

## 25 years and counting for Carers' Resource

The New Year will mark a special time for Carers' Resource, as 2020 is our 25th anniversary.

Initially the small carers project was out of Harrogate Hospital, moving to premises in North Park Road, Harrogate, in 1995, becoming an independent, not-for-profit charity with four staff.

Our young carer project started a year later.

We were founded by Anne Smyth, who was awarded an OBE by the Queen in 2013 for her services to carers. Anne praised the "huge contributions and sacrifices of carers at the heart of our community" – which we hold at the centre of our values: you and what you do for others.



helped more than 42,000 carers and vulnerable people. Chris says: "Our experience tells us that what is important is that we understand carers' needs,

and that we provide advice, connect people with the help they need, and simply be there when carers need us.

"We'll keep making life easier for carers, in every way we can. But we'll never forget this: it's the personal touch that makes the biggest difference."

Plans are already being put in place to celebrate the anniversary year. These will centre around the theme "25 things", which will include publishing 25 carer stories, giving awards to 25 professionals – not from Carers' Resource – who are carer champions, providing 25 carers with a break, making 25 links with businesses and launching 25 fundraising challenges.

If you have other ideas or want to help get these ones off the ground, please email executive officer Rebecca Nobbs, at [rnobbs@carersresource.org](mailto:rnobbs@carersresource.org)

Your enthusiasm and input is gratefully received – as are any stories about how we might have had an impact on your life as a carer.

Our staff have already got involved by casting their votes to choose the logo above, which we'll put on all our marketing materials during 2020, and our managers will take forward some of the ideas.

Volunteers are already working on special edition Easter chicks, which will be white with silver charms. If you want to help knit, decorate or sell them please get in touch. Chris adds: "This year will be a

wonderful celebration of carers and Carers' Resource, and we hope you will join us at some point during the year to mark the occasion."



Chris Whiley and Anne Smyth

Fast-forward 25 years and we now have three main offices – the same one on North Park Road, in Harrogate, plus others in Skipton and Bradford. We now have 128 staff, 95 volunteers, and 59 people working for our paid-for care service Care@Carers' Resource.

In that time we have also welcomed a new chief executive, Chris Whiley, after Anne retired in 2015.

Most importantly, over the past 25 years we have



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# Santa can bring a sack of financial trouble

Whichever side of Christmas you are reading this, it's likely that your finances have taken a hit. For those of us who find Christmas a real burden on already tight budgets, it can be a really tough time.

But if you are reading this fresh off the press in early December, there is still time to cut back, save and get organised.

To do so, the advice from money advice organisations National Debtline, Citizens Advice and Bradford Credit Union is consistent: create a Christmas budget, stick to it, and start saving for the next year as soon as possible. Saving with not-for-profit credit unions is an alternative to high street banking. They offer services such as instant access savings accounts, access to affordable credit, and budgeting accounts.

Ian Brewer, of Bradford District Credit Union, says: "People are 60% more likely to save if they have a set savings goal. Saving regularly as soon as you can, whatever the amount you can afford, will put you in a good position for budgeting and controlling your Christmas spending with the Bradford Credit Union."

Leeds Credit Union covers the Harrogate area. It also works in Craven, as does the Bradford District Credit Union.

Martin Lewis, the founder of MoneySavingExpert.com, has scores of tips for saving ahead of Christmas, including a calculator that will work out how much you can save by cutting out non-essential items you regularly buy, such as coffee or takeaways.

If there is not long to go before Christmas and saving is not really an option at this point, one of Martin's main tips is to stop feeling

obliged to buy presents for people. Instead, consider not giving gifts to friends, extended family and colleagues. Do you really need to chip in £4 for a secret Santa present for a work colleague?

He also suggests making or buying presents that cost £5 or less. One idea is making a date night package for your partner containing 'vouchers' for an activity, such as a picnic in the park, in each month of the following year. Voucher templates can be downloaded for free from the internet, or you could make them. Tweak it for friends and children – go to a free museum, or watch the local football team train.

Carers' Resource runs craft courses and groups, so next year why not come along and make gifts, like Asif, who made a bracelet for his granddaughter for £2 at our jewellery-making workshop in August.

If you're reading this after Christmas and you're anxious because you are in debt, there is help out there.

Joanna Elson OBE, chief executive of the Money Advice Trust, says: "I would urge anyone suffering from worries about money or debt to seek free advice from National Debtline or another charity as soon as possible. The sooner you seek advice, the quicker we can help you to start getting back on track, and remove some of the worry that can make this time of year difficult."



Ian Brewer, of Bradford District Credit Union

While Christmas is promoted as a time for giving, for many of our readers it's primarily, like the rest of the year, a time for caring. Start with taking good care of yourself and your finances. It'll put you in a positive place in 2020 to keep on caring for others.

- National Debtline offers free, independent advice online at [www.nationaldebtline.org](http://www.nationaldebtline.org) and on 0808 808 4000, Monday to Friday 9am to 8pm and Saturday 9.30am to 1pm.
- Martin Lewis's Christmas saving tips: [www.moneysavingexpert.com/shopping/christmas-savings/](http://www.moneysavingexpert.com/shopping/christmas-savings/)
- Citizens Advice: [www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/](http://www.citizensadvice.org.uk/debt-and-money/getting-financial-advice/)

## Apply for a power of attorney refund

**You can get part of your application fee back if you applied to register a power of attorney from 1 April 2013 to 31 March 2017.**

The Office of the Public Guardian's operating costs came down during that time but the application fee was not reduced to reflect this, which is why refunds are now being offered. Any refunds, which apply to lasting powers of attorney (LPA) and enduring powers of attorney (EPA), must be claimed by 1 February, 2021.

You can make a claim if you are the person who made the power of attorney, or if you are an

'attorney' appointed by the donor in an LPA or EPA to make decisions on their behalf.

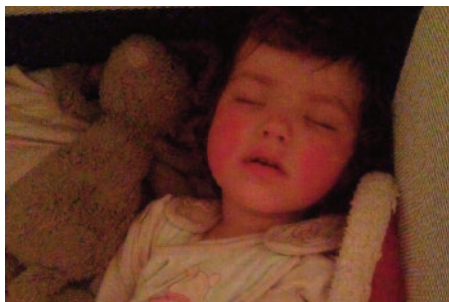
How much you get depends on when you paid the fees, and you'll also get 0.5% interest. You can still claim a refund even if you do not know when you paid the fees.

Full information and an application form can be found at [www.gov.uk/power-of-attorney-refund](http://www.gov.uk/power-of-attorney-refund). There is also a refunds service helpline on 0300 456 0300. Select option 6 to be put through to the refunds team.



