (please state)

Does your caring role affect your health and wellbeing in any of these ways?

- ☐ Stress
- ☐ Anxiety
- ☐ Tiredness/lack of sleep
- ☐ Affects existing health problem
- ☐ Has caused a health problem
- ☐ Social isolation
- ☐ None of the above

Please tick if you would like to be involved in the following:

- ☐ Carer panel (receive emails asking for your views on issues affecting carers, invites to events and groups, and feedback on our services).

Email (if joining panel): 

Please send both forms to: Ronaldsway House, 36 Brook St, Skipton, BD23 1PP.
National carer-aware kitemark for businesses in pipeline

The Work and Pensions Secretary Esther McVey visited our Shipley office with Shipley MP Philip Davies in March to meet three carers, who explained how they have struggled to juggle caring and paid work.

Shain Wells, 48, of Menston, told them she is a carer for her son, 10, who is on the autistic spectrum. She works for Inclusion North identifying what support is needed by carers of adults with learning disabilities and sparked a discussion about how carers are worth employing when it could feel like a risk to a firm.

Carer Arshad Majid, 52, of Wyke, told the Minister he is a full-time carer for his mother and has five children, one with ADHD. He owned a fast-food business for 30 years employing five staff but had to give it up as it was too difficult to balance work with caring.

Ms McVey’s office is now looking into his case as he was turned down for financial help despite paying into the system since he left school.

Helen Tawn, 51, of East Morton, said she had a positive experience with her former employer when she began caring for her mother, who has dementia, and daughter, who has been in hospital for 18 months with an eating disorder.

She said: “I am not able to work because life is so unpredictable. I spend most days visiting my daughter or mum. When I was working I was a subject librarian at Keighley College. At the point when my daughter was taken out of school in 2015 I took sick leave to look after her, then that triggered a formal HR process. “They generously suggested I take a career break and I was grateful for that flexibility and for the support from my managers. Ideally all carers should have the same support as I had. It shouldn’t be a lottery.”

Carers’ Resource chief executive Chris Whiley asked Ms McVey if the Government would consider a national carer-aware kitemark or charter for employers to ensure all carers are treated fairly.

Ms Whiley said: “A kitemark would ensure working carers know where they stand if they need to take time off for caring or find themselves in emergency situations with their loved one. It also means they would be confident to reveal to their employer that they are a carer.”

Ms McVey said: “Carers make up a talented pool of employees and I will be looking to work with Carers’ Resource to see how we can create a carers’ kitemark so employers can recognise their fantastic contribution to the workforce.”

Written questions were sent in by carers who were invited but unable to attend the discussions. The Minister said she would respond to Richard Sutton, 56, of Apperley Bridge, Rachel Edwards, 41, of Ilkley, Christina Beaven, 58, of Ripon, and Dean Palmer, 53, of Harrogate, in writing.

MP vows to press Government over ‘silenced’ carers

MP Judith Cummins has pledged to ask the Government to give more recognition to carers.

The Bradford South MP, pictured with Chris Whiley, visited our Shipley office after backing our plea for the Government to reverse its decision not to update the 2008 Carers Strategy.

The Government said late last year that a Social Care Green Paper this summer will deal with carer issues and it would publish a carers’ action plan after Easter, although this has not yet materialised.

The Bradford South MP, pictured with Chris Whiley, visited our Shipley office after backing our plea for the Government to reverse its decision not to update the 2008 Carers Strategy.

The Government said late last year that a Social Care Green Paper this summer will deal with carer issues and it would publish a carers’ action plan after Easter, although this has not yet materialised.

Mrs Cummins, who asked a written question in Parliament in February requesting an update on when the action plan would be published, said: “It’s about time we had a national strategy for carers.

“Often carers are so busy caring that their collective voice is silent. It has to be recognised. I will ask more written questions and questions in the House to make sure this is high on the agenda, and I’ll ask the Government for more timely action.”
BRADFORD DISTRICT
BINGLEY
Drop-in
Dates: 1st Wednesday of the month (6 Jun, 4 Jul, 1 Aug).
Time: 10.30am-noon.
Where: The Coffee Lounge, Queen Street, BD16 2JS.

