

The cost of living crisis – help for carers

As we head towards winter, with costs spiralling and fuel prices multiplying, it's already difficult to make ends meet. In a national survey earlier this year Carers UK found that 75% of carers feel stressed or anxious about their finances, with many fearing they'll be forced to choose between 'heating and eating'.

These are worrying times but there is support available to you. In this edition of Choices, Carers' Resource takes a look at some of the possible sources of financial help for carers.

There are also likely to be other sources of help introduced, both locally and nationally, and we will aim to keep you up to date with these on our website, on Facebook and Twitter, and via our staff.

Cost of Living Payments

The government has put extra measures in place to help pensioners, those on low incomes or on disability benefits. If you qualify, you'll be paid this automatically. How much you'll get depends on many factors, but there is a helpful outline on the government's website at www.gov.uk/guidance/cost-of-living-payment

Benefits

You may be eligible for Carer's Allowance if you look after someone who receives disability benefits: www.gov.uk/carers-allowance

Pension credit is paid if you are over pension age and on a low income: www.gov.uk/pension-credit

If you can't work due to your caring role, Carer's Credit is a National Insurance credit that fills up gaps in your National Insurance record.

Carers UK found that £1.1 billion of Carer's Allowance goes unclaimed every year and 95% of carers who are entitled to Carer's Credit are not currently claiming it.

To check you are getting the benefits you should, try using a benefits calculator: www.gov.uk/benefits-calculators

Food Help

If you don't have enough to feed yourself or your family, please don't struggle in silence – do ask for help. The **Trussell Trust** is the main foodbank charity in the UK, and its website lists a number of resources to help with food poverty: www.trusselltrust.org

You can locate a foodbank close to you by providing your postcode at www.trusselltrust.org/get-help/find-a-foodbank

Some local sites have additional resources, including Bradford, which also lists social supermarkets for people who cannot afford full-priced food. Bradford Foodbanks also serves Skipton and parts of South Craven: www.bradfordfoodbanks.org.uk

Continued overleaf →



Carers Week 2022

We held a fantastic range of events and activities during Carers Week in June, aimed at supporting unpaid carers and raising awareness of what they do. Here is the Dales Diners group, in Darley, with their Jubilee-themed event. **For more Carers Week photos, please see p.5.**

Continued from page 1 →

In Harrogate, **Resurrected Bites** provides a 'pay what you can' cafe and a social supermarket: www.resurrectedbites.co.uk

The Selby **Community Fridge** offers good quality, cheap food that might otherwise go to waste: www.facebook.com/SelbyCommunityFridge [Facebook]

In Skipton, Selfa runs a **Community Fridge**: www.selfa.org.uk/selfa-community-fridge

The Settle Community and Business Hub also runs a **Community Fridge** in the town, and there are **Community Pantries** in Bentham, Ingleton, Settle and Hellifield. Details can be found here: www.cravenfoodpartnership.org/About/Directory

Crisis Help

North Yorkshire manages emergency funds through the **North Yorkshire Local Assistance Fund** (NYLAF): www.northyorks.gov.uk/local-assistance-fund

This money is to support adults and help families stay together in the face of pressures that may break them apart. This includes carers.

In Bradford District, one of the chief sources of help is the **Household Support Fund**: www.bradford.gov.uk/benefits/applying-for-benefits/household-costs

Some of this fund has been directed to Carers' Resource, to fund carers with household costs or food costs in the form of vouchers, up to a maximum of £300 over several weeks.

Credit Unions

Credit Unions can offer affordable loans, savings, and online banking. Bradford District Credit Union: www.bdcu.co.uk

Energy bills

Many carers already have high energy bills due to the needs of the person they look after, so carers are likely to be more affected by enormous hikes in fuel costs. We take a look at sources of help for fuel bills here:

Energy Bill Support Scheme

All households in England, Scotland and Wales will receive £400 energy support payments this winter. If you have a smart meter or pay by a standard bill then the amount will be topped up on your account automatically.

If you pay by direct debit it will be knocked off your electricity bill from October to March 2023.

But, if you pay for your electricity using a pre-payment meter, the money will come to you as a voucher code either by post, text or email. You must then redeem your voucher at your usual top-up point. It's very important to check that your energy company has your correct details now to make sure you get your voucher. Look out for it and contact your energy supplier if you're not sure.