# A good night's sleep is the perfect bedfellow

We spend one-third of our lives asleep. Unfortunately, carers often struggle to get the golden eight hours a night, whether due to anxiety, mental strain or the restlessness of the person they care for – plus any snorers in the family.



You might want to ask friends or family to take over your caring role overnight, either occasionally or more regularly. If this isn't possible, sometimes a bath or writing a to-do list for the next day can clear your mind. Regular moderate exercise can also relieve tension.

Also, try to make your bedroom just for sleep. Keep it dark, quiet, tidy and between 18C and 20C.

Constant lack of sleep can make it much harder to cope and may affect your mental health, as well as make you prone to serious medical conditions such as obesity, heart disease, high blood pressure and diabetes.

Consider extra help if lack of sleep becomes an ongoing problem. Speak to your GP or social care services – you may need to have an assessment or reassessment of your needs and those of the person you are looking after.

Vicki Dawson is the chief executive of The Children's Sleep Charity, which supports children and their parents with sleep issues. She says sleep is crucial for your body to repair itself, and has these tips:

1. Our bodies need routine. Try to do the same thing each night for the hour before bed.
2. Avoid using screens – TVs, tablets, phones – in this hour. They can reduce the sleep hormone melatonin, which makes it harder to nod off.
3. Have a regular wake-up time. Open the curtains and expose yourself to natural daylight to help you to wake up.
4. Look at your diet: avoid sugary snacks or caffeinated products.
5. Seek support from your GP if the sleep issues are persistent or causing you concern.

If the person you are caring for has dementia, the Alzheimer's Society suggests to make sure the person's home is safe, leave a light on in the hall and toilet, consider a nightlight in their bedroom and remove any trip hazards such as rugs or furniture.

Disabled children and those with certain medical conditions are more likely to experience problems with sleeping than others. The charity Contact advises parents and carers to identify patterns to a child's sleep, then establish a bedtime routine and make sure that everyone involved in the child's care follows the same approach.

Joining parent support groups can also be beneficial. See p6-7 for groups run by Carers' Resource.

The Children's Sleep Charity is running free workshops for North Yorkshire-based parents of children aged 12 months-plus with a sleep problem, from 9.30am–2.30pm on:

- 🕒 31 January in Selby.
- 🕒 20 March in Scarborough.
- 🕒 20 May in Harrogate.

To book a place, contact Lauren via [lauren@thechildrenssleepcharity.org.uk](mailto:lauren@thechildrenssleepcharity.org.uk) or 01302 751416.

## It's your Choices

By Carers' Resource chief executive Chris Whiley.

As the nights close in, it can become so tempting for us to stay in and sit under a blanket with a warm drink, and shut ourselves off to the outside world. It's tough to motivate ourselves to go out. I know this only too well myself.



Can I encourage you – and myself! – to try hard to keep up contact with friends, family and the wider community this winter.

We know 54% of the general population say they are never or hardly ever lonely compared to just 18% of carers – inferring that the majority of carers are lonely.

At Carers' Resource, we often put on events and carers say they plan to come, but at the last minute they're faced with a crisis. But we'll keep putting on activities despite your struggles to get to them, and we'll continue to support you to attend social opportunities in your communities. You need to have time to relax and meet other people. See pages 6-7 to find out what's on.

Elsewhere, it's been an interesting time in politics. Reshuffles are regularly being made in the top tiers of Government, while local elections in May could also spark changes locally. We'll continue to be a voice for you, so please contact us with anything you think needs to be brought to the attention of people with influence.

Finally, I wish you all a healthy and happy New Year. We're excited that 2020 will mark our 25th anniversary as a charity. Thanks to you all for your support over the years, we are proud of you and the organisation we have become.

Best wishes,

**Chris**

### The National Sleep Foundation suggests this is how much sleep we should get each day:

- |   |  |
|---|--|
| 🕒 <b>Newborns</b> (0-3 months): 14-17 hrs | 🕒 <b>School age</b> (6-13): 9-11 hrs   |
| 🕒 <b>Infants</b> (4-11 months): 12-15 hrs | 🕒 <b>Teenagers</b> (14-17): 8-10 hrs   |
| 🕒 <b>Toddlers</b> (1-2 years): 11-14 hrs  | 🕒 <b>Young adults</b> (18-25): 7-9 hrs |
| 🕒 <b>Pre-schoolers</b> (3-5): 10-13 hrs   | 🕒 <b>Adults</b> (26-64): 7-9 hrs       |
|   | 🕒 <b>Older adults</b> (65+): 7-8 hrs   |



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 27 January, 2020.

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

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# Mindfulness

## A magic relaxant or total

Many carers find their minds are racing from morning till night. There's so much to remember: so many appointments to organise, medicines to count, food to prepare, cleaning, work, paperwork, and planning for what the next day has to bring. On top of that there are so many worries and fears that sneak in. Where's the time to relax, to get out of the house, or to concentrate on yourself?



Alex Roberts, of the Carers' Resource information team, practises mindfulness at home

Exercise can help clear the mind and make us feel good but it can take a while out of our day – and many carers don't have a while to spare. However, mindfulness, which is an ancient practice in Eastern cultures, is growing in popularity here in the West, and it can help you to relax and focus.

According to [www.mindful.org](http://www.mindful.org), mindfulness simply means fully attending your mind to what's happening, to what you're doing, and to the space you're moving through. This sounds easy, but in reality we're often juggling and rushing through life with no thought for ourselves.

Take a look back on the past 24 hours: Have you felt frustrated? Have you felt anxious? Have you been thinking about what to make for tea when you should have been enjoying your shower? If so, try mindfulness. You can do it sitting down, walking, standing – and you can do it anywhere for as little or long as you like. You can

also try it in bed, as it can lead to that glorious and elusive friend: sleep.

The basic idea of mindfulness is to "be", not "do". Stop for a moment to take the time to pay attention to where you are, and what is happening around you. Here's how to give it a go:

- Get into a comfortable position. If you're sitting in a chair, make sure your feet are on the floor. Don't perch or lean against anything that isn't holding your weight.
- Sit up straight, or lie straight, or stand up straight to elongate your spine – but don't stiffen up. Try to stay loose and relaxed.
- Rest your hands on your legs or on the arms of the chair, parallel to your body, and let them relax.
- If you want to and feel comfortable doing so, close your eyes. If you can't, settle them on the middle distance but do not focus on anything in particular.
- Stay still. Think about how your feet feel in your shoes. How do your



# SS: nonsense?

thighs feel on the chair? How does your chest rise and fall as you breathe? Notice your shoulders as they relax.

There are lots of other techniques and ways to practise mindfulness and it probably all sounds easy enough. The hard bit is remembering to do it, and to take the time to do it.

We were sent a few free copies of *The Rough Guide to Mindfulness* recently and one of our information team members, Alex Roberts, was asked to give it a go with carers in mind.

