

## Carers Week – making caring visible, valued and supported

Carers Week takes place from June 6th–12th this year and it's more important than ever to raise awareness of the incredible contribution unpaid carers make to families and communities.

The theme of this year's Carers Week is making caring visible, valued and supported.

Carers' Resource has supported carers throughout the Covid-19 pandemic and we've seen the huge impact these tough times have had on the lives of carers and their loved ones.

We are delighted we are now able to offer more and more face-to-face groups and activities, which are an important part of helping carers feel valued and supported.

During Carers Week we have a vast range of events planned across Bradford, Harrogate and Craven districts, which we hope carers will find relaxing and enjoyable.

We'll also be getting out and about in our communities to raise awareness and visibility of carers – and help people recognise themselves as carers so they can access much-needed support.

Activities for carers include an open day at our new Harrogate office, a special willow-weaving event at our Bradford allotment, a Dales Diners Carers Week party lunch in Darley, a Men Care Too boat trip in Saltaire, a picnic for carers in

Cliffe Castle Park, Keighley, Ilkley Carers Coffee and Cake, and a Carer Craft and Chat group in Bierley. We'll be launching a special wellbeing toolkit for carers in Craven, and there will be a get-together at the Skipton allotment.

We'll have a new Carers' Resource video showing on the big screen in Bradford city centre, in a range of community languages, and watch out for Carers' Resource staff popping up at Kirkgate Shopping Centre in Bradford, Morrisons in Harrogate and Tesco in Skipton. Our Keighley team will be joining Modality GP surgery staff for a event in the Airedale Centre.

For Carers Week highlights, see page 2. For full details of all events and activities happening during Carers Week and during the rest of the summer, please see pages 6–8.



### Win tickets to Harlow Carr!

To celebrate Carers Week, we have 25 tickets to Harlow Carr, in Harrogate, to give away to local carers. These tickets can be used on a day to suit you and will admit the carer and their cared-for person. To enter the prize draw for these tickets, please email [choices@carersresource.org](mailto:choices@carersresource.org)

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# Carers' Week Highlights

We have lots of events taking place during Carers Week – here we've picked out a few highlights for you.

## Bradford Allotment Carers Week celebration

Informal drop-in event at the Carers' Resource allotment in Bradford. Including a willow-weaving workshop and a drumming session!

**Where:** Undercliffe Allotments, Bradford

**When:** Tuesday June 7th, 10.30am–1.30pm

**Contact:** Becca Marshall  
01274 449660 or 07842312719  
[bmarshall@carersresource.org](mailto:bmarshall@carersresource.org)

## Harrogate Open Office Afternoon

Come and see us at our new office in Harrogate! Complementary refreshments available.

**Where:** 3 Grove Park Court, Grove Park Terrace Harrogate HG1 4DP

**When:** Wednesday June 8th, 2pm–4pm

**Contact:** Harrogate office 01423 500555

## Re-filling your own jug! Wellbeing for carers

We often say “you can't pour from an empty jug” when we mean that you need to look after yourself before you can support others. But how do you replenish your jug?

This special day during Carers Week will give carers time to pick up some new tools for replenishing their own energy, with information and demonstrations on Emotional Freedom Technique, hypnotherapy and an afternoon dedicated to fun and practical ways of looking at and working on self-care.

There will also be the opportunity to have a go at a variety of hands on crafts. Bring your own lunch, but cake and brews a-plenty will be on offer! All free, but booking is essential.

**Where:** Carers' Resource, Ronaldsway House, Brook St, Skipton

**When:** Wednesday June 8th, 9.30am–4pm

**Contact:** Debi Hawkins 01756 700888  
[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

To check out the details of all our events and activities, go to pages 6–8. To find out the most up to date information about Carers Week events, go to our website: [www.carersresource.org/carers-week-2022](http://www.carersresource.org/carers-week-2022)



Chris Whiley, CEO

Carers Week 2022 has an important strapline, which is so relevant to everyone who helps care for a family member or friend, no matter how little or great the commitment.

“Visible”, “valued”, and “supported” are three words that sum up what a system that was truly focused on recognising the commitment of unpaid carers to our society would be saying.

Unfortunately we know that all too often carers are not visible to national government or even local services. Decisions are made without taking the needs or capacity of carers into account, and it is often assumed that the family will step in, whether that is feasible or not.

Valued is not just about monetary value, although for many people making the commitment to care means living on a low income. Just as important is the value and recognition given to the caring role. During the pandemic many people struggled to protect the person they cared for, going to great lengths, only to be told that they weren't a carer when it came to be registered to get a vaccine. It is not surprising that many carers do not feel valued by society.

Supported is what Carers' Resource exists to offer. We know that we don't always get it right for every person, but we do our best to provide support that is tailored to an individual's needs within our resources.

I live in hope that we will make headway in getting society as a whole, and decision makers in particular, to recognise the wonderful contribution carers make.