Winter Fuel Payments

All homes where someone of pension age lives will receive a Winter Fuel Payment of between £250 – £600 in November or December this year. The amount depends on your age and whether you get certain benefits. You can find out how much your Winter Fuel Payments should be here: www.gov.uk/winter-fuel-payment/how-much-youll-get

Energy companies also have a number of different ways to help people who are struggling to pay fuel bills.

Energy Suppliers

Some energy suppliers offer a reduced rate 'social tariff' for households in certain situations. Ask your energy provider which tariffs they offer for people in your circumstances. For example, it's important to tell them if you have a disabled person who needs to stay warm in your household.

Don't be afraid to get in touch with your energy supplier if you're struggling to pay the bill. They must discuss payment plans with you and tell you about any schemes they have to help.

Independent Energy Advice – Warm and Well, in North Yorkshire www.warmandwell.org.uk and **Warm Homes, Healthy People** in Bradford District www.groundwork.org.uk/projects/warm-homes-healthy-people can give help and advice on reducing your fuel bills, paying fuel debt and keeping your home warm.

General Help

The **Citizen's Advice Bureau** has help and advice on its national website: www.citizensadvice.org.uk and through its local offices: **Bradford**: 0808 278 7828; **Craven, Mid North Yorkshire, Selby and Harrogate**: 0808 278 7900

Please contact Carers' Resource for more information and advice on the support available to you. Tel: 0808 50 15 939 Email: info@carersresource.org



Chris Whiley, CEO

No matter what our personal situation is, it is hard to avoid worrying about the cost of living crisis and what it will mean in the coming winter.

Carers' Resource is acutely aware, both from our own experience and from national research, that financial hardship is all too common for unpaid carers, and the organisation will continue to look for ways to support individuals.

Our role is to work with carers to support them to manage their caring role in the way that best suits them, and we know that money is not always the problem or the answer. In general we are not a grant-giving organisation; however, we are keen to offer any support we can, and are looking at how best we might support carers through the winter. Your views and ideas are always welcome, either by email or by attending a carers forum.

We are also keen to find carers who would like to help us interview job applicants, so that their understanding of carers and the issues they face can be thoroughly checked out. If you would like to get involved please let us know. Full training and briefing will be given.

Best wishes

Chris



Terry's horse is fit for the Queen

When Terry and Margaret could no longer look after their beloved Cumbrian fell pony due to Terry's illness, they were determined she should go to a good home.



But the couple, who live in Thornton, Bradford, couldn't believe it when Her Majesty the Queen agreed to take the pony in at Windsor Castle.

Margaret explained: "Terry had a stroke last winter then got Covid. I looked after the horse for a while but it was getting too much and I would have found it very difficult when Terry came home as I would need to take good care of him."

"Terry loved the horse, he has always been adamant that she's not going to a bad home. He always said he'd rather have her put down than send her to a bad home. He was adamant she was not going to fall into the wrong hands and be ill-treated."

The couple knew that the Queen owned a number of similar fell ponies and had joked in the past that Her Majesty might be interested in their pony, who goes by the stable name of Magic, due to her specific breeding and size.

"We knew the Queen had a love of fell ponies. It always stuck in our minds," said Margaret. "We kept saying, with a little bit of banter, 'shall I write to the Queen?'"

"So when I said to Terry, 'we're not going to be able to manage the horse any more', I said, 'do you think I should write a letter to the Queen? We've got nothing to lose.'"

"I cobbled this letter together and three weeks later I got a phone call from one of the Colonels. He said, 'I've spoken to the Queen, and we're happy to give her a go.' We were over the moon."

"Then the head coachman rang, and he came for her from Windsor and took her back down there the same day. They sent us a photo of her in the stable. They've told us we'll get letters and they'll keep us up to date with her wellbeing."

"We couldn't believe it. We were so happy. He misses her very much but he's really happy she's got a good home."

Carers' Resource joins Keighley Pathways

Carers' Resource staff have been excited to start having a weekly presence every Tuesday at Keighley Healthy Living (KHL) where they are able to meet carers face to face by appointment.

The partnership is part of the Keighley Pathways service, and has been funded by NHS Charities.

Team Manager for Keighley, Rachel Waddington, said: "It is great to be able to meet carers face to face at a central location in Keighley. The staff from KHL have been so welcoming to us and the carers who come for appointments,

and it is good to be able to signpost people to some of the many other activities on offer at KHL, from yoga and tai chi to cookery and the conversation café."

KHL has also recently delivered a four-week series of cookery sessions for parent carers, which were very popular, and it is hoped that we can find more opportunities to work together. From



September 2022 there will be a fortnightly information drop in session on a Tuesday morning aimed at parent carers.