She says: "I used to exercise to clear my mind, but last year, aged 36, I had several operations and sessions of chemo to treat my breast cancer. I was left with plenty of worrying thoughts and not a lot of energy for running or cycling.

"I have now given mindfulness a serious try. I would like to say I have never looked back and that I now live worry-free but, as *The Rough Guide* points out, mindfulness is something to practise. The more regularly you do it, the better at it you get.

"The book contains exercises to try such as body scanning, mindful breathing and meditation. The book doesn't need to be read from beginning to end, it is one you can dip in and out of and come back to after a break in reading.

"The book has diagrams showing how to do the mindfulness ideas, so it is really useful if you are not keen on or able to download an app or use a podcast."

Alex does have a mindfulness app, and adds: "Like with my gym membership, my app often goes unused. But allowing myself 10 to 15 minutes every couple of days to stop and clear my head and relax is a great coping mechanism."

*The Rough Guide to Mindfulness* costs £9.99 and is available online and in book shops.

● Carers' Resource can loan *The Rough Guide to Mindfulness* to carers. Please contact your local office for details. We also run a Mindfulness Relaxation group once a month in Harrogate, at which all carers are welcome. See p6-7 for full details.

## Apps that can get you in the zone

There are a huge number of mindfulness apps available. They vary in layout, style, content, and who is presenting it, so it is worth trying free trials first to find one that suits you. Mindfulness is a personal experience and you need to be happy with the app you are using.

Alex asked staff at Carers' Resource which mindfulness or relaxation apps they use. She says: "I was surprised by the response. So many of us turn to mindfulness to help calm our minds. It definitely works and is something people benefit from."

Here's what she discovered:

**App name:** **Headspace.** **Cost:** Free to download.

£9.99 a month subscription, free basic courses.

**Formats:** Apple Store iOS and Google Play for Android.

**Is it any good?:** This app starts by asking you to select a choice of topics to help personalise the experience for you, such as stress and anxiety, falling asleep and waking up, and life challenges. You can personalise it further by choosing a male or female voice. The sessions can be completed in three, five or 10 minutes, which is perfect for busy lives. The basics help you to focus on your breathing and how your body feels.

Personally, I and others gave up on this app. I found the lady talked through the meditation too fast for me to relax into it. Others said they found it clunky to navigate and there were too many pop-up notifications. **Rating: 3/5**

**App name:** **Calm.** **Cost:** Free to download, taster sessions and some sleep stories available free of charge. To unlock premium content, the subscription is £42.99 a year. **Formats:** Apple iOS and Android

**Is it any good?:** This app is my favourite. The voice of Tamara Levitt (the author and narrator) is easy to listen to. It is one of the best apps on the market in terms of cost when subscribing for a year.

You can choose background sounds of a river, rain, a crackling fire, or just a gentle hum. It has a wide variety of meditation topics such as gratitude, managing stress, and self-esteem. Each works through the short course as a seven-day topic. There is also a unique daily session available, and other topics, as standalone meditation guides.

The sleep stories made me and a colleague want to subscribe. These are narrated by different people, including guest speakers such as the actors Stephen Fry and Matthew McConaughey. The stories range from sections of well-known fairy tales to descriptions of scenic train journeys and boring topics such as data protection regulations!

One colleague said this app helped her get through a flight on her own as she is a nervous flier. She found it easy to use and used only the free trial. **Rating: 5/5**

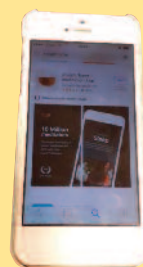
**App name:** **Insight Timer.** **Cost:** Free to download,

then £55.99 a year. **Format:** Apple iOS and Android

**Is it any good?:** This is another app that is used by staff at Carers' Resource. There is a lot of content, including free meditation guides and sessions. You are encouraged to connect with others using this app. You can share thoughts on mindfulness with online groups, and meditate at the same time as others across the globe. I found this app offered more than I needed as a beginner. I also got lost navigating it and found myself trying to complete courses that were beyond my ability. **Rating: 3/5**

Headspace was the most popular app with staff, followed by Calm. Alex says: "I have tried both and settled on Calm. I pay a yearly subscription as I love it that much. Remember to make use of the free trials and try before you buy to see if an app works for you.

**If you don't like an app or a suggestion in the Rough Guide, it doesn't mean you can't do it or that mindfulness isn't for you – it just means you haven't found the right way to practise it yet.**



# Carers' groups and activities: Airedale, Bradford,

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.

**BRADFORD:** Unit 15, Park View Court, St Paul's Road, Shipley, BD18 3DZ, 01274 449660.

**HARROGATE:** 11 North Park Road, HG1 5PD, 01423 500555.

Some events are in our Skipton, Bradford or Harrogate offices. The addresses and phone numbers are below:  
**Events in purple are new.**

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

## BRADFORD DISTRICT BINGLEY

### Drop-in

**Dates:** 1st Wednesday of the month (4 Dec, 8 Jan, 5 Feb).

**Time:** 10.30am-noon.

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

Contact: Beverley Knipe, 01274 449660, bknipe@carersresource.org

## BOLTON & UNDERCLIFFE

### Caring for Carers

**Dates:** 10 Dec.

**Time:** 1.30-3pm.

**Where:** The Life Church coffee lounge, Wapping Rd, BD3 0EQ. An opportunity for carers to meet socially to discuss caring.

Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

## BRADFORD CITY CENTRE

### Afternoon Tea Club

**Date:** 11 Feb.

**Time:** 1pm.

**Where:** The Storehouse, 116 Caledonia Street, Bradford, BD4 7BO. Inn Churches hosts an afternoon tea for carers and their cared for. 10 people max per session. Strictly on a first-come, first-served basis. Internal stairs to the first-floor café. Unfortunately, the building does not have lift access. We suggest a voluntary £2 donation to cover the cost of your meal.

Contact: Melanie Evans, 01274 449660, mevans@carersresource.org

### Curry Club

**Date:** 24th Jan and 20 March

**Time:** 6pm.

**Where:** Omar Khan's, 30 Little Horton Ln, Bradford BD5 0AL. Enjoy a banquet for £10 per person (rather than the usual £16), plus drinks. The meal includes poppadoms and dips; mixed sizzler platter starter; a selection of mains for the table, pilau rice and naan bread. Vegetarian option available. Please mention any dietary requirements when booking. Spaces are limited, so first come first served. The person you care for is welcome as are other friends or relatives. Contact: Book by contacting Melanie Evans, 01274 449660, mevans@carersresource.org

## IDLE

### Memory Lane Tea Group

**Date:** 1st Tuesday of the month (3 Dec, 7 Jan, 4 Feb).

**Time:** 2pm.

**Where:** Miss Butterfinger's Tea Rooms, 26 The Green, BD10 9PX. For carers who look after someone with memory problems. Come along to meet other carers in a relaxed setting. Price is the cost of your own food and drink.