BRADFORD CITY CENTRE
Afternoon Tea
Time: 1pm-3pm.
Where: The Storehouse, 116 Caledonia Street, Bradford, BD4 7BO.

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

GREAT HORTON
Bradford Epilepsy Support Group (BEST)
Dates: 1st Tuesday of the month (6 Jun, 4 Jul, 1 Aug).
Time: 6.30pm-8pm.
Where: The Lion Hotel, Duke St, BD24 9DU.

KEIGHLEY
Coffee Morning
Dates: 1st Friday of the month (1 Jun, 6 Jul, 3 Aug).
Time: 10am-11.30am.
Where: Lavender Fields, 42 Cavendish Street, BD21 3RL.

SILSDEN
Chatterbox
Dates: 1st Thursday of the month (7 Jun, 5 Jul, 2 Aug).
Time: 10am-11.30am.
Where: Silsden Methodist Church, Kirkgate, BD20 0PA.

STEETON
Time for Me
Dates: 2nd Tuesday of the month (12 Jun, 10 Jul, 14 Aug).
Time: 10am-noon.
Where: The Hub, Stone Grove, BD20 0TG.

For carers and over-50s. Activities, speakers, fun.
Cost: £2, including refreshments.
Contact: Val Stewart, 01274 449660, vstewart@carersresource.org

THORNTON
Place of Welcome
Dates: Every Thursday.
Time: 2pm-4pm.
Where: St James' Church, Thornton Road, BD13 3AB.

Carers and the person they care for can come for chat and free refreshments. Access for wheelchair users is to the right of the main entrance of St James', via the hall.
Contact: Gina, 07483187548.

Skipton Area
BENTHAM
Lunch Group
Dates: Last Monday/Tuesday (varies) of the month (Tue 26 Jun, Mon 30 Jul, Tue 28 Aug).
Where: The Noble Comb, Salts Mill Road, BD13 3AB.

Cost: Price of your own drink.
Contact: Carers' Resource, 01274 639596, knichols@carersresource.org

ILKLEY
Get Together
Dates: 2nd Thursday of the month (12 Jun, 19 Jul, 16 Aug).
Tim e: 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 Jun, 9 Jul, 13 Aug).
Time: Noon.
Where: The Lion Hotel, Duke St, BD24 9DU.

Carers, cared for and former carers.

SKIPTON
Airedale and Skipton Supper Club
Dates: Approximately every six weeks.
Time: Early evening.
Where: Various venues across Skipton and Airedale.

Carers, cared for and former carers – early evening meal out in various venues in Airedale and Skipton.
Contact: Tracey Howes, 07725111798.

Art Group
Dates: Four-week courses begin 24 July and 28 August.
Time: 10am-noon.

Where: Carers' Resource office.
ART OF YOUR OWN CHOICE, NO EXPERIENCE NEEDED. All materials and refreshments supplied. No oils, but most media catered for. Small, friendly group led by qualified artist.
Cost: £30 for a four-week block, paid at beginning of course. All materials and refreshments included.
Contact: Anne Brennand, 01756 700888, abrennand@carersresource.org

Building Resilience Workshop
Date: Wed 4 Jul.
Time: 10am-noon.
Where: Carers' Resource office.
A free workshop for carers with simple tips and techniques that everyone can try that aim to build your inner strength and boost your emotional 'toolbox'. Meet other carers while you learn some fun and relaxing strategies to recover from setbacks and to meet the challenges life brings head on.
Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

Clay Modelling Taster Session
Date: Thu 5 Jul.
Time: 1.30pm-3.30pm.
Where: Carers' Resource office.
Taster session for carers to relax and be creative.
Cost: £5.
Contact: Anne Brennand, 01756 700888, abrennand@carersresource.org

Craft Group
Dates: Various Wednesdays (6 Jun, 20 Jun).
Time: 10am-noon.
Where: Carers' Resource office.
Come to learn a new creative skill you can do in your spare time. Sessions include beading, mosaic tiles, birthday cards, creative colouring. Do as much or as little as you like.
Cost: £2 per session.
Contact: Sally Skipper, 01756 700888, sskipper@carersresource.org

Lunch Group
Dates: 1st Wednesday of the month (8 Jun, 4 Jul, 1 Aug).
Time: Noon.
Where: Bay Horse, Snaygill, BD20 9H.
Carers, cared for and former carers.