To book an appointment or check dates of the information drop in at KHL, please call 01756 700888 or make a referral via our website. To find out more about KHL, visit their website at www.khl.org.uk or call 01535 677177.



Our new base in Selby is open!

Carers' Resource has opened a new base to provide support for unpaid carers of all ages across the Selby district.

We held a launch event at Selby Community House, in Portholme Road, on Friday July 1, attended by local councillors and representatives from organisations including North Yorkshire County Council, Time to Care Services, Selby District Vision, Dementia Forward, local schools and medical practices.

Julie Duerden, Head of Operations for North Yorkshire at Carers' Resource, said: "We'd like to thank everyone who came to the opening of our new Selby office in Community House.



"It's a great new base for unpaid carers in the Selby district and we're looking forward to supporting adults and young people who are looking after a relative or friend."

"If you are a carer in the Selby district, please do get in touch with us and find out about the support we can offer you."

To contact the new Selby office, call 0808 5015 939, or email info@carersresource.org

Carers should be visible in top TV dramas



By Emma Clayton

Leisure & Lifestyle Editor, Bradford Telegraph & Argus

I was recently invited to a press day at the Emmerdale village set, to hear about celebrations for the Yorkshire soap's 50th anniversary.

At a press conference with actors Mark Charnock, who plays Woolpack chef Marlon Dingle, and Zoe Henry, who plays country vet Rhona Goskirk, we learned how the ITV show has worked closely with the Stroke Association on an ongoing Emmerdale storyline.

In March Marlon suffered a stroke, and in a poignant wedding episode shown this summer, viewers saw him attempting to walk down the aisle towards bride-to-be Rhona.

The soap has portrayed some of the issues, heartbreak and complications that couples face when one of them suddenly becomes the carer. With Stroke Association advisers on hand, the storyline has been handled sensitively, and this year Mark Charnock won a British Soap Award for his portrayal of Marlon's stroke.

It's not the first time that Emmerdale has tackled life as a carer. Several years ago, the wife of village vicar Ashley Thomas cared for him at home as he struggled with the progression of early onset dementia.

But generally the issues facing carers are not featured in soaps or other television dramas. And it feels like a wasted opportunity, since these are the programmes that come into living-rooms across the nation each evening, watched by millions of viewers. High profile storylines featuring popular soap characters would be an effective way of highlighting the reality that many carers face – of all ages and walks of life.

Anyone can find themselves an unpaid carer, at any time, due to illness, disability, a sudden accident – even a pandemic. But who gives carers a second thought, unless they've had experience of it? Soap storylines could be a powerful way of raising awareness of the issues affecting carers, and the support that's available for them, in such areas as financial benefits, help at home, transport, equipment and holidays. Storylines could also highlight, for example, specific issues facing child carers, and carers from the LGBTQ+ community.

And, in the blend of light and shade that our soaps do so well, they could show the profound closeness and joy that caring for a loved one can bring.

Daily challenges facing unpaid carers don't have the thrills of big budget stunts or illicit affairs, but they still have a place in soap drama. And there is potential for these storylines to be life-changing.



Carers Week 2022 – making caring visible, valued and supported

For Carers Week this year we wanted to seize the opportunity to get together face to face after two years of disruption and isolation.



Carers attended wellbeing sessions, walks, picnics, lunches and trips out. Carers' Resource staff were also out and about, holding events at Kirkgate Shopping Centre in Bradford, Morrisons in Harrogate and Tesco in Skipton, and joining the Modality Partnership for a very well-attended event at the Airedale Centre in Keighley.

Our new video, raising awareness of carers, was shown on the Big Screen in Bradford city centre, in a range of community languages.

The theme of this year's Carers Week was 'making caring visible, valued and supported' and we hope we achieved this. A big thanks to all Carers' Resource staff, volunteers, and partner organisations, and of course carers themselves, who helped make the week such a success.



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.

Carer Forum

Our carer forums are a chance for carers to discuss local and national issues.

Thu 6 Oct at 1.30pm–3.30pm

Contact Nina Derbyshire: 01423 500555
nderbyshire@carersresource.org

Wellbeing Sessions Online

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

Craft

Tue 27 Sep at 10am–11.30am

Self care and goal setting

Fri 25 Oct at 10am–11.30am

Carers Rights Day, Caring for Your Future

Fri 25 Nov at 10am–11.30am

Contact Tracy McGrory: 01274 449660
tmcgrory@carersresource.org

Virtual Book Group

Guided discussion on chosen book.