Contact: Melanie Evans, 01274 449660, mevans@carersresource.org

## KEIGHLEY

### Coffee Morning

**Dates:** 1st Friday of the month (6 Dec, 3 Jan, 7 Feb).

**Time:** 10am-11.30am.

**Where:** Café Central, Central Hall, Alice Street, Keighley, BD21 3JD. Carers, cared for and former carers. Contact: Rachel Waddington, 01756 700888, rwaddington@carersresource.org

## SHIPLEY

### Carer forum

**Date:** Thu 23 Jan.

**Time:** 1.30pm-3.30pm.

**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: Caroline Firth, 01274 449660, cfirth@carersresource.org

### Craft for Carers

**Date:** 28 Jan, 25 Feb.

**Time:** 10am-12pm.

**Where:** Carers' Resource office. Small charge for materials used. Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

### CV Workshop

**Date:** 30 Jan.

**Time:** 10am-12pm.

**Where:** Carers' Resource office. If you're thinking of returning to work, come along to this free friendly session to find out how to write a tailored CV and how to complete application forms. Contact: Liz Liepins, 01274 449660, lliepins@carersresource.org

### Holistic Therapy Sessions

**Date:** 10 Dec, 14 Jan, 11 Feb.

**Time:** Appointments between 9.45am and 12.15pm.

**Where:** Carers' Resource Shipley office. £8 per 20-minute session. Choose from treatments including: Reiki, Indian head massage, holistic facial, reflexology, hand/arm massage, back and shoulder massage (depending on availability). Booking is essential.

Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

### Interlude Café Carers' Group

**Dates:** 2nd Wednesday of the month (11 Dec, 8 Jan, 12 Feb).

**Time:** 10.30am-noon.

**Where:** Interlude Tea Room and Café, 27 Westgate, BD18 3QX. Cost: Price of your own drink. Contact: Kathryn Leakey, 01274 449660, kleakey@carersresource.org

### Interview Skills for Carers

**Date:** 13 Feb.

**Time:** 10am-12pm.

**Where:** Carers' Resource office. If you're thinking of returning to work, come along to this free friendly session to learn how to prepare for a job interview. We'll discuss what employers are looking for, and the questions you're likely to be asked. Contact: Liz Liepins, 01274 449660, lliepins@carersresource.org

### Job Search for Carers

**Date:** 16 Jan.

**Time:** 10am-12pm.

**Where:** Carers' Resource office. If you're thinking of returning to work, come along to this free friendly session to find out where to look for vacancies, how to use online job search sites and how to upload your CV. Contact: Liz Liepins, 01274 449660, lliepins@carersresource.org

### Knit Together

**Dates:** Every Thursday.

**Time:** 2pm-4pm.

**Where:** Carers' Resource office. All welcome.

Contact: Jan Burrows, 01274 449660, jburrows@carersresource.org

### Live Well, Care Well

**Dates:** 2nd Tuesday of the month (10 Dec, 14 Jan, 11 Feb).

**Time:** 6.15pm-7.30pm.

**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 449660, knichols@carersresource.org

### Lunch Group

**Dates:** 3rd Wednesday of the month (18 Dec, 15 Jan, 19 Feb).

**Time:** 12pm.

**Where:** The Noble Comb, Salts Mill Road, Quayside, BD18 3ST. Carers, cared for and former carers. Contact: Kathryn Leakey, 01274 449660, kleakey@carersresource.org

### Men's Support Group

**Dates:** 1st Tuesday of the month (3 Dec, 7 Jan, 4 Feb).

**Time:** 6-7pm.

**Where:** Carers' Resource office. A support group for male carers. Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

### Stress Control with My Wellbeing College

**Dates:** 8, 15, 22, 29 Jan; 5, 12, 19 Feb.

**Time:** 1.30-3pm.

**Where:** Carers' Resource office. On this course, led by the NHS's My Wellbeing College, carers will learn how to manage stress. They will also receive practical support to apply what they have learned to everyday life. Booking is essential. Contact: Christine Chapman, 01274 449660, cchapman@carersresource.org

## MANNINGHAM

### Carer Craft and Chat

**Dates:** Alternate Wednesdays (4, 18 Dec; 8, 22 Jan; 5, 19 Feb).

**Time:** 9.30am-noon.

**Where:** Manningham Mills Community Centre, Lilycroft Road, BD9 5BD

Come along to enjoy crafts and meet other carers. Free refreshments and activities. Contact: Melanie Evans, 01274 449660, mevans@carersresource.org

## HARROGATE DISTRICT

## BOROUGHBRIDGE

### Carers' Group

**Dates:** 2nd Wednesday of the month (11 Dec, 8 Jan, 12 Feb).

**Time:** 10am-noon.

**Where:** BEAN Café, St James Square, Boroughbridge, YO51 9BA. Meet for a chat with cake and coffee. No booking required.

Cost: Cost of your own drink.

Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

## DARLEY

### Dales Diners Lunch

**Dates:** 1st Thursday of the month (5 Dec, 9 Jan\*, 6 Feb). \*Moved due to New Year.

**Times:** 1pm.

**Where:** Christ Church Hall, Main Street, HG3 2QF. 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, clancaster@carersresource.org

### Dancing for Wellbeing

**Dates:** 3rd Thursday of the month (19 Dec, 16 Jan, 20 Feb).

**Times:** 2pm to 3pm

(please arrive by 1.45pm).

**Where:** Christ Church Hall, Main Street, HG3 2QF.

Exercise class to suit your ability, sitting or standing. Gentle, safe and fun – followed by afternoon tea. Please book in advance. Cost: £5. Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

## HARROGATE

### Carer forum

**Date:** Wed 8 Jan.

**Time:** 2pm-4pm.

**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. Contact: Candy Squire-Watt, 01423 500555, cswatt@carersresource.org





# Craven, Harrogate, Ripon and districts

## Cedar Court Coffee Morning

**Dates:** 3rd Wednesday of the month (18 Dec, 15 Jan, 19 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.

Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

## Pins N Needles

**Dates:** 1st Tuesday of the month (3 Dec, 7 Jan, 4 Feb).

**Time:** 10.30am-12.30pm.

**Where:** Carers' Resource office.

Carers and former carers.

Come along for a coffee and chat with your own crafts, or support our fundraising craft ideas.

Contact: Anne Wells, 01423 500555, awells@carersresource.org

## Mindfulness Relaxation

**Dates:** 11 Dec, 8 Jan, 12 Feb.

**Time:** 2pm.

**Where:** Yorkshire Care Equipment (shop), Forest Lane Head, (opposite the Harrogate Golf Club), HG2 7TE.

A relaxation session in cosy surroundings. £5 per person.