Just Sing! Skipton
Dates: Alternate Tuesdays.
Please contact Sue for full details.
Time: 3.30pm.
Where: Skipton Baptist Church Hall, Otley St, Skipton, BD23 1ET.

For contact details of organisations and activities please contact your local Carers’ Resource office or visit www.carersresource.org

All carers are welcome at all events. You are welcome to bring the person you care for if this is stated in the group description.

Sessions are free unless a cost is stated.

Some events are in our Skipton, Bradford or Harrogate offices.

The addresses and phone numbers are:
HARROGATE AREA
BLUBBERHouses
Lunch Group
Dates: 2nd Wednesday of the month
(13 Jun, 11 Jul, 8 Aug).
Times:
Where: Hopper Lane pub and
restaurant, Skipton Rd,
Blubberhouses, Otley, LS21 2NZ.
Carers and cared for. Lunch and
social get-together for a chat.
Cost: Own food and drink.
Contact: Carol Lancaster, 01423 500555,
clancaster@carersresource.org

BORORUGHiDE
Carer’s Group
Dates: 1st Monday of the month
Time: 2pm-4pm.
Where: Christ Church Hall, Main
Street, HG3 2OF.
Carers and cared for with memory
problems. Lunch and social.
Cost: £5 for two courses. Booking
required in advance please.
Contact: Carol Lancaster,
01423 500555, aclancaster@carersresource.org

DARLEY
Dines Diners Lunch
Dates: 1st Thursday of the month
(7 Jun, 5 Jul, 2 Aug).
Time: 1pm.
Where: Christ Church Hall, Main
Street, HG3 2OF.
Carers and cared for with memory
problems. Lunch and social.
Cost: £5 for two courses. Booking
required in advance please.
Contact: Carol Lancaster,
01423 500555, aclancaster@carersresource.org

Dancing for Wellbeing
Dates: 2nd Tuesday of the month
(21 Jun, 19 Jul, 16 Aug).
Time: 2pm to 3pm (please arrive by
1.45pm).
Where: Christ Church Hall, Main
Street, HG3 2OF.
Exercise 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: Wed 11 Jul.
Time: 2pm-3pm.
Where: Carers’ Resource office.
An opportunity for carers to meet
one another and discuss the issues they
face. People who come along also
learn more about the services Carers’
Resource offers and feed back about
how we can improve. Just turn up.
Contact: Alison Straw, 01423 500555,
astraw@carersresource.org

Cedar Court Coffee
Morning
Dates: 3rd Wednesday of the month
(20 Jun, 18 Jul, 15 Aug).
Time: 11am.
Cost: Cost of your drink.
Where: Cedar Court Hotel, Park
Street, HG4 1SA.
Carers and former carers. Meet for
a drink and a chat.
Contact: Carol Lancaster, 01423 500555,
clancaster@carersresource.org

New Beginnings
Dates: Every Wednesday.
Time: 10am-noon.
Where: Elim Church Hall, Park View,
HG1 9LZ.
Peer support group for carers who
have lost a loved one or have a loved
one in care as a result of Alzheimer’s or
dementia. To share experiences and
offer friendship. Costs £3 to
cover room hire and refreshments.
Contact: Lynda Oliver, 07817 820965,
lyndaolever66@yahoo.co.uk

Harrogate Outings Group
Dates: Various Wednesdays
Time: 2pm.
Where: Venue changes.
Social get together – the venue
changes each meeting and is decided by
the group.
Cost: Own drink and food.
Contact: Christine Marshall,
01423 500555, cmash@carersresource.org