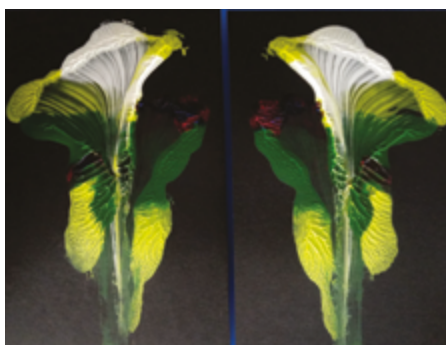
Best wishes

Chris



# Arts and crafts help me relax

Kathryn Withey, from Bradford, is a carer for her husband. She says the Carers' Resource groups have helped her unwind and find time for herself.



We moved from another part of the country to be near family when my husband became ill. He has a physical disability and is on oxygen. Caring can be tiring and I was feeling isolated and cut off from other people.

I wanted to find a social activity that would give me a break from caring and allow me to do something else for a while to give myself a break. I have always enjoyed art and pottery.

Carers' Resource invited me to join their RSPB guided nature walk which I really enjoyed and I then went on to join their new craft group and yoga sessions.

The Carer Craft and Chat Session provided a quiet space for me to enjoy my craft while giving me the space and time for myself, which helped me forget about my caring role for a while.

It did me good to have time and space to myself to relax and I really enjoyed the string art painting we did. It was most enjoyable, restful, absolutely lovely and I was going home feeling better. This was a new medium for me with the painting – I found it totally absorbing and deeply relaxing.

Family and friends thought it was a brilliant and fascinating medium to use, with very attractive results. I enjoyed it immensely.

Carers' Resource runs a number of friendly craft and chat groups in Bradford, Craven and Harrogate districts. To find out more please contact us:

**Bradford:** Mel Evans  
T: 07801 577 256  
E: [mevans@carersresource.org](mailto:mevans@carersresource.org)

**Craven:** Debi Hawkins  
T: 07522 226334  
E: [dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

**Harrogate:** Carol Lancaster  
T: 01423 500555  
E: [clancaster@carersresource.org](mailto:clancaster@carersresource.org)



## Welcome to our new Harrogate home!

Carers' Resource has now moved in to a new base in Harrogate, at Grove Park Court.

The charity has had its head office at North Park Road, Harrogate, since 1995, but has now moved to more modern premises nearby.

Chris Whiley, CEO of Carers' Resource, said: "We are really excited to have moved into our new base in Grove Park Court.

"This charity began its life in Harrogate and while we have expanded over the years, this move demonstrates our huge commitment to carers in the Harrogate area and beyond."

Carers will get the chance to have a look around the new offices during an open day during Carers Week, on 8th June, 2–4pm.

Carers' Resource has also recently secured a new contract from North Yorkshire County Council to continue delivering services for unpaid carers in Harrogate and Craven, and to start delivering a full range of services in Selby from July 1st.

The full address of the new Carers' Resource base is: Unit 3, Grove Park Court, Grove Park Terrace, Harrogate HG1 4DP.

The contact telephone numbers will remain the same: 01423 500 555 or 0808 501 5939.



# Carers reduce stress with yoga sessions

Carers were given the chance to reduce stress and improve their breathing, strength and flexibility with 10 weekly yoga sessions held in Shipley.

The sessions were organised by Carers' Resource and held by the fabulous Fozia, a helpful and encouraging yoga instructor.

The benefits of yoga include tackling stress, detoxifying the mind and body, and improving balance, but the sessions also were an opportunity for carers to meet new people, relax and chat.

The participants enjoyed having Fozia teach an in-person class, after so many activities have been held online in the last couple of years. One carer said: "It's that human connection that we've all missed over the last two years. That's why this is so lovely."

The carers also found it helpful that Fozia was able to watch and adjust their form and give instructions on breathing. While the sessions helped with physical wellbeing, Fozia also explained how carers could take their learning outside the sessions and apply it to real life situations.

One participant told us: "I've done cycling and walking groups before, but I wanted to do the yoga because I felt it would help both mentally and physically. I've got two children and life is very busy, but I try to get involved with as much as possible. It's nice getting away for an hour and meeting others".

Other carers said: "I enjoyed the sessions. I'm feeling my thigh muscles and stomach muscles so that's good"; "This is the best exercise I've ever done"; and "I can balance much better now". Another said: "I really enjoy these sessions and even though I have a lot on at the moment, this time is for me. I also need the relaxation."

To find out more about upcoming groups and activities, please see pages 6–8.



## It's time carers had more recognition – and respect – for what they do



By Emma Clayton

Leisure & Lifestyle Editor, Bradford Telegraph & Argus

I didn't really think of myself as a carer until there was no-one left to care for.

I helped to look after my mum, who had dementia, for over a decade then when my dad got ill, I looked after him in the last months of his life too. And although it was at times exhausting, upsetting and demanding, I just got on with it. If I'm honest, I resented at times having to feed and dress my mum (I was still in my thirties when she developed dementia), when most of my friends were meeting their mums for lunch or shopping trips, but I would rather have been there for her than not.