Followed by refreshments (included in the price) and social time. Please email/call to book.

Contact: Christine Marshall, 01423 500555, cmarshall@carersresource.org

## MASHAM

### Carers' Group

**Dates:** 3rd Wednesday of the month (18 Dec, 15 Jan, 19 Feb).

**Times:** 2pm-3pm.

**Where:** Masham Methodist Church, Park Street, HG4 4HN. A chance to meet and chat with other carers and have a free cup of tea and cake.

Contact: Isobel Holmes, 01423 500555, iholmes@carersresource.org

## PATELEY BRIDGE

### Craft Group

**Dates:** 3rd Wednesday of the month (18 Dec, 15 Jan, 19 Feb).

**Times:** 2pm-3.30pm.

**Cost:** £5.

**Where:** Nidderdale Plus, Waterside Station Square, King Street, HG3 5AT.

Learn a different craft each month and make something to take home.

Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

## Lunch Group

**Dates:** 1st Friday of the month (6 Dec, 3 Jan, 7 Feb).

**Times:** 1pm.

**Cost:** £6.50.

**Where:** The Crown, 19 High Street, Pateley Bridge, HG3 5AP.

Carers and former carers. Lunch and social together. Booking required.

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, Sharow View, Allhallowgate, Ripon, HG4 1LE. 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 Carers Teas

**Dates:** 2nd Tuesday of the month (10 Dec, 14 Jan, 11 Feb).

**Time:** 2.30pm-3.30pm.

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

Support group.

**Cost:** £3 for tea meetings.

Contact: Catherine Thompson, 01423 500555, cthompson@carersresource.org

## WETHERBY

### Afternoon Tea/Coffee

**Dates:** 3rd Monday of the month (16 Dec, 20 Jan, 17 Feb).

**Time:** 2pm.

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

Carers and former carers.

Drink and a chat in friendly environment with cakes.

**Cost:** Cost of own food and drink.

Contact: Carol Lancaster, 01423 500555, clancaster@carersresource.org

## SKIPTON DISTRICT

### BENTHAM

#### Lunch Group

**Dates:** Last Monday/Tuesday (varies) of the month (Tue 17 Dec\*, Mon 27 Jan, Mon 24 Feb). \*Changed due to Christmas.

**Time:** Noon.

**Where:** Benthams Golf Club, Robin Lane, High Bentham, Nr Lancaster, LA2 7AG.

Carers, cared for and former carers.

Contact: Christine Chapman, 01756 700888, cchapman@carersresource.org

### BROUGHTON

#### Utopia Group

**Dates:** 2nd Tuesday of the month (10 Dec, 14 Jan, 11 Feb).

**Time:** 10am-11.30am.

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

Coffee morning for carers, cared for, former carers and vulnerable people.

Contact: Alex Roberts, 01756 700888, aroberts@carersresource.org

## CARLETON

### Craven Carers Christmas Lunch

**Dates:** 5 Dec.

**Time:** 12-2pm.

**Where:** The Swan Inn Carleton. Main St, Carleton in Craven, BD23 3DR.

Craven-wide Christmas lunch and social for unpaid carers new and old. Charge for lunch and refreshments on the day.

Contact: Christine Chapman, 01756 700888, cchapman@carersresource.org

## SETTLE

### Lunch Group

**Dates:** 2nd Monday of the month (9 Dec, 13 Jan, 10 Feb).

**Time:** Noon.

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

Carers, cared for and former carers.

Contact: Anne Brennand, 01756 700888, abrennand@carersresource.org

## 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.

### Carer forum

**Date:** Fri 6 Mar.

**Time:** 10am-noon.

**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. Contact: Candy Squire-Watt, 01756 700888, cswatt@carersresource.org

### First Aid

**Date:** 10 Dec.

**Time:** 10am-12.30pm.

**Where:** Carers' Resource office.

This free introductory workshop run by Craven College will help carers understand how to deal with emergency medical situations. Please book in advance.

Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

### Food Hygiene Awareness

**Date:** 17 Dec.

**Time:** 10am-12.30pm.

**Where:** Carers' Resource office.

This free introductory workshop run by Craven College will give carers information about how to prepare food safely. Please book in advance.

Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

### Lunch Group

**Dates:** 1st Wednesday of the month (4 Dec, 8 Jan\*, 5 Feb). \*Changed due to New Year.

**Time:** Noon.

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

Carers, cared for and former carers.

Contact: Vanessa Rayner, 01756 700888, vrayner@carersresource.org

### Men's Social Club

**Dates:** Last Friday of the month (20 Dec\*, 31 Jan, 28 Feb). \*Changed due to Christmas.

**Time:** 2-4pm.

**Where:** Carers' Resource office.

Come along to meet other male carers. Play dominoes, Scrabble and have a chat.

Contact: Helen King, 01756 700888, hking@carersresource.org

## Moving and Handling Awareness

**Date:** 3 Dec.

**Time:** 10am-12.30pm.

**Where:** Carers' Resource office.

This free workshop is run by Craven College. This is classic training for anyone working in care, but we know it is also vital for unpaid carers to be aware of how to protect themselves and the person they're caring for by lifting someone with comfort and dignity.

Contact: Rachel Blackwell, 01756 700888, rblackwell@carersresource.org

## Parent Carer Coffee and Cake Drop-in

**Dates:** 12 Dec 1.15-2.45pm, Jan 16 9.30-11.00am, Feb 27 1.15-2.45pm.

**Time:** Varies. See above

**Where:** Carers' Resource office.

A drop-in session for parents who live in Craven and are caring for a child/children under the age of 18. Pop in for a cuppa and to meet other parent carers in the area. Get support and information from locality worker Natalie Baxter.

Contact: Natalie Baxter, 01756 700888, nbaxter@carersresource.org

## Pioneer Projects Making Art with Dementia

**Dates:** Every Monday (except 23 & 30 Dec).

**Time:** 10.15am-12.15pm.

**Where:** Carers' Resource office.

These popular creative sessions are safe, fun and full of care. They are led by an artist with trained volunteers in support. Carers are welcome to take part or come along to the linked monthly carers' group (info below). Being involved in the session builds confidence and friendships. Sessions are charged in blocks. Between £10 and £20, depending on circumstances.

Contact: Book by contacting Pioneer Projects on 01524 262672 or office@pioneerprojects.org.uk

## Making Art with Dementia Carer Group

**Dates:** 25 Nov, 9 Dec, 16 Dec.

**Time:** 10.15am-12.15pm.

**Where:** Carers' Resource office.

This free group is designed to link in with the Pioneer Projects art group that will be running at the same time, so it's a chance for the carers of those people to meet.