**Thu 1 Sep, 6 Oct, 3 Nov
at 7.30pm–8.30pm**

Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

Parent Carer Brew and Babble

Virtual coffee and chat for parent carers.

**Fortnightly on Thursdays
from 8 Sep at 10am–11am**

Contact Sam Bland: 01274 449660
sbland@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

Wed 14 Sep, 12 Oct, 9 Nov at 10am

Harrogate, Cedar Court Hotel

Wed 21 Sep, 19 Oct, 16 Nov at 11am

Masham, Methodist Church

Wed 21 Sep, 19 Oct, 16 Nov at 2pm

Ripon, Booth's

Tue 13 Sep, 11 Oct, 8 Nov at 2.30pm

Pateley Bridge, The Talbot

Fri 13 Sep, 28 Oct, 25 Nov at 11am

Wetherby, Sant Angelo

Mon 19 Sep, 17 Oct, 21 Nov at 2pm

For Wetherby, Boroughbridge, Pateley Bridge, Ripon and Harrogate groups contact Carol Lancaster: 01423 500555
clancaster@carersresource.org and for the Masham group contact Isobel Holmes: 01423 500555
iholmes@carersresource.org

Dales Diners

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

Christ Church Hall, Darley

Thu 1 Sep, 6 Oct, 3 Nov at 1pm

Cost £5

Contact Carol Lancaster: 01423 500555
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

Wed 21 Sep, 19 Oct, 16 Nov at 2pm

Cost £5

Contact Carol Lancaster: 01423 500555
clancaster@carersresource.org

Parent Carer Group, Harrogate

For Parent Carers of children with disabilities or additional needs.

**Time Together, Unit 10,
Provincial Works, The Avenue,
Harrogate HG1 4QE**

**Tue 13 Sep, 11 Oct, 8 Nov
at 9.45am–11.30am**

Contact Helen Dickinson: 07706 334260
hdickinson@carersresource.org

New Park Parent Carer Group, Harrogate

For Parent Carers of children with disabilities or additional needs. Preschool and home educated children can come too. Free tea, coffee and biscuits. No need to book.

**New Park Community Hub,
New Park Primary Academy,
Skipton Road, Harrogate HG1 3HF**

**Wed 21 Sep, 19 Oct, 16 Nov
at 1pm–3pm**

Contact Helen Dickinson: 07706 334260
hdickinson@carersresource.org

Parent Carers of Adults with Autism

For Parent Carers of adults with autism.

**Thu 29 Sep, 27 Oct, 24 Nov
at 11am–1pm**

Contact Helen Dickinson: 07706 334260
hdickinson@carersresource.org

Meet Carers in Bradford District

Undercliffe Allotment Groups

The following groups are held at Undercliffe Allotments, on the corner of Killinghall Road and Northcote Road (BD2 4QH).

Gardening group

Tuesdays at 11am–1pm

Contact Becca Marshall: 07842 312719
bmarshall@carersresource.org

Gardening group

**Fortnightly on Thursdays
from 25 Aug at 1pm–3pm**

Contact Eileen McAlonan: 01274 449660

Allotment Craft Group

Crafts in the sensory garden.

**Fortnightly on Thursdays
from 1 Sep at 1pm–3pm**

Contact Catherine Haslam: 01274 449660
chaslam@carersresource.org

Bradford Park Strolls

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

Cliffe Castle Park, Keighley

Alternate Wed from 14 Sep at 10am

Harold Park

Alternate Fri from 9 Sep at 10am

Lister Park

Thu 8 Sep, 13 Oct, 10 Nov at 10am

Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

Peel Park

Alternate Fri from 2 Sep at 10am

Contact Najmah Iqbal: 01274 449660
niqbal@carersresource.org

Parent Carers Workshop – Adapt and Recover from Adversity

Exploring tools to build resilience.

Central Hall Keighley

Fri 23 Sep at 10am–11.30am

Bierley Community Centre

Wed 28 Sep at 10am–11.30am

Carers' Resource Shipley

Thu 10 Nov at 10.30am–12.30pm

Booking is essential. Contact Lucy Cartwright: 01274 449660
lcwright@carersresource.org or Sam Bland sbland@carersresource.org

Bingley Carers Drop-in

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

The Lounge, 2 Queen St, Bingley

**Wed 7 Sep, 5 Oct, 2 Nov
at 10.30am–12 noon**

Contact Joanne Beetham: 01274 449660
jbeetham@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**

Mon 5 Sep, 3 Oct, 7 Nov at 2pm–3pm

Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

Bierley 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**
**Tue 6 Sep, 4 Oct, 1 Nov
at 10am–12 noon**

Contact Sharon Newell: 01274 449660
snewell@carersresource.org

First Aid for Carers

Interactive workshops run by British Red Cross educators.