Parent Carer – Coffee and Cake
Dates: 1st Wednesday of the month
(6 Jun, 4 Jul, 1 Aug).
Time: 10.30am-12.30pm.
Where: Carers’ Resource office.
Join other parents of children with
additional needs for a cuppa and a
chat to gain knowledge and support.
Contact: Rebecca Scurr, 01423 500555,
rscurr@carersresource.org

Pins and Needles
Dates: This group is having a break
for the summer and will next meet on
1st Sept.
Relaxation & Refreshments
Dates: 13 Jun, 11 Jul, 8 Aug.
Time: 2pm-3.30pm.
Where: Yorkshire Care Equipment
(shop), Forest Lane Head,(opposite the
Harrogate Golf Club). HG2 7TE.
A professionally led session of
relaxation in cozy surroundings.
Followed by refreshments (included)
and social time. Please email/ call to
book.
Cost: £5.
Contact: Christine Marshall,
01423 500555, cmash@carersresource.org

Supper Club
Dates: Every 4-6 weeks (27 Jun,
25 Jul, no meeting in Aug).
Time: 6.15pm.
Where: Various venues in Harrogate
area.
Carers, form er 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, scconstable@carersresource.org

Wellbeing Cafe
Dates: Every Thursday.
Time: 1pm-2pm.
Where: St Luke’s Church Hall,
Franklin Square, HG1 5EL.
The group is supported by Dementia
Forum and it’s a chance for people
who come along for soup, roll, tea/coffee
and cakes while taking part in some
activities or just chatting. Carers can
enjoy time with their loved ones, affected
by Alzheimer’s or dementia, enjoy
craftwork, music, board games etc.
Cost: £2.
Contact: Victoria 07930559921

Choices: Carers’ Resource – Harrogate | Craven | Bradford | Airedale
More carers to get a break after service expands

The Carers’ Time Off service that Carers’ Resource runs in Harrogate has been extended to the whole of the district – including Ripon, Boroughbridge and surrounding villages – plus the Skipton and Selby districts.

Project manager Dawn Tesseyman says: “The long-established and valued service is made possible by volunteers, who spend time with people who are cared for while carers have a break.

“To make the new projects successful we need more volunteers, and we’re hoping some of our Choices readers might be able to help.

“We take time to match volunteers and clients who have similar interests. A volunteer might take the cared-for person out for walks, bike rides, swimming, to garden centres, do crafts with them or just sit and chat.

“This means the carer can have some ‘me time’, attend an appointment or do their shopping. Whatever the carer wants or needs.”

Volunteers can commit anything from two hours a month to two hours a week, or more. Some volunteers offer one session a month with one person, while others have several clients and give a few hours a week. There is no personal care involved.

Dawn adds: “This is a vital service which helps to recognise the important role carers play as well as make sure they can also have a positive experience of caring.”

To volunteer or find out more please call on 01423 500555 or email carerstimеoff@carersresource.org

Jennifer goes for gold with grant

A woman who has been caring for more than 50 years has been able to make gold beaded jewellery thanks to a Carer’s Wellbeing Grant for carers from the Bradford district.

Jennifer Greenwood, 74, of Oakworth, first ignited her interest in crafts at a young age, when she learnt sewing at school.

Jennifer, who cared for her mother-in-law and father-in-law and cares for her husband of 51 years following his stroke, says: “I used to make teddy bears, then I saw a beading magazine and thought I would try it.”

She received a grant in 2015 to pay to go to a beading workshop, then was put forward for another grant last year that went towards gold beads, a year’s supply of a quarterly beading magazine and specialised pliers shipped over from America.

Jennifer adds: “These items are things that I would not be able to have but for the lovely grant. Thank you so much for giving me this chance to look forward to wearing my jewellery.”

She also enjoys creative classes and has been attending our Craven Craft Group. Jennifer says: “My caseworker told me about the group. I made a bracelet during the session and it was nice to get out and meet other carers.”

A Carer’s Wellbeing Grant may be recommended after a discussion with one of our caseworkers about your situation as a carer. Please note the funding for the grants is limited.