Other carers for people with dementia are welcome.

Contact: Helen King, 01756 700888, hking@carersresource.org

## THRESHFIELD

### Lunch Group

**Dates:** 3rd Friday of the month (13 Dec\*, 17 Jan, 21 Feb).

\*Changed due to Christmas.

**Time:** Noon.

**Where:** Gamekeeper's Inn, Long Ashes Park, BD23 5PN.

Carers, cared for and former carers.

Contact: Helen King, 01756 700888, hking@carersresource.org



# Staff and volunteers get long-service awards

**Long-service awards were presented to several staff and volunteers at our annual general meeting in October.**

Colleagues Rachel Waddington, Catherine Thompson and Nina Derbyshire received a certificate and flowers from chief executive Chris Whiley and chair of trustees Liz Jones for 15 or more years of service, as did Care@'s David Brown and Tracey Fox.

Carol Lancaster and Sheila Constable have also worked at Carers' Resource for 15+ years but were unable to make it to the event, while Carol Haycock has notched up the same amount of time working with young carers, and John Claxton, Wendy Milner, Jeanette Pepper and June Wilcock have for our paid-for not-for-profit care service Care@.

Elsewhere, Margaret Harcourt has volunteered for our Carers' Time Off service for 15 years-plus, and Lynne Baxter, Steve Caldwell, Clodagh Forshaw and Sue Hughes have supported the same service for 10 years or more.

Care@ head of care Sam Dawson says: "We are privileged to work alongside wonderful staff and volunteers. Many have been with us a long time and we wanted to take the opportunity to celebrate and thank them for their support and dedication."

Volunteers Diane Gray, Heather Sweeting, Brian Waddington, Hilary Jefferson, Pat Fletcher, Helen Edgar, Barbara Ellis and Hilary Waddington have volunteered for us in Harrogate for 10+ years.

And 25 volunteers marked five or more years of supporting Carers' Resource across all three offices. This group includes Phil Kirtley, who has been shortlisted for a Bradford-wide Community Stars Award for his work with the Home from Hospital team for making up hampers, controlling stock and printing off assessment packs.

Volunteer co-ordinator Sally Horner says: "Volunteers are of huge value to us. They help to provide a better service, give us a link with the wider community, and reduce our costs. Without volunteers we could not provide half of what we do."

"I am continually amazed by the commitment and enthusiasm shown by all volunteers, and their willingness to go the extra mile."

● Check our jobs page at [www.carersresource.org/join-our-team/opportunities/](http://www.carersresource.org/join-our-team/opportunities/) for current roles. If you are interested in volunteering, please contact Sally at [shorner@carersresource.org](mailto:shorner@carersresource.org) or call your local office.



Sam, Tracey, Chris, David and Liz



Catherine, Chris, Nina, Liz and Rachel



Brian, Chris, Liz and Hilary Waddington

## Longing for Spring

Mike O'Leary – April 2016

*Wondering will spring ever life bring forth  
The garden being decidedly grey  
Winter's presence seems reluctant to  
stray  
Finding solace amongst the dead wood's  
worth*

*Not making way for the season of birth  
More than content to feed on summer's  
hay  
So for each new day I can only pray  
For an end to this season the year's fourth  
I long to see the dance of daffodils  
With their bright yellow plumage my  
heart fills  
Bright Phoebus their reflection overhead  
In his sunlight winter's shades soon are  
fled  
Spring bring me the things in which I  
delight  
Vernal Equinox light this last dark night*

## Book in to see us at the library

Crosshills library has offered us an office space within it so we can book appointments to see carers who live in south Craven.

Carers can bring their loved one and there is space to read a paper and have a coffee, as well as read books, and access computers and the internet. We can help carers fill in forms and access benefits.

Appointments are every other Monday from 2-4pm. Contact Anne Brennand at [abrennand@carersresource.org](mailto:abrennand@carersresource.org) or 01756 700888 to book.

## Group casts out net for new knitters

Our knitting group in Bradford is looking for new members. The experienced and friendly group is happy to help if you're stuck with a project. Bring your own project, or why not get our Christmas decorations or Easter chicks patterns and fundraise for us? Everyone is welcome, and tea and biscuits are provided. The group meets every Thursday, from 2-4pm, in our Shipley office. To find out more contact Jan Burrows on 01274 449660 or [jburrows@carersresource.org](mailto:jburrows@carersresource.org)





# The pull of a fundraising challenge isn't just the money

**Janet, 59, lives in Harrogate, but every week she splits her life in two, travelling backwards and forward to look after her elderly mum in Ambleside.**

She says: "I am happy to look after my mum but it's hard. She wants me with her all the time but I need some time for my own life too."

Although she knew her mum needed her help, Janet started to find that living in one place and being a carer in another was taking its toll on her own work and social life. It was difficult for her to get involved in activities due to her mum's needs. Janet approached the CReate project at Carers' Resource and signed up for our Balancing Roles Achieving Goals course for carers.

It was at this point that someone suggested an extraordinary challenge. A group of women were aiming to pull a car to the top of Cumbria's Kirkstone Pass – the highest pass in the Lake District – to raise money for a cancer unit. Not really knowing what she was letting herself in for, Janet signed up.

She says: "They'd treated my dad at the unit so it was important to me, but to be honest I signed up to be a part of something. I wanted to be active and get involved in something fun."

Janet found out all too well what the challenge involved when she began a gruelling three months of training as the oldest member of the 28-strong team. The women planned to use harnesses to pull the 1.2-tonne car up the three-mile pass, with a further two pushing from behind. At its steepest, with a gradient of 25%, the pass is known as The Struggle.

After weekly training sessions, with a lot of sweat, tears and laughs along the way, the team successfully completed the challenge at a record speed, raising more than £5,000 for their efforts. Janet was elated and reported back to the carers she'd met at her



*Janet and the team pulling the car up Kirkstone Pass, in Cumbria. Inset, Janet after the event*

CReate Balancing Roles Achieving Goals course. She says: "Honestly, I've never felt so happy and proud of myself. I was on such a high when we finished."

"It was fantastic to be involved with such a wonderful group of people and we became such a strong team along the way. The fact that we raised money for a good cause made it even more special. It was really an experience of a lifetime." There's no stopping Janet and she's now looking for her next challenge.

● It's our 25th anniversary next year and we want people to celebrate with us by fundraising and getting involved in challenges. If you, like Janet, are looking to challenge yourself, why not raise money for Carers' Resource along the way? Call your nearest office and ask for the community fundraiser to find out more.

## Carer bowled over after grant pays for days out

**A sports fan has enjoyed outings to watch rugby league and cricket thanks to a grant that gives carers in Bradford a break.**

Brian, 75, from Addingham, cares for his wife and he says they both benefited hugely from a change in their usual activities.