When my parents died, within a few months of each other, I found that I missed caring for them. The sense of loss - not just at losing them, but at losing my role as a carer - took me by surprise. I felt a bit lost, and redundant. It's something I couldn't really explain to others, especially those who hadn't been carers themselves.

"You must think of yourself now," one family friend said, at my dad's funeral. It wasn't as straightforward as that.

People become carers for all sorts of reasons, and often it's not a choice. It can be a privilege, of sorts, to spend so much time with a loved one, and make a difference to their quality of life. But the day-to-day reality, as any carer will know, brings challenges that none of us are trained to deal with.

With caring comes love, which is why so many people who make up the huge army of unpaid carers in the UK don't think of themselves as carers. They are simply looking after loved ones, because that's what you do. But it is often stressful and lonely, and there are financial issues too, especially if you've had to give your job up to care for someone at home.

This year Carers Week is focussed on encouraging carers to identify as carers - and access the much-needed help and support that's out there.

It's time carers had more recognition - and respect - for what they do. For every carer who enjoys a friendly face-to-face support group each week, there is another stuck at home, feeling isolated and trapped. It doesn't need to be that way. Caring is a complex issue, and largely hidden. Carers Week is an opportunity to make cares more Visible, Valued and Supported. It's about time.

# Men Care Too – our new project for male carers

It's been a couple of months now since the launch of our new project for male carers, "Men Care Too".

This exciting project gives men a chance to take part in fun activities, to meet other male carers like them, to chat, relax and to support each other.

We know men don't always find it easy to join general carer groups, so we've developed these activities by talking to male carers and planning trips and events that they will enjoy.

We've already held a number of activities in the Bradford area, including café meetups, walks, cycling, lunch clubs and music. Exciting activities are planned for the months ahead too, including trips, canal boat cruise, railway museum, cinema, motor vehicle servicing, woodwork, bicycle repair and more.

In Harrogate, we're meeting once a fortnight on Fridays for "Sporting Memories" – an informal, relaxed group, brew and natter that's funded by Harrogate Town FC. Another group is starting in Knaresborough too, and there's a Men's Shed in Starbeck. We're also running a monthly quiz night in Harrogate and walks in the park in the Harrogate and Knaresborough areas. In the pipeline are trips to the Everyman cinema and kayaking on the River Nidd.

We want you to lead the way and make the decisions! We have a regular online forum which any male carers can join and help plan for the future.

For more details on timings of planned groups, please see pages 6–8.

To join any of the groups, please contact the Men Care Too team on 0808 50 15 939 or email: [mencare2@carersresource.org](mailto:mencare2@carersresource.org)

## Local carer's book gives insights into caring for a loved one

Ann Nunn lives in Shipley and has spent over 50 years caring for her son and husband. She's recently completed her book 'The Gift' about her first-hand experience of caring.

Having spent her son's early years very isolated, Anne decided to home-school her son Simon, who lives with learning disabilities. The first part of her book focuses on these teaching methods, using pictures and drawings to help Simon's reading and intellectual growth. Ann hopes the book will help others dealing with similar things. She told us: "I am passionate about my book because it needs to get out to the people who need support."

Ann described the second part of her book as "a story of success and love", even though it deals with

struggles such as mental health and homelessness. It navigates the "highs and lows of caring and how to get through". Ann explained: "I titled this section 'Incredible People' because that is what my pastor used to call us and it's just the most perfect description of carers, we are incredible people."

Ann wants 'The Gift' to help break down preconceived ideas about caring that exist in the nursing, care and social sectors. She explained: "They need to have this book because really you've no idea what happens behind closed doors. I believe this book has a message that needs to get across and will help give an insight into what life is really like for carers."

Carers' Resource Locality Worker Kathryn Leakey has read the book. She says: "This book is a must read for all those who work with carers and people who need care and support. It is a great insider look at people who care for others and how passionate they are about their caring role, detailing how carers need to be seen as the experts in their situation, as they have knowledge and insight that is invaluable to a cared for person's quality of life."

To pre order a copy of The Gift go to [www.bookdepository.com/thegiftannnunn/9781913247676](http://www.bookdepository.com/thegiftannnunn/9781913247676)  
Cost £12.28



## Meet carers online

All our online sessions are held via Google Meet and you will be sent a link when you book your place. We can help you join.

### Virtual Carer Forums

Our carer forums are a chance for carers to share their views on local and national issues.

**Thursdays 9th June, 4th August at 1.30pm**

Contact Nina Derbyshire: 01423 500555  
[nderbyshire@carersresource.org](mailto:nderbyshire@carersresource.org)

### Wellbeing Sessions Online

Monthly interactive sessions promoting self care, laughter, resilience and relaxation.

**Tuesdays 19th July at 10am**  
**Soup making, a healthy and fun interactive session**

Contact Catherine Knight: 01274 449660  
[cknight@carersresource.org](mailto:cknight@carersresource.org)

### Just for Fun Online Quiz Group

Light hearted quiz fun and a chance to meet other carers online.

**Wednesdays 15th June, 20th July, 17th August from 3pm–4pm**

Contact Joanne Beetham:  
[jbeetham@carersresource.org](mailto:jbeetham@carersresource.org)

### Virtual Book Group

Guided discussion on chosen book.