Carers' Resource Shipley office
Tue 11 Oct, 18 Oct at 2.30pm–4pm
(the 2 sessions are the same)

Booking essential.
Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

Girlington Carers Coffee and Chat

A group for carers in the Girlington area to meet up and enjoy coffee and a chat.

**Community Room,
Girlington Morrisons**
Thu 8 Sep, 13 Oct, 10 Nov at 9am–11am

Contact Tracy McGrory: 01274 449 660
tmcgrory@carersresource.org

Ilkley Carers Coffee and Cake

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

Clarke-Foley Centre, Ilkley
**Tue 6 Sep, 4 Oct, 1 Nov
at 10.30am–12 noon**

Contact Fiona McKinnon-Evans:
fmckinnon-evans@carersresource.org
01756 700888

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**
**Mon 5 Sep, 3 Oct, 7 Nov
at 1.30pm–3.30pm**

Contact Carly Brunskill: 01756 700888
cbrunskill@carersresource.org

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**
Fri 2 Sep, 7 Oct, 4 Nov at 10am–11.30am

Contact Rachel Hagan: 01756 700888
rhagan@carersresource.org

Manningham Wellbeing Hub Craft Group

**Equality Together, Manningham Mills,
Lilycroft Road, Bradford BD9 5BD**

**Fri 2 Sep, 7 Oct, 4 Nov
at 10am–12noon**

Contact Sarah Czujko: 01274 449660
sczujko@carersresource.org

Noble Comb Carers Group, Shipley, with Interlude Café group

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

**Wed 21 Sep, 19 Oct, 16 Nov
at 11am–12 noon**

Contact Kathryn Leakey: 01274 449660
kleakey@carersresource.org

SEND Parent Carer Group, Shipley

Shipley Asda Community Room
**Thursdays fortnightly in term
time from 15 Sep at 11am–1pm**

Contact: Kathryn Leakey 01274 449660
kleakey@carersresource.org

SEND Parent Carer Group, Keighley

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

**Fridays fortnightly in term time
from 16 Sep at 10am–11.30am**

Contact Lucy Cartwright: 01274 449660
lcartwright@carersresource.org

SEND Parent Carer Club, Bierley

**Bierley Community Centre, 102–104
Bierley House Ave, Bradford BD4 6BU**
**Wednesdays fortnightly from
14 Sep at 9.30am–11am**

Contact Sam Bland: 01274 449660
sbland@carersresource.org

SEND Parent Carer Drop Ins, Bradford South

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

**Reevy Hill Children's Centre,
Bedale Drive, Bradford BD6 3ST**
Mon 19 Sep, 28 Nov at 1pm–2.30pm

**Holme Wood Centre, Haslemere Close,
Holme Wood, Bradford BD4 9EB**
Mon 26 Sep, 21 Nov at 1pm–2.30pm

Contact Sam Bland: 01274 449660
sbland@carersresource.org

SEND Parent Carer Drop Ins, Bradford East

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

**Barkerend, 365 Barkerend Road,
Bradford BD3 8QX**
Mon 3 Oct, 14 Nov at 1pm–2.30pm

**Gateway, 43 Thackeray Road,
Ravenscliffe, Bradford BD10 0JR**
Mon 17 Oct, 5 Dec at 1pm–2.30pm

Contact Sam Bland: 01274 449660
sbland@carersresource.org

SEND Parent Carer Drop Ins, Bradford

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

**Culture Fusion Building,
Thornton Road, Bradford BD1 2EP**
Thu 1 Sep, 6 Oct, 3 Nov at 6.30pm–8.30pm

Contact Lucy Cartwright: 01274 449660
lcartwright@carersresource.org

Yoga for Carers

**Equality Together, Manningham Mills,
Lilycroft Road, Bradford BD9 5BD**
Mon 5, 12 and 19 Sep at 6pm–7pm

Contact Mel Evans: 01274 449660
groupworkers@carersresource.org

You are Not Alone – Child to Parent Violence Support Group

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

Carers' Resource, Shipley BD18 3DZ
**Thursdays fortnightly from
15 Sep at 10am–12 noon**