He used his Carer's Wellbeing Grant of £150 to attend two Keighley Cougars games and a Yorkshire cricket match, giving him a break from caring duties. The days out also gave his wife a good excuse to spend more time with their family, who visited her for a good chat.

The first match involved a coach

trip to watch the Cougars play in Whitehaven. Brian says: "It was so nice to spend the day relaxing on the coach on a lovely day via the Lake District. I thoroughly enjoyed the day out – it's just a shame about the result!"

He later travelled north again to watch the Cougars play Newcastle Thunder. He adds: "My wife was able to chat to people other than myself and the next morning we spent a couple of hours discussing our day without each other."

Brian used the last of his grant to snap up Yorkshire county cricket tickets when he saw they were playing a match in York for the

first time in 129 years, against Warwickshire.

Other carers have used their grants on treats including yoga sessions, theatre tickets, pamper sessions and art materials.

● Carer's Wellbeing Grants of up to £150 are for over-18s who live in the geographical boundaries of Bradford Council and the Bradford, Airedale, Wharfedale and Craven Clinical Commissioning Group. To be considered, carers have an informal review about their wellbeing with a member of our staff.

Find out more via 01274 449660 or [bradford@carersresource.org](mailto:bradford@carersresource.org)



## Glam end to Taylors partnership

**Our charity of the year partnership with Taylors of Harrogate ended on October 31 and was marked with a glitzy fundraising ball.**

The Greatest Showman ball raised £2,000 and also gave young carers Freya and Tom, who are musicians, the opportunity to entertain guests by playing tunes from the blockbuster film.

Fundraiser Anne Wells says: "It was magnificent to spend time at the ball with such warm and generous people from Taylors. This whole year has been a joy, and I'd like to thank everyone at the company for throwing themselves into it with gusto. We couldn't be more grateful."

The tea and coffee company, which owns Yorkshire Tea, will present a cheque for the final fundraised amount to the Harrogate Young Carers service in

February. The company's staff have organised events and taken part in several challenges, including the Knaresborough Bed Race (which raised £980), the Leeds 10k (£659) and the Yorkshire Marathon (£1,430).

At the marathon, the ladies' relay team took second place in their category and the men's team topped the leader board to be overall winners with a time of 2:55:16.



*Taylors and Carers' Resource staff; and Alice Tollan runs the marathon*



## Keep your mind off the job

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

When you're a carer it is easy to lose sight of your own health and wellbeing. Looking after a loved one can take up so much time – for many people it's like a full-time job, and carers often end up putting their own needs last.

When I was helping to care for my mum, who had dementia, I was very mindful of the need for my dad to take time out. He was several years older than her and, although in good health for most of the time, I could see the toll being a 24-hour carer was having on him. So I insisted on him taking time off at weekends, and I stayed with Mum while he went off to watch sport, go for walks or visit friends.

What I didn't take into account was the effect that would have on me – working all week in a demanding fulltime role then spending much of my weekends being a carer, with all the physical and emotional fall-out that can involve.

I ended up constantly tired, often irritable,

resentful and occasionally snapping at my mum, which still gives me pangs of guilt when I think of it.

We're no good to anyone if we don't look after ourselves. In this issue, mindfulness is highlighted as a way of relaxing and clearing the mind. Like yoga and breathing techniques, it's something that can be slotted into a busy day; just taking a bit of time out to focus on the moment. I admit I'm not completely sure what mindfulness involves, but I've found that just taking 15 minutes or so to rest, mentally and physically, can help to re-charge batteries.

It's not always practical, especially if you're at work (I don't think my boss would take kindly to me sitting at my desk with my eyes closed, and the sound of the phone ringing or the ping of constant emails isn't the best backdrop for mindfulness), but there are moments we can grab. Sitting on the bus, blocking out the world, or just sitting in a stationary car before you've set off on the commute home, or once you've arrived, can give you a bit of time back.

Joining a gym or a yoga class can be expensive and time-consuming. Carers don't always have much time to themselves. But a bit of mindfulness can go a long way towards self-care – something many carers tend to neglect.

## Leah, 17, gets award for selflessness

**A young carer from Ripon has received a Service Above Self Award from the Rotary Club of Ripon.**

Leah, 17, supports her sibling who has autistic spectrum disorder, and her mum who has severe anaemia and bouts of low mood and anxiety.

Leah, who has been supported by our Harrogate Young Carers service since 2012, made a speech to the Rotary members and guests about her caring responsibilities during a presentation lunch at Ripon Spa Hotel. She told them how she supports her family by shopping, cleaning and getting them organised. She also helps to get her siblings to school. Leah says: "This is me. It all just comes as part of my life, as I've never known any different. I always want to help, as Mum is always doing her best."

## Young carers share their lives with listeners

**Three young carers featured on BBC Radio Leeds within a fortnight after being asked to speak about growing up in Bradford.**

Hannah, 17, talked about her caring situation and the support she has received from us, while Haya, 14, and 15-year-old Thanya spoke more generally about their lives, aspirations and what Bradford as a city has to offer. Haya is the youngest member of the Bradford Young Carers committee, which she recently joined, while Thanya helps to produce the Bradford Young Carers show on BCB radio.

Bradford Young Carers team leader Ketisha Dale says: "The young people spoke really well and I'm sure the audience tuning in now knows much more about what a carer is and the challenges they face."



# A carer's lament

**Ruth Watson, 50, of Ingleton, has written about the relentlessness of being a carer. Her daughter Esta, 23, was diagnosed in her mid-teens with progressive and life-limiting conditions and will need support for the rest of her life. Here is Ruth's experience...**

My children are the most amazing and wonderful human beings. I am so proud of them and love them so much. So when something came along to turn our world upside down, we were not prepared for the journey it has sent us on. When one of your children suddenly becomes ill, and the future becomes uncertain, it's a very scary place.

I was given a new job, a totally different role. No interview, no training, but the responsibility is huge. I literally have someone's life in my hands. I have become a nurse, doctor, counsellor, wheelchair engineer, an expert in meetings about meetings – the list is endless. If I'm lucky, I still have time to be just a mum, or even me.

My 'normal' is now the life of a carer. We have swapped holidays, adventures and spontaneity for uncertainty such as medical emergencies, hospitals and life-threatening situations. There are more professionals in our lives than you could shake a stick at. I have entered a world that I knew nothing about and feel unprepared for. There is no down time, no chance to recover and pick yourself up.

There is a sense of grief for the future, and a certain life you thought that once-healthy, active child had. Each new development, diagnosis or progression of the illness hits you over and over, as if it's the first time again. There is guilt and regret. Have I done something wrong? Have I missed something? If only I'd done this, that I've let people down. At times things feel out of control. Exhaustion and running on empty are what you do, you feel numb and disconnected from reality.