**Thursdays 7th July, 4th August from 7.30pm–8.30pm**

Contact Mel Evans: 01274 449660  
[groupworkers@carersresource.org](mailto:groupworkers@carersresource.org)

### Wellbeing Coffee Mornings

Informal get-together, where carers can chat and get support.

**Thursdays 30th June, 28th July, 25th August from 10am–11.30am**

Contact Sarah Czujko: 01274 449660  
[sczujko@carersresource.org](mailto:sczujko@carersresource.org)

## Men Care Too!

Our Men Care Too project offers a chance for male carers to get together and have a chat while they enjoy a range of different activities.

### Carers Week – Canal Cruise, Shipley

Join other male carers for a relaxing cruise along the Leeds-Liverpool canal in a narrow boat from Saltaire, Bradford and have a good chat along the way. No charge.

**Wednesday 8th June**

### Carers Week – Walk and Picnic, Valley Gardens, Harrogate

Meet up with other male carers for a stroll round the beautiful Valley Gardens, finishing off with a picnic – food provided. No charge.

**Friday 10th June 12pm–2pm**

### Men's Forum, Online

Join our forum for male carers and help steer and develop activities and events that would interest men.

**Wednesday 15th June 6.30pm–7.30pm**

### Men's Film Club, Bradford

Meet other male carers for a trip to the cinema. Film and timings to be confirmed depending on carers' choices.

**Wednesday 22nd June**

### Keighley Worth Valley Railway

Join male carers for a ride through railway heritage on this historic steam –powered journey

**Wednesday 29th June**

### Sporting Memories, Harrogate

Tackling dementia, depression and loneliness join us at this informal, relaxed group, to talk about all things past and present.

**St Marks Church,  
Leeds Road, Harrogate  
Fridays 1.30pm–3pm**

### Sporting Memories, Knaresborough

Join the newly formed Sporting Memories group in Knaresborough.

**Stockwell Community Centre,  
Stockwell Ave, HG5 0LG  
Tuesdays, fortnightly, 10am–11.30am**

To join any of our male carer groups and to find out more about how to be involved in our special events for men, contact Mohammed Mahboob, Bradford 01274 449660 or Naomi Evans, Harrogate 01423 500 555 or email [mencare2@carersresource.org](mailto:mencare2@carersresource.org)

## Meet Carers in Harrogate District

### Carer Coffee and Chat Groups

Friendly carer meet ups to have a chat and get to know other carers.

**Boroughbridge, Bean Café  
Wednesdays 8th June, 13th July, 10th August at 10am**

**Harrogate, Cedar Court Hotel  
Wednesdays 15th June, 20th July, 17th August at 11am**

**Masham, Methodist Church  
Wednesdays 15th June, 20th July, 17th August at 2pm**

**Ripon, Booth's  
Tuesdays 14th June, 12th July, 9th August at 2.30pm**

**Pateley Bridge, The Crown  
Fridays 24th June, 29th July, 26th August at 11am**

**Wetherby, Ask Italian  
Mondays 20th June, 18th July, 15th August at 2pm**

For Wetherby, Boroughbridge, Pateley Bridge, Ripon and Harrogate groups contact Carol Lancaster: [clancaster@carersresource.org](mailto:clancaster@carersresource.org).

For Masham, contact Isobel Holmes: [iholmes@carersresource.org](mailto:iholmes@carersresource.org) 01423 500555.

### Dales Diners

Home made lunch for carers and the person they care for with memory problems.

**Christ Church Hall, Darley  
Thursdays 9th June, 7th July, 4th August at 1pm – Cost £5**

Contact Carol Lancaster: 01423 500555  
[clancaster@carersresource.org](mailto:clancaster@carersresource.org)

### Pateley Bridge Craft Group

Learn a different craft every month with plenty of laughter too. No experience necessary!

**Nidderdale Plus, Pateley Bridge  
Wednesdays 15th June, 20th July, 17th August at 2pm – Cost £5**

Contact Carol Lancaster: 01423 500555  
[clancaster@carersresource.org](mailto:clancaster@carersresource.org)

### Parent Carer Group, Harrogate

For Parent Carers of children with additional needs living in the Harrogate District.

**Time Together, Unit 10,  
Provincial Works, The Avenue,  
Harrogate, HG1 4QE  
Tuesdays 7th June, 12th July from 10am–11.30 am**

Contact Helen Dickinson: 07706 334260  
[hdickinson@carersresource.org](mailto:hdickinson@carersresource.org)

## Meet Carers in Bradford District

### Bradford Carers Allotment Group

**Undercliffe Allotments,  
Northcote Rd, Bradford  
Tuesdays from 11am–1pm**

Booking essential. Contact Becca Marshall: 01274 449660 or 07842312719  
[bmarshall@carersresource.org](mailto:bmarshall@carersresource.org)



### **Bradford Park Strolls**

Join us with other carers for a gentle stroll followed by a café stop.