Contact Sam Bland: 01274 449660
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 Bingley, Eccleshill, Keighley,
Menston, Ilkley, and Wrose.**

For details of dates and venues contact
Worth Connecting: 01274 449660
info@worthconnecting.org

Continued on page 8 →



Meet Carers in Craven District

Pioneer Projects – Making Connections For People Living with Dementia

Carers' Resource,
36 Brook Street, Skipton
Mondays weekly in term time at 10.30am–12.30pm
Booking essential. Contact Pioneer Projects on 015242 62672 office@pioneerprojects.org.uk

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

Skipton Group – Carers' Resource,
36 Brook Street, Skipton
Mon 12 Sep, 10 Oct, 14 Nov at 10.15am–12.15pm

Contact Carol Hudson: 07936 938567 chudson@carersresource.org

Bentham Group – Pioneer Projects,
The Library, King Street, Bentham
Mon 5 Sep, 3 Oct, 7 Nov at 10.15am–12.15pm

Contact Debi Hawkins: 01756 700888 dhawkins@carersresource.org

Craven Crafternoons

A monthly craft group for carers, for beginners or experienced crafters.

Carers' Resource,
36 Brook Street, Skipton
Wed 7 Sep, 5 Oct, 2 Nov at 1pm–3pm

Contact Debi Hawkins: 01756 700888 dhawkins@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
Thu 15 Sep, 6 Oct, 10 Nov at 9.30am–11am

Contact Natalie Baxter: 07801 577196 nbaxter@carersresource.org

Craven Carer Lunch Groups

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

North Craven Bentham Golf Club
Mon 26 Sep, 31 Oct and 28 Nov
Settle, Golden Lion
Mon 12 Sep, 10 Oct and 14 Nov

Mid Craven,
Gamekeepers Inn, Threshfield
Fri 16 Sep, 21 Oct and 18 Nov

Skipton, The Railway Pub
Wed 7 Sep, 5 Oct and 2 Nov

South Craven,
Old White Bear, Crosshills
Thu 1 Sep, 6 Oct and 3 Nov

For Mid Craven group contact
Caroline Hanham 07590 877916
chanham@carersresource.org

For Skipton group contact
Vanessa Rayner 01756 700888
vrayner@carersresource.org

For North Craven and Settle contact
Debi Hawkins 01756 700888
dhawkins@carersresource.org

For South Craven contact
Carol Hudson 07936 938567
chudson@carersresource.org

Settle Carers Support Group

Monthly drop in for chat over a brew.

The Place, Unit 10d,
Commercial Street, BD24 9 RH
Thu 22 Sep, 27 Oct, 24 Nov at 1.30pm–3pm

Contact Debi Hawkins: 01756 700888
dhawkins@carersresource.org

Skipton Rendezvous Drop In

Hotel Rendezvous, Keighley
Road, Skipton BD23 2TA
Tue 13 Sep, 11 Oct, 8 Nov at 10am–11.30am

Contact Rachel Waddington:
rwaddington@carersresource.org
01756 700888

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.

Men's Online Forum

Wed 14 Sep, 5 Oct, 2 Nov at 6:30pm–7:30pm

Harrogate District Men Care Too

For information and to join in any of the Harrogate Men Care Too activities contact Naomi Evans: 01423 500500 naomievans@carersresource.org

Harrogate Men's Shed

The Green Hut, Harlow Ave, HG2 0AS
Tuesdays 2pm–4pm

Oatlands Club

Socials are planned for male carers with drinks, pool and darts.

Harrogate, Hookstone Road

Sporting Memories, Harrogate

Informal, relaxed group, talking about all things past and present. For carers and their loved ones.

Harrogate St Marks Church, Leeds Rd
Fridays fortnightly at 1.30–3pm

Sporting Memories, Knaresborough

Activities available: table tennis, table football, basketball hoops, badminton.

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

Bowling

Black Swan Bowling Club,
Lime Street, Harrogate

Contact Naomi for more info.

Bradford District Men Care Too

For information and to join in any of the Bradford District Men Care Too activities contact Mohammed Mahboob: 01423 500500 mmahboob@carersresource.org

Snooker

Venue TBC
Thu 22 Sep at 6pm

Coffee meet-up

Costa, Forster Square
Tue 27 Sep at 4pm

Learn to Sail

Yeadon Tarn
Dates and times TBC
Contact Mohammed for more info.