Carers are holding families and communities together. They are underpaid, but we don't do it for the



money – we do it for the unconditional love we have for our children. More importantly, carers are undervalued, unsupported and feel uncared for. Many are the forgotten, lonely and invisible who live a stone's throw from us. Remember them and reach out to them.

I try to concentrate on the here and now, mainly because that is all I'm capable of doing but also because thinking ahead is terrifying. Making memories is what's important now, and should have been all along. We all get our priorities wrong at some point but life is precious and precarious, and things can change in a heartbeat.

I don't know where our journey will go or when it will end but I will be there for every twist and turn, trying to do my best and holding my family together.

Who holds me together? I'm not sure.

## Volunteer team shortlisted for award

**Three volunteers for Carers' Time Off had an evening out at the Harrogate District Volunteer Oscar Awards after the service was shortlisted in the Volunteer Team of the Year category.**

Project manager Dawn Tesseyman and head of care Sam Dawson joined volunteers Sally Haigh and Ian Booker at the bash at The Old Swan Hotel, in Harrogate.

Sam says: "Without our volunteers we couldn't deliver this service. Since April, our volunteers



*Sally and Ian show off Ian's raffle prize*

have delivered 2,084 of hours across Harrogate, Craven and Selby to support carers to take a break by looking after their loved one.

"There were 21 teams shortlisted and sadly we didn't win, although Ian was successful in the raffle. We were delighted to attend the ceremony and recognise the commitment and success of our volunteers. Congratulations to the team, and a huge thank you to them for making a difference in our communities."

## It's not Christmas without our knitted decorations

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

- All Carers' Resource offices
- Harrogate Hair and Beauty
- David Lloyd, Harrogate
- Kathryn Elliott Osteopaths, Knaresborough
- Little Daisy's soft play centre, Shipley
- Otley swimming pool
- The Wheatley Arms, Ben Rhydding

Thanks to business and schools - including St Roberts Primary school, Briary Unit, Windsor House and Alexander House and Skipton Academy - for selling decorations to their staff and pupils.



● 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? You can do this here: [www.justgiving.com/campaign/carersatchristmas](http://www.justgiving.com/campaign/carersatchristmas)



## Venues offering Christmas Day dinners

Some venues are providing free Christmas dinners for people who may otherwise be on their own, or who might need support - this includes carers.

Early announcements at the time of going to print were **Central Hall, in Keighley**. People who care for one other person are invited with the person they care for. Call Julie on 01535 665258 for more information.

**Shipley Salvation Army** says to contact Julie Wright at [juliewright80@yahoo.co.uk](mailto:juliewright80@yahoo.co.uk) or 07703 518768 for Christmas Day meal and transport requests.

**The Khidmat Centre, Bradford**, is providing a Christmas Day meal. Call 01274 521792 for information.

**Eccleshill Mechanics Institute, Bradford**, is offering a meal on Christmas Day. Call Terry on 07973 118219 or drop into the institute to book.

Food is being served at **Carlisle Business Centre, Bradford**, on Boxing Day. Call 01274 223230 for information.

● Get Bradford provision updates from WellSprings: 0113 353 0294, [wellspringstogether.org.uk/resources](http://wellspringstogether.org.uk/resources)

● In Harrogate and Ripon, see [harcvs.org.uk/events](http://harcvs.org.uk/events)

● You can also get in touch with Carers' Resource nearer Christmas, as our list will be updated.



G	U	F	R	A	N	K	I	N	C	E	N	S	E	CHRISTMAS
H	B	A	L	T	H	A	Z	A	R	B	Z	A	R	YULE
O	T	I	N	S	E	L	S	T	A	R	R	W	C	MELCHIOR
L	M	I	S	T	L	E	T	O	E	L	U	Y	A	BALTHAZAR
L	M	A	R	Y	L	I	G	H	T	S	D	U	S	CASPAR
Y	G	O	L	D	J	G	I	F	T	S	O	L	P	FRANKINCENSE
J	O	S	E	P	H	T	R	E	E	K	L	E	A	GOLD
B	E	T	H	L	E	H	E	M	Y	X	P	Y	R	STAR
H	S	A	N	T	A	C	L	A	U	S	H	Z	E	GABRIEL
M	G	D	H	C	N	M	G	A	B	R	I	E	L	JOSEPH
Y	I	V	A	S	D	E	C	E	M	B	E	R	R	MARY
R	J	E	S	U	S	C	A	R	O	L	S	Y	F	JESUS
R	G	N	X	U	C	H	R	I	S	T	M	A	S	BETHEHEM
H	Q	T	X	P	M	E	L	C	H	I	O	R	B	LIGHTS
														GIFTS
														TREE
														SANTA CLAUS
														ADVENT
														DECEMBER
														CAROLS
														MISTLETOE
														HOLLY
														TINSEL
														MYRRH
														RUDOLPH

From everyone at Carers' Resource, we wish you well over Christmas and New Year. Festive opening times are as follows:

The Harrogate and Shipley offices will be closed on the bank holidays (Wednesday 25 December, Thursday 26 December and Wednesday 1 January).

The Skipton office will be closed on Friday 27 December and the bank holidays.

## Last-minute present buys can raise money for carers

Did you know your Christmas and Boxing Day sales shopping can make money for us while costing you nothing?

This Christmas, we're asking if you could please make a small habit change to raise money - at no cost to you - to benefit unpaid carers in the district.

It's really simple - if you shop on Amazon, swap to Amazon Smile. The site and log-in details are just the same but with an added bonus: Amazon will make a donation to Carers' Resource for every purchase you make. Simply sign in at [smile.amazon.co.uk](http://smile.amazon.co.uk) and choose



Carers' Resource as your charity. You need to buy every time via the Amazon Smile website rather than [amazon.com](http://amazon.com) - we get nothing via the regular Amazon site, and unfortunately there is no app for Amazon Smile yet.

Some people don't buy using Amazon for various reasons, so an alternative shopping site that donates to Carers' Resource at no cost to you is [easyfundraising](http://easyfundraising) - it features more than 3,300 online and high street retailers such as

Booking.com, Sainsbury's, John Lewis, eBay, ASOS, M&S, Argos and Amazon. Any of your usual discounts and codes still apply, and there's an app.

The money raised on here through big buys such as holidays and flights can make a real difference to the lives of carers, but every little helps.

See [www.easyfundraising.org.uk/causes/carers-resource/](http://www.easyfundraising.org.uk/causes/carers-resource/) or download the app.

So far, Carers' Resource has raised £1,069 with the help of 100 supporters. Please consider being supporter number 101.