#### **Cliffe Castle Park**

**Alternate Wednesdays  
starting 8th June at 10am**

#### **Harold Park**

**Wednesday 1st June, Fridays  
17th June, 1st, 15th and 29th July;  
12th and 26th August at 10am**

#### **Lister Park**

**Thursdays 9th June, 14th July,  
11th August at 10am**

Contact Mel Evans: 01274 449660  
[groupworkers@carersresource.org](mailto:groupworkers@carersresource.org)

### **Baildon Carers Coffee Group**

Join us for a coffee and chat,  
friendly support, activities and  
information for carers.

**St Hugh's Centre,  
Coach Road, Baildon  
Mondays 6th June, 4th July,  
1st August from 2pm–3pm**

Booking essential.  
Contact Mel Evans: 01274 449660  
[groupworkers@carersresource.org](mailto:groupworkers@carersresource.org)

### **Bingley Carers Drop-in**

A friendly drop in open to all  
carers and their cared for.

**The Lounge, 2 Queen St, Bingley  
Wednesdays, 1st June, 6th July,  
3rd August from 10.30am–12pm**

Contact Joanne Beetham: 01274 449660  
[jbeetham@carersresource.org](mailto:jbeetham@carersresource.org)

### **Carer Craft and Chat Group**

Meet other carers and have fun with  
a different craft activity each month.

**The Life Centre, 102–104 Bierley  
House Avenue, Bradford, BD4 6BU  
Tuesdays, 7th June, 5th July,  
2nd August from 10am–12pm**

Booking essential.  
Contact Mel Evans: 01274 449660  
[groupworkers@carersresource.org](mailto:groupworkers@carersresource.org)

### **Wellbeing for Carers Week, Shipley**

Specially for Carers Week – our online  
group meet face to face for laughter,  
resilience and re-laxation. Ideal  
opportunity to meet other carers and  
share ideas. Booking essential

**Carers' Resource, Shipley, BD18 3DZ  
Tuesday 7th June from 10am–11.30am**

Contact Nazma Akhbar: 01274 449660  
[nakhbar@carersresource.org](mailto:nakhbar@carersresource.org)

### **Ilkley Carers Coffee and Cake**

A group for carers in the Ilkley  
area to meet together and enjoy  
coffee and cake.

**Clarke-Foley Centre, Ilkley  
Tuesdays 7th June, 5th July;  
2nd August from 10.30am–12pm**

Contact Fiona McKinnon-Evans:  
[fmckinnon-evans@carersresource.org](mailto:fmckinnon-evans@carersresource.org)  
01756 700888

### **Keighley Carers Group**

An informal meeting for carers and those  
they care for to get together and chat.

**ASDA Keighley Superstore cafe,  
Bingley Street, Keighley BD21 3ER  
Fridays 3rd June, 1st July,  
5th August from 10am–11.30am**

Contact Rachel Hagan:  
[rhagan@carersresource.org](mailto:rhagan@carersresource.org)  
01756 700888

### **Noble Comb Carers Group, Shipley, with Interlude Café group**

An informal meeting for carers  
to get together, share their  
experiences and receive support.

**Wednesdays 15th June, 20th July,  
17th August from 11am–12pm**

Contact Kathryn Leakey: 01274 449660  
[kleakey@carersresource.org](mailto:kleakey@carersresource.org)

### **Oakworth Welcome Drop-in**

A friendly drop in open to carers  
and the people they care for.

**Oakworth Methodist Church,  
107 Lidget, Oakworth,  
Keighley, BD22 7HN  
Mondays 6th June, 4th July,  
1st August from 1.30pm–3.30pm**

Contact Carly Brunskill: 01756 700888  
[cbrunskill@carersresource.org](mailto:cbrunskill@carersresource.org)

### **SEND Parent Carer Group, Keighley**

An informal meeting for parent  
carers to get together.

**Central Hall, Alice Street,  
Keighley, BD21 3JD**

**Fridays fortnightly in term time –  
17th June, 1st July, 15th July  
from 10am–11.30am**

Contact Lucy Cartwright: 01274 449660  
[lcartwright@carersresource.org](mailto:lcartwright@carersresource.org)

### **SEND Parent Carer Group, Shipley**

An informal meeting for parent  
carers to get together.

**Venues vary  
Thursdays fortnightly in term time –  
9th June, 23rd June, 7th July,  
21st July from 11am–1pm**

Contact: Kathryn Leakey 01274 449660  
[kleakey@carersresource.org](mailto:kleakey@carersresource.org)

### **SEND Parent Carer Club, Bierley**

An informal meeting for Parent  
Carers to get together, receive  
support, and share experiences.

**The Life Centre, 102–104 Bierley  
House Ave, Bradford, BD4 6BU  
Wednesdays fortnightly in term time –  
8th June from 9.30am–11am**

Contact Sam Bland: 01274 449660  
[sbland@carersresource.org](mailto:sbland@carersresource.org)

### **STAR Club Parent Carer Drop In, Bradford**

Monthly drop in session for parent carers  
of young people attending STAR club.