To find out more please call 01274 449660 or email bradford@carersresource.org

Quakers raise £263

The Quakers in Harrogate chose Carers’ Resource as their monthly charity earlier this year and collected donations for us at their meetings totalling £263.

Carers’ Time Off project manager Dawn Tesseyman, pictured on the left, and caseworker Naomi Evans, also pictured, went along to one of the Quakers’ meetings to explain what we do.

Dawn says: “The Quakers were extremely welcoming and gave generously.

“We can’t thank them enough.”
The 77-year-old says: “My wife Muriel was diagnosed with corticobasal degeneration in 2007 and died last year, aged 84. For the first few years her physical deterioration was slow, and so life continued more or less as normal. We had time to adjust to new situations as they arose.”

Corticobasal degeneration is a rare condition that can cause gradually worsening problems with movement, speech, memory and swallowing. Realising that his wife’s condition could only get worse, the couple, from Ilkley, decided to move into accommodation which provided care. Patrick says: “As time went on, the responsibilities increased until I was doing everything for my wife.”

Yet it was at this challenging time when things began to get easier for Patrick. He adds: “Of course it was a struggle and made great demands on both of us but there was another side. We started to get professional help including carers, speech and language therapists, occupational therapists, social workers, physiotherapists, domiciliary dental and sight care. This brought not only practical help but also brightness at an otherwise dark time.”

As Muriel’s disease worsened, their relationship grew stronger. Patrick says: “Although it was a struggle, there is still good to come out of the experience. The more dependent she was on me, the more comfort we gained from each other.”

Patrick feels that caring for his wife and meeting professionals during her illness helped him to grow personally. He adds: “I like to think the experience has made me a better person and more attentive to the needs of others.

“Perhaps our most important guest, other than our team of carers, was the palliative care nurse. With her help every aspect of my wife’s future could be discussed and I know that having her wishes recorded brought my wife great peace of mind. It relieved my wife and I of any need to talk about the inevitable, and possible differences of opinion.”

This meant the final moments between Patrick and Muriel were as they planned. Patrick says: “My wife remained at home with me until the very end. Her last hours were spent quietly and peacefully with myself and her two favourite carers.

“If you are now at the beginning of a journey similar to that I have described I offer you my sympathy but hope that, as I did, you will get through the experience with the help of others and find yourself a better person at the end.”

● Caseworkers at Carers’ Resource can support carers when their loved ones are reaching their end of life. They can give carers emotional support to help manage this difficult time and can work with people to plan for their future. Carers who have lost a loved one can continue to work with a caseworker to help rebuild their life when they feel ready.

My New Brother

Mike O’Leary – January 2016

I’m going to get a new brother
My Mum says he’s coming soon
I didn’t ask for a brother
I’m not even sure we’ve got room

I’m going to get a new brother
I hope he won’t take my place
Cos I am still only little
I hope he won’t get in my face

My Mum says I’ll love my new brother
But I’m not really sure about that
Cos when he comes home to live here
I might have to sleep with the cat

My brother came home yesterday
He’s alright but he’s wrinkled and small
I suppose I’ll get used to him one day
But I’ve told Mum, no more, that’s all
A carer has raised £1,820 for us by organising a pay-as-you-feel music concert.

Sally Goodman, who cares for her husband Steve Hill, says: “I was introduced to Carers’ Resource when we moved to Skipton in 2013, as my husband has early onset Alzheimer’s. The charity does wonderful work and deserves more recognition.

“Since moving to Skipton I have become very involved in the local music scene and sing in two choirs. It occurred to me that, as I know so many talented musicians, I might be able to put on a fundraising concert.”

Sally performed at the event at St Andrew’s Church, in Newmarket Street, and other artists on the bill included Saltaire-based professional opera singer Hannah Mason, ladies’ choir The Cobbydale Singers, singing teacher Sharon Wilson, singer-songwriter Phil Friend, a local flute quartet, and accompanist Charlie Dobson.

Everyone involved in the concert volunteered their time for free. Sally adds: “The standard of performance was extremely high and there was a lovely variety of music, from Pergolesi to Carmen and Gounod to Bernstein.