Cinema Visit

Film and time TBC.
Cineworld, Bradford
Wed 19 Oct at 5pm
Contact Mohammed for more info.

Burger Time

McDonalds, Forster Square
Mon 24 Oct at 12:30pm

Samosa Chaat

Janaans, Shearbridge Road,
Bradford BD7
Thu 10 Nov at 1pm

Leeds Markets

Male carers trip to Leeds Markets.
Sat 19 Nov at 10:30am–2:30pm





Nicola passes with flying colours

One of our parent carers, Nicola Spurgeon, has successfully passed her driving test thanks to a grant that Carers' Resource obtained for her through the Tarn Moor Trust.

Nicola is a carer for her son Thomas, who has autism, and she has been registered with Carers' Resource for 2 years.

Nicola said "Passing my driving test is going to change our lives. We had such a difficult time during lockdown and now I can take my son out and visit places we've always wanted to see. It's given me independence and restored my confidence which I had lost over recent years.

"When Natalie (Carers' Resource Parent Carer Locality Worker) mentioned that there was a grant available to help to pay for driving lessons I thought, 'It's now or never!' I'd had some driving lessons in my early 20s but didn't have the confidence to continue these.

"I really wish I'd done this sooner, and it's shown me that you're never too old to learn something new. I'm looking forward to purchasing my first car and the freedom it will bring me."

Well done Nicola, we are all so proud of your achievement!

If you are a carer living in central Skipton and are interested in accessing a grant from the Tarn Moor Trust to help with the cost of driving lessons, please contact our advice line 0808 50 15 939 to arrange a discussion with one of our locality workers.

Thank you to all our wonderful volunteers

We celebrated Volunteers Week this year with a number of events saying 'thank you' to all our volunteers who give their time to help others.

This included a visit to the Ripon Walled Garden for the Carers' Time Off Ripon and Rural team, for a double celebration of Volunteers Week and Carers Week.

Also pictured are volunteers from Craven, Bradford and Harrogate at their 'thank you' events.

If you're interested in becoming a Carers' Time Off volunteer please email Dawn at dtesseyman@carersresource.org – for all other volunteering opportunities please email volunteering@carersresource.org



New Bradford district Head of Operations

Carers' Resource has welcomed Diane Boustead as our new Head of Operations for the Bradford district.

Diane began her working life as a serving soldier, and began championing the needs of carers over 20 years ago when she first became an unpaid carer for people in her close family alongside working full time.

Formerly Director of Operations at Carers Trust Mid Yorkshire, she joined Carers' Resource to continue combining her extensive experience of working with statutory and charitable sectors, post graduate qualifications in English Linguistics and Teaching and Learning, and personal experience to develop and implement high quality services for carers.

Diane said: "I've joined Carers' Resource in a record breaking month for weather,

but I'm already looking ahead to find ways to support carers in what is predicted to be a difficult winter ahead. Research during Carers Week 2022 revealed that the number of unpaid carers remains higher than before the pandemic with one in five of the UK's adults (approximately 10.58 million people) now supporting a relative, close friend or neighbour.

"My aim is to use my expertise, along with the Senior Leadership Team,

to ensure that Carers' Resource continues to provide high quality support to this increasing number of unpaid carers, and recognises, supports, and celebrates their kindness and dedication."

When not working or caring for her family, Diane relaxes through being outdoors and enjoys walking with her two dogs in the lovely rural village where she lives.



Friendly welcome for South Craven carers

The South Craven Lunch Group meets monthly at the Old White Bear in Cross Hills – a lovely venue run by Adam Pickles, a former carer himself.

Adam has been incredibly supportive of the group, which is relatively new, having started in November 2021, and accommodates everyone so well.

Carers' Resource locality worker Carol Hudson said: "These groups are so vital to carers and having a friendly and accommodating host can make all the difference. As a locality worker and a facilitator at the group, I aim to

provide emotional support, advice and information in order to make a carer's life easier. However, often it is the carers themselves who support each other with their shared experiences and tips on how to get the most out of services."

If you would like to join this or any of our other groups please contact Carers' Resource for more information.



Covid-19 boosters for carers

NHS England have confirmed that unpaid carers will be among those who are offered a new Covid-19 booster dose this autumn.