**Culture Fusion Building,  
Thornton Road, Bradford BD1 2EP**

**Thursday 9th June from 6.30pm–8.30pm**

Contact Lucy Cartwright: 01274 449660  
[lcartwright@carersresource.org](mailto:lcartwright@carersresource.org)

### **You are Not Alone – Child to Parent Violence Support Group**

For parents-carers of school age children  
up to 18 years old.

**Carers' Resource, Shipley, BD18 3DZ  
Thursdays fortnightly, 9th June  
onwards from 10am–12pm**

Contact Sam Bland: 01274 449660  
[sbland@carersresource.org](mailto:sbland@carersresource.org)

### **Worth Connecting**

Learn to get on the internet and basic  
digital skills for those over fifty five,  
with friendly and supportive trainers.

**Locations across Bradford district  
including Baildon, Windhill, Keighley,  
Menston, Ilkley, and Wrose.**

For details of dates and venues contact  
Worth Connecting: 01274 449660  
[info@worthconnecting.org](mailto:info@worthconnecting.org)

## **Meet Carers in Craven District**

### **Craven Carers Allotment Group**

Take part in some gardening and enjoy  
growing your own with other carers.

**Middletown Allotments, Skipton  
Every Friday from 10am–12pm**

Contact Carol Hudson: 07936 938567  
[chudson@carersresource.org](mailto:chudson@carersresource.org)

### **Parent Carer Drop in, Skipton**

A peer support session for parent  
carers living in the Craven District.

**Carers' Resource,  
36 Brook Street, Skipton  
Thursdays 16th June, 14th July  
from 10am–11.30am**

Contact Natalie Baxter: 07801 577196  
[nbaxter@carersresource.org](mailto:nbaxter@carersresource.org)



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### Craven Carer Lunch Groups

A social lunch group for carers and those they support to get together. All at 12pm.

**North Craven, Benthams Golf Club**  
**Mondays 27th Jun, 25th Jul, 29th Aug**  
**Settle, Golden Lion**

**Mondays 13th Jun, 11th Jul, 8th Aug**

**Mid Craven, Gamekeepers Inn, Threshfield**  
**Fridays 17th Jun, 15th Jul, 19th Aug**

**Skipton, The Railway Pub**  
**Wednesdays, 1st Jun, 6th Jul, 3rd Aug**  
**South Craven, Old White Bear, Crosshills**  
**Thursdays 7th Jul, 4th August**

For Mid Craven group contact  
Caroline Hanham 07590 877916  
[chanham@carersresource.org](mailto:chanham@carersresource.org)

For Skipton group contact  
Sharon Eccleston 07801 577193  
[seccleston@carersresource.org](mailto:seccleston@carersresource.org)

For North Craven and Settle contact  
Debi Hawkins 01756 700888  
[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

For South Craven contact  
Carol Hudson 07936 938567  
[chudson@carersresource.org](mailto:chudson@carersresource.org)

### Craven Crafternoons

A monthly craft group for carers – knit and natter, craft and chat – for beginners or experienced crafters.

**Carers' Resource,**  
**36 Brook Street, Skipton**  
**Wednesdays 1st June, 6th July,**  
**3rd August from 1pm–3pm**

Contact Debi Hawkins: 01756 700888  
[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

### Settle Carers Support Group

Monthly drop in for chat over a brew.

**The Place, Unit 10d,**  
**Commercial Street, BD24 9 RH**  
**Thursdays 23rd June, 28th July,**  
**25th August from 1.30pm–3pm**

Contact Debi Hawkins: 01756 700888  
[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

### Utopia Cafe Carer Drop-in

A friendly drop in open to carers and the people they care for.

**Utopia, Broughton Hall Business Park, Skipton, BD23 3AN**  
**Tuesdays, 14th June, 12th July,**  
**9th August from 10am–11:30am**

Contact Rachel Waddington:  
[rwaddington@carersresource.org](mailto:rwaddington@carersresource.org)  
01756 700888

### Pioneer Projects – Making Connections For People Living with Dementia

**Carers' Resource,**  
**36 Brook Street, Skipton**  
**Mondays weekly in term time**  
**from 10.30am–12.30pm**

Booking essential. Contact  
Pioneer Projects on 015242 62672  
[office@pioneerprojects.org.uk](mailto:office@pioneerprojects.org.uk)

### Carer Groups with Pioneer Projects – for Carers of People with Dementia

**Skipton Group – Carers' Resource,**  
**36 Brook Street, Skipton**  
**Tuesday 14th June; Mondays 11th Jul,**  
**8th August from 10.15am–12.15pm**

Contact Carol Hudson: 07936 938567  
[chudson@carersresource.org](mailto:chudson@carersresource.org)

**Benthams Group – Pioneer Projects,**  
**The Library, King Street, Benthams**  
**Mondays 6th June, 4th July,**  
**1st August from 10.15am–12.15pm**

Contact Debi Hawkins: 01756 700888  
[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

## A Night at the Museum for Carers' Time Off

The Carers' Time Off Ripon and Rural team of volunteers, carers and their loved ones recently enjoyed an outing to Ripon Workhouse Museum.

