Information, advice and support for carers

www.carersresource.org

A listening ear
Relieve the pressure
Help at home
Caring and working
Meet other carers
Money matters
Plan for the future
Know your rights
Take a break
Time for you
Raise awareness
Health and wellbeing

you care for them, we care for you
Carers’ Resource

- Exists to support carers
- Is an independent, award winning, Yorkshire charity
- Gives information, advice and support to carers, to the people they care for and to professionals who work with them

Who is a carer?

A carer is anyone who looks after, unpaid, a family member, friend or neighbour who, due to disability, physical or mental health condition, illness, frailty, or addiction, cannot cope without their support.

I was swamped in caring and I felt completely isolated. I was in a state when I eventually called in and found out about all the options available for me. It’s been a real life-saver.

I didn’t realise I was a carer, I’m just her mum.

Carers’ Resource helped me in many ways – it helped me find the right direction in my life; it helped me make what was a difficult situation a lot more manageable, and I found a job.

However frustrated I am, whatever it may be and even if I don’t know what I want or what I need, Carers’ Resource can always help me.

When I was at my lowest they listened to me for an hour, and for that hour they listened to just me.

carers’ resource

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How Carers’ Resource helps carers

A listening ear
Listen and understand that caring can be difficult.

Relieve the pressure
Find ways to ease the strain that carers are under.

Help at home
Find ways to make life easier at home.

Caring and working
Help to stay in work or find a job.

Meet other carers
Groups for carers to have fun and share the load.

Money matters
Help carers to make the most of their income.

Plan for the future
Help to prepare for emergencies or changes in circumstances.

Know your rights
Provide information on carers’ rights and entitlements.

Take a break
Opportunities to have time off and recharge batteries.

Time for you
Discover activities to relax or develop skills.

Raise awareness
Influence carers’ services locally and nationally.

Health and wellbeing
Encourage carers to look after their own health and wellbeing.
Contact Carers’ Resource

Harrogate and District
11 North Park Road
Harrogate
HG1 5PD
T: 01423 500555

Bradford and Airedale
Unit 15, Park View Court
St Paul’s Road, Shipley
BD18 3DZ
T: 01274 449660

Craven and Airedale
Ronaldsway House
36 Brook Street
Skipton BD23 1PP
T: 01756 700888

Ripon and Rural Area
Community House
Sharow View, Allhallowgate
Ripon HG4 1LE
T: 01765 690222

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