“So many people sent lovely comments after the event and a couple of them said it was the best concert they’d ever been to – wow!” She particularly praised Sue Jackson, from Just Sing Skipton, for sponsoring and helping to organise the concert.

“We thought more money would be raised if we did donations on exit rather than making it ticketed, and I think we were right – an audience of 183 raised £1,820 for Carers’ Resource, far exceeding my expectations. Who said Yorkshire folk aren’t generous?”

The Cobbydale Singers had performed a separate concert just a week earlier with Steeton Male Voice Choir to raise a further £720 for us. The group’s founder Elaine Isherwood says: “Three of the members from the choir have benefitted from Carers’ Resource through help filling in forms and via caseworkers.

“I have had help and accessed a Carer’s Wellbeing Grant, which enabled me to have a break. I’ve also referred other people to the charity, so it was marvellous that the concert proceeds went to Carers’ Resource.”

We need to care for carers

Emma Clayton is the Leisure and Lifestyle Editor of the Telegraph & Argus, Bradford’s daily newspaper.

Coronation Street has come under fire for dark storylines over recent months. But, while serial murders, kidnapping and rape may not be everyone’s choice of early evening viewing, one subject the soap has tackled well is male mental illness.

It rarely appears in TV drama. We’re used to women baring their souls in everything from romantic comedies to crime dramas, but very few male characters do so.

Even in the 21st century, men aren’t encouraged to talk about their feelings. If they’re worried about something or even depressed, they’re not as likely as women to talk about it.

Suicide is the single biggest killer of men under 45 in the UK – bigger than heart disease or cancer. And friends and relatives of those who take their lives often say they didn’t see it coming.

So well done to Coronation Street for its shock storyline about Aidan Connor’s sudden suicide. Did we, the viewers, see it coming? Probably not.

Looking back on previous episodes, there were signs that Aidan perhaps seemed a bit lost and distracted – but he was a sharp-suited business owner, an alpha male with a colourful love life. Why would he take his own life?

Often the signs aren’t there, because we don’t look for them, and such tragedies come out of the blue.

For some, caring can be a lonely, soul-destroying life. Male carers in particular perhaps fall under the radar when it comes to seeking help.

As Carers Week approaches, we should look out for carers and check for signs that all is not well. Carers need care, too.
Archbishop praises volunteer knitters after chicks raise £3,360

The Archbishop of Canterbury’s office wrote us a letter of congratulations after volunteer knitters helped to raise £3,360 for carers by selling hand-made Easter chicks.

More than 35 people made 1,680 of the chicks, filled with Crème Eggs donated by Cadbury. The novelties were made in the likeness of Prince Harry, Meghan Markle, the Archbishop and wedding guests to mark the upcoming royal nuptials.

We sent a pair of royal chicks to Prince Harry and his bride-to-be as a wedding gift, and an archbishop chick to Justin Welby.

The Archbishop’s correspondence manager wrote: “Archbishop Justin wanted to offer his encouragement and congratulations for your fundraising efforts. The dedication of the many committed unpaid carers in the UK is an example to us all of the compassion and humanity that is the backbone of a good society.

“The Archbishop believes that those who treat the vulnerable with dignity and respect should be treated in the same way themselves.”

The chicks sold for £2 each across 38 outlets. Our events and fundraising co-ordinator Anne Wells says: “It’s great that so many local people support us by making, selling and buying our chicks.

“This is the eleventh year of Easter chicks and the total raised over the years is more than £26,000. Our most prolific knitters and decorators are a couple of ladies in Harrogate who have created 3,500 chicks between them since the initiative began.”

Volunteers have already started to work on knitted Christmas decorations. To help make them or to become an outlet for sales call Anne Wells on 01423 500555 or email awells@carersresource.org

Carer’s car insurance

When filling out a car insurance application, you do not need to declare your role as a carer – it should not be relevant.

A carer told us during one of our carer forum meetings that their premium went up when they stated they were a carer.

Our staff went away to do some research and discovered the insurance company most likely thought the applicant was a paid carer, rather than an unpaid carer. This would mistakenly cause the insurer think the applicant was driving for work and visiting several houses in different areas each day.