The museum welcomed us with an interesting introduction to life in the workhouse from the not so distant past.

Everyone enjoyed the chance to meet others and socialise over a cup of tea and cake after the tour, whilst also handling and reminiscing over some of the mystery objects including dolly tubs, posers and learning how to rag rug.

One carer said "I am always a bit nervous about going to places I haven't been because I am a novice pushing my husband in a wheelchair and worry I might get stuck. We both had a lovely time. We were with other people with various conditions but we were all really mindful of each other.

"We had fun. I really wish there could be more outings but I know it is difficult to arrange and obviously can be

expensive. It was just so lovely to meet up with people going through similar things to myself and learning from them or telling them about things that help us."

Another added "I just want to say thank you so much for our trip out today. It was lovely to know that I did not need to worry about access etc. All the people were lovely and helpful."

Carers' Time Off volunteers old and new had the chance to visit during the day or in the evening, in order to be as inclusive as possible. We all learnt a lot and certainly can appreciate how lucky we are now!

Thank you to Ripon Museum Trust for our complementary visits which made a lasting impression on us all. Find out more about visiting the museums at <https://riponmuseums.co.uk>

To find out more about Carers' Time Off please contact Wendy on 07590 877914 or email [whunwick-brown@carersresource.org](mailto:whunwick-brown@carersresource.org)



# Easter fun for young carers

Over the Easter holidays we ran lots of different activities for young carers and of course handed out plenty of chocolate eggs!

Young carers in the Bradford area took part in a range of events including cooking, sports and gaming. In Craven there was a trip to the Raven Treetop Adventure, and Harrogate young carers had a trip to an Escape Room with pizza afterwards.

Thanks go to Cllr Paul Haslam from North Yorkshire County Council who funded the purchase of baking kits that were delivered to children and young people during the Easter holidays. A big thank you also goes to Waitrose and Morrison's in Harrogate, and Morrison's and Tesco in Skipton,

who donated dozens of Easter Eggs for our young carers. More sweet treats are in the making, thanks to Booths in Ripon who have donated ingredients for cake making to our Harrogate youngsters who go to BUDZ, one of our youth clubs.

We appreciate any donations, which help us give young and adult carers treats and breaks as well as providing support. If you are able to offer any donations or fundraising help, please contact our fundraising team by emailing [fundraising@carersresource.org](mailto:fundraising@carersresource.org) or contact one of our offices.



## New Parent Carer groups offer welcome support

We have two newly established groups for parent carers which are proving very popular – the SEND Parent Carer Support Group at Bierley Community Centre and the Child to Parent Violence Support Group held at Carers' Resource in Shipley.

The SEND Parent Carer Group is getting a regular group of parents/carers attending with new carers being made to feel welcome.

The Child to Parent Violence Support Group is proving very valuable to many of our parent carers. Carers often feel very isolated and alone when they are experiencing aggression, abuse and destruction from their children/young people. Parents have been openly sharing their challenges, feelings and also strategies in the group and have been supportive of one another.

To find out more about these groups please contact Sam Bland at [sbland@carersresource.org](mailto:sbland@carersresource.org) or 01274 449660



## Oakworth Welcome Drop-In – a post lockdown success!

Before the Covid-19 lockdowns, Carers' Resource planned to start a carer group in Oakworth, Keighley.

Led by our fantastic volunteer Val, the group aimed to provide a space for residents in Oakworth, caring for a friend, family member or loved one. Despite the set-back of many lockdowns and restrictions, the group is now up and running - to great success!

The Oakworth group is for both carers and the person they care for, offering a space for those finding Keighley town centre a little too far. Run by Val, her husband and some church volunteers, the group meets for tea, coffee and sweet treats, and to socialise and chat. There are puzzles and dementia-friendly games, group quizzes and the chance to listen and sing along to music.

The drop-in is open on the first Monday of each month, 1.30pm–3.30pm at Oakworth Methodist Church. The April meeting featured a spring themed

quiz (picture round answers included; spring rolls, springer spaniels, Bruce Springsteen) and sing-alongs to classic tunes, including "When you're Smiling" and "That's Amore".

Each month between 15–25 carers and their cared-for have been coming along. One attendee said: "It's so nice to see friendly and familiar faces. We really appreciate all Val does."

If you would like to join, or would like any more information, please contact Carly on [cbrunskill@carersresource.org](mailto:cbrunskill@carersresource.org) or 01756 700888. Carers' Resource would like to thank Val and all the fellow volunteers who help us give the best support possible to carers and the people who need us.

If you are interested in volunteering with Carers' Resource, please contact Andrew Parkin at [aparkin@carersresource.org](mailto:aparkin@carersresource.org) or 07761 510603 for more information about the opportunities available.



## New Community Café

The new Choices Community Café at the Thornbury Centre in Bradford is offering support to people with an end of life diagnosis, and their loved ones.

The café is open on the last Wednesday of every month, from noon until 2pm, at the Thornbury Centre, Leeds Old Road BD3 8JX.

Food, activities, speakers and friendship will be on offer!