The Covid-19 Autumn booster will be offered to the following groups:

- Residents in a care home for older adults and staff working in care homes for older adults
- Frontline health and social care workers
- All adults aged 50 years and over
- Persons aged 5 to 49 years in a clinical risk group
- Persons aged 5 to 49 years who are household contacts of people with immunosuppression
- Persons aged 16 to 49 years who are carers

The guidance defines carers as those who are eligible for a carer's allowance, or those who are the sole or primary carer of an elderly or disabled person who is at increased risk of COVID-19 mortality and therefore clinically vulnerable.

Carers remain eligible for the free flu vaccine programme.

Please do look out for more information about autumn vaccination programmes – we will keep you updated.

Bettys and Taylors support carers

Carers' Resource has recently been working with Bettys and Taylors of Harrogate, to offer support to their staff who may be caring for a friend or relative.

Bettys and Taylors were keen for us to visit as the company has introduced an additional leave entitlement to those who have to juggle working and caring – formally recognising the pressures for staff members who have caring responsibilities.

Human Resources managers and officers also wanted to learn about how Carers' Resource supports unpaid

carers, with the aim of being able to signpost their staff carers to our service.

Our specialist advisers and support workers can provide expert advice and practical help and help working carers to manage the often precarious balance between work and home life.

Zoe Newman, of Bettys and Taylors, who co-ordinated the information session said: "At Bettys & Taylors Group Ltd we know that some of our employees balance their work with caring responsibilities and understand the significant impact that these responsibilities can have.

"We are pleased to now offer Carer's Leave to support our employees, enabling them to take paid time off work to help with these circumstances. We're grateful for the support Carers' Resource provided for our HR teams, helping us to understand more about caring responsibilities and the challenges carers may face."

If your organisation or employer would like to learn about how our services can support your staff carers, please email Alison: awragg@carersresource.org



Young carers go Wild on Ingleborough

Young carers from North Yorkshire pushed themselves to the limits on a rock-climbing and caving adventure with Carers' Resource and the Experience Wild Ingleborough project.

The 19 young people, who all help to look after a parent, sibling or other relative, took part in activities to boost their confidence and give them a break away from caring.

The young carers had a wonderful time and the instructors were fantastic – engaging, encouraging and professional.

All of the young carers were supported to attempt the activities, achieving success at their own level and pace. There were plenty of big smiles when the young carers faced their fears such as climbing to the top of the rock or squeezing through a small space in the cave.

The team work and comradery were amazing and the trip was a great success.

One young carer said: *"I thought it was a great way to explore the outdoors and build confidence in ourselves to achieve challenges. I like how we did both rock climbing and caving as it let us experience both things."*

A parent of one of the young carers said: *"It is such a lovely thing to give them a break from the stresses of home life. They put up with so much having disabled parents so any break for them is good."*

Another parent said: *"He was so excited about going on the trip, he thoroughly enjoyed it and still keeps telling me about the things he did. These trips are amazing. They give him and other children experiences they'd never normally get. Also the break we get from each other helps us to appreciate each other more when we are back together."*

This project was funded by Wild Ingleborough, a multi-partner, landscape-scale conservation project creating a wilder future for this part of the Yorkshire Dales. The Experience Wild Ingleborough project is an access to nature fund that supports groups who experience barriers to accessing the countryside to enjoy visits to Ingleborough and the surrounding areas. For more information about Wild Ingleborough, please visit www.wildingleborough.com



Safety first for young carers

The Harrogate young carers youth group BUDZ received a visit from North Yorkshire Fire and Rescue Service this summer.

The firefighters came to talk to young carers about safety in the home and particularly about safety over the summer around water – a very important message.

Thanks to the team from the North Yorkshire Fire and Rescue Service for a really useful session!



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 4th November, 2022. Send copy to the editor by emailing choices@carersresource.org, or post submissions to the Bradford office (address right).

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Follow us on social media to find out more about events and other resources: [/carersresource](https://www.facebook.com/carersresource) [@CarersResource](https://www.instagram.com/CarersResource)

Carers' Resource at Skipton Pride

We were delighted to be invited to attend Skipton's first Pride event in Aireville Park this summer.

Staff from Carers' Resource held an information stall and chatted to carers and members of the public about our service.

The event as a whole was a great success and we hope it will be back next year.

Carers' Resource is committed to supporting carers of all identities (e.g. race and ethnicity; disability; sexuality and gender; religion and belief).

We recognise that there may be additional barriers which prevent LGBTQAI+ carers from accessing support. We are here to listen to your concerns, in confidence. There is support for you as a carer, and you will find Carers' Resource is a welcoming place with friendly support groups, whoever you are. Please contact us to find out more.