Help us untangle our web

Could you help us decide what our website offers carers?

We want to make the site a more useful resource for carers and especially want to make the front page of the site a good “way in” for new carers and for carers who are new to our services.

We are also considering other ways in which the website could be more helpful for carers – for example by having an option to sign in so you can save information that is useful to you, such as fact sheets, and receive alerts when that content is updated.

Any and all ideas are welcome but we would also like to create a panel of carers who would give more in-depth input into the process.

If you are interested in being part of the website development panel, or simply have suggestions about what the website could do, or do better, please email technology development officer Gav Massingham at web@carersresource.org

The letter from the Archbishop of Canterbury and, right, the chicks

Volunteers have already started to work on knitted Christmas decorations. To help make them or to become an outlet for sales call Anne Wells on 01423 500555 or email awells@carersresource.org
Support workers are earthly angels for my quadriplegic grandson Charlie

When Pat Whitfield’s grandson Charlie Jones was just four-and-a-half months old, he suffered a life-changing injury.

Charlie’s injury caused him to be quadriplegic, lose his sight and have learning difficulties. He is now 30, and Pat has been caring for him for almost all his life. Pat has faced other family tragedies and deterioration of her own health but, through the most challenging times in her life, she says Charlie is the reason for her resilience.

Pat, of Shipley, Bradford, says: “Charlie is permanently like a newborn baby. I took him on when he was nine months old and adopted him when he was five, so although I am his maternal grandmother I am legally his mother. I used to look after Charlie full-time until I got to the age when my own illnesses developed.

“Ways I care for Charlie include cooking his meals, doing his washing and choosing his clothes. He lives in a sonic world because he’s blind, so music and touch are important mediums.

“He likes to play with wind chimes, splash water in the bath and at night we have a tactile half an hour when I touch his feet, hands, back, ears and head.”

Pat contacted Crossroads, which is now our Care @ paid-for service, in 1997 and began to receive practical support for Charlie. She says of our care support workers: “They take Charlie swimming, which helps him to exercise because he’s weightless in water.

“They also take him into the community, such as to parks and garden centres. This prevents Charlie from becoming bored and I can tell he enjoys it because he comes home from the trips with a smile on his face and he makes guttural noises, which show that a child is happy. When I see him like this I feel elated.”

Pat encourages carers to access support, adding: “Turn to Carers’ Resource and it will help you in any and every way possible.

“The professionals are like my sisters. They meet our needs with abundance. They are earthly angels.”

Adversity hit Pat and her family when another of her grandsons was killed in Afghanistan. She says: “I couldn’t just recoil, because Charlie’s needs are greater than mine.

“At times like this I have to keep going. I have a reason to – that reason is Charlie.”

Council Tax changes could hit carers’ pockets

Carers in the Bradford district could face a hit to their finances after the council changed the way it administers Council Tax Reduction to residents of working age.

Council Tax Reduction is a means-tested benefit designed to help people on a low income manage the cost of their annual Council Tax bill.

Changes that came into effect on 1 April mean any reduction will be capped at 70% of the current Band A rate, irrespective of the actual Council Tax band of their property. Last year there was no cap.

For example, someone who gave up work in April 2017 to become a full-time carer and claimed Carers Allowance and Income Support and had a Council Tax liability of £1,143.10 for that financial year, would have had nothing to pay in 2017-18 once they were awarded Council Tax Reduction.

This same person in April 2018 would have received a Council Tax bill of £484.99.

If the changes are causing you financial hardship, speak to Council Tax billing to make sure you have claimed any discounts to which you are entitled. Bradford Council also has a discretionary support scheme. To be eligible you must have been continuously in receipt of Council Tax Reduction since 31 March 2018; have lost out by more than £5 per week because of the changes; and need assistance to pay the additional contribution.

Bradford Council says: “The Government is cutting its Revenue Support Grant to local authorities. This huge cut has consequences for people in our district.

“Our biggest concern is to make sure that the most vulnerable are supported, which is why we have put a hardship fund in place.”