Choices Community Café is open to anyone and everyone who wants to find out more about how to improve personal wellbeing and find out about the choices we have and can make as we approach end of life.

To find out more about the Choices Community Café or other end of life support services, please contact Naz Sheikh at [Naz@cabad.org.uk](mailto:Naz@cabad.org.uk) or call 07776 692355.

## Pushed to the edge: life for unpaid carers in the UK

Carers Trust recently surveyed over 1550 unpaid carers across the UK.

Headline findings included:

- 91% of unpaid family carers feel ignored by the Government.
- 84% of survey respondents disagreed, or disagreed strongly, with the statement 'I have confidence in the Government's ability to improve the lives of unpaid carers'.
- 49% of survey respondents said they'd had to use their personal savings because of their caring role.
- 51% of survey respondents said they'd had to give up on hobbies or personal interests because of their caring role.
- Only 1% felt that politicians understand unpaid carers.
- 48% of respondents said they had to give up paid work because of their caring role.
- 51% said they were not receiving Carer's Allowance.

Carers Trust is calling on the Government to develop a new UK Government Strategy for Carers. They say the strategy should include better statutory care and support for those who need it; improved support for unpaid carers themselves, including regular breaks and respite; and a reform of Carer's Allowance.

The findings of this study were discussed by our regular virtual carer forum in April. We also talked about what more could be done by the government to help; and whether there are any new services or improvements that Carers' Resource can offer.

If you would like to join our Carer Forum and help us campaign on behalf of all carers, please contact Nina Derbyshire on 01423 500 555 or email [nderbyshire@carersresource.org](mailto:nderbyshire@carersresource.org)

# Community and Carer Open Days at the Allotment

This spring Carers' Resource opened up the Bradford allotment for carers, staff and the local community to visit. We were so proud to show the huge transformation the allotment has undergone. Once an abandoned piece of land covered in untamed hedges and debris, the allotment and sensory garden has now fully taken shape.

The outdoor space, created for the carers we support and for the local community to enjoy, now includes a pond, willow arch, seating area and a potting shed, in addition to vegetable patches and flower beds.

Those who came along to the open days enjoyed refreshments in the sunshine and helped with gardening tasks, such as finishing building the children's den. Carers' Resource staff were particularly impressed by the progress, having seen

the initial state of the site, and all are very grateful for the hard work put in by Becca, our project lead.

We are still looking for volunteers to help maintain the allotment and garden. The commitment is flexible to suit you; all you need is an enjoyment of working outdoors. If you're interested in giving some time, please contact Andrew Parkin, Volunteer Coordinator, on [aparkin@carersresource.org](mailto:aparkin@carersresource.org) or 07761 510603.



## Are you kind, compassionate and looking for work?

Then you could be the perfect care support worker.

We are looking for more staff to join our dedicated teams in the Harrogate, Craven and Bradford areas. Our Care@ Carers' Resource staff have continued to work throughout Covid-19 to care for the most vulnerable people and we couldn't be prouder of them.

In this job every day is different and you go home knowing you have made a difference to someone.

**We pay for your DBS, induction training, full travel time in-between calls, and 45p per mile.** We have a supportive management who have the wellbeing of the team as a priority.

We support people to live independently in their own homes. This might involve taking people shopping, to the cinema, for a meal or even supporting them on holiday. Work can also include booking and accompanying people to appointments, helping with showering and dressing and eating and drinking, and monitoring individuals' conditions and helping with medication.

You need to be able to communicate well, listen to people, have an empathetic approach and respect them for who they are.

If you have any experience that is a bonus, but it's not a necessity, what is really important is that you're a kind, compassionate, committed and thoughtful person.

Hours are available to suit your lifestyle, including evenings and weekends.

For more information please email [care@carersresource.org](mailto:care@carersresource.org) or call 01274 588990



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 no. 1049278.

**If you look after a partner, relative, child or a friend who is disabled or ill due to physical or mental health, you are an unpaid carer, even if you don't think of yourself as one. Find out about the emotional, practical and financial support available to you.**

#### **We are here to help – talk to us**

Call our Freephone advice line on **0808 501 5939**. Lines are open 10am–4pm Monday to Friday and will be answered by our specialist team. Our team will give you information that is reliable and up to date and help you to access the advice and support you need.

#### **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 8th August, 2022. Send copy to the editor by emailing [choices@carersresource.org](mailto:choices@carersresource.org), or post submissions to the Bradford office (address right).

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Web: [www.carersresource.org](http://www.carersresource.org)

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# Cheers! Harrogate Beer Festival raises cash for carers

The event returned with a flourish post-pandemic, much to the relief of the beer drinkers of Harrogate who have enjoyed this annual event for over 30 years.

The Carers' Resource Cloakroom ran like clockwork, thanks to the excellent organisational skills and willingness of a superb group of colleagues. The atmosphere was great and everyone very good-natured, and indeed generous. We raised a tremendous £1451.07.

A huge thank you to all those who helped, and of course to the Harrogate Round Table, and M&S in Harrogate for the loan of coat-hangers.

