

The new Carers' Resource website is live!

We are delighted to launch our new site at www.carersresource.org

This new website is a one-stop shop for all unpaid carers, of any age, across Bradford, Harrogate, Craven and Selby districts.

Carers can use the site to find out more about their rights and the support available to them, at any time of the day or night. They can easily register with Carers' Resource, or request support online.

Professionals who work with carers can also use the site to find out more about our services and tell us about carers who need our help.

The new site has details of all our services, and listings and information on all our groups and activities.

There is also a huge amount of information for carers on topics including money and benefits, planning and coping, health and wellbeing, employment and education.

There is a separate section for young carers, at www.carersresource.org/young-carers, a section on paid-for care, at www.carersresource.org/paid-for-care, and a section on our hospital related services at www.carersresource.org/hospital-related

We hope you find our new website useful and easy to use – if you have any comments about it, please email choices@carersresource.org



Llamas and Alpacas

A group of young carers from the Harrogate district had a fabulous day out at Nidderdale Llamas recently.

For the full story and more photos please see page 9.

Parent carers enjoy relaxing labyrinth trip: **Page 5**

Splashing day out: **Page 10**

We do like to be beside the seashore!: **Page 12**

New Carers' Resource research on the experiences of unpaid carers during the Covid-19 pandemic

Carers' Resource has just published a new research study focusing on the experiences of carers during Covid-19.

During the pandemic, Carers' Resource staff witnessed powerful evidence of the struggle and suffering of carers across Bradford, Harrogate and Craven.

This new study draws together the experiences of hundreds of unpaid carers from these areas, and dozens of staff and volunteers who support carers, to reveal how the closing of services, limiting of primary and secondary care, and restrictions on everyday routines, really affected carers during these unprecedented times.

Key findings include:

- The pandemic intensified and compounded many of the issues already faced by carers.
- Those who were new to caring during the pandemic found it even more difficult to access services than those who were already on a care pathway.
- The pandemic had an effect on the physical and mental health of many carers.
- The specific needs of unpaid carers were not considered in the development of lockdown restrictions.
- The effects of the pandemic are still being felt by carers.



The study makes a number of recommendations, which can be summarised as follows:

- Recognition that there needs to be a sustained campaign to encourage unpaid carers to recognise their role, and that asking for support as a carer is an acceptable thing to do.
- An increased focus on the need for a break from caring, and funding to support it.
- Greater recognition of the role and needs of unpaid carers in any future public health campaigns.
- At a local level there needs to be a greater recognition of the carer's role in health and care settings.
- Work needs to be undertaken in primary care settings to embed the Quality Markers for carers to ensure that all carers are registered as such with their GP.
- Agencies and organisations need to be creative in enabling carers to be consulted, and to engage in the co-design of services.

The full study can be found at www.carersresource.org/pandemic-study

We're very grateful to the hundreds of carers from Bradford, Craven and Harrogate who helped us compile this research by taking part in one-to-one interviews and online questionnaires. All the responses are anonymous.

The research was commissioned by NHS England & NHS Improvement's Commitment to Carers Programme as one of 30 rapid-learning projects across the country.



Chris Whitley, CEO

As 2022 draws to a close my first thought is, what a year! At the beginning we were still finding our feet after the Covid lockdowns. Then we had the terrible news of war in Ukraine which continues to ruin lives on a daily basis. The mood lifted a little with the Queen's Platinum Jubilee, and we all got to know what the Queen carried in her handbag! Members of the royal family have always understood the contribution of unpaid carers to our society, with Princess Anne heavily involved and the Queen joining a virtual meeting with carers during lockdown. Her death is a great loss to society, her contribution and service second to none.

Now, to top it all we have a major economic crisis with prices for everyday items seeming to rise daily. Carers' Resource is acutely aware of the pressures the national situation is placing on a lot of people and we are working hard to ensure that we can direct people to relevant sources of support where we cannot help ourselves.

Please don't hesitate to contact us, we will do our best to help and there is always a friendly voice on the end of the phone. I am sure we can all get through this winter if we work together.

With very best wishes for the festive season and for 2023.

Chris

Harewood House Christmas Trip



Carers' Resource is delighted to be able to offer a trip to Harewood House near Leeds this December.

The trip will take place on 13th December 2022 with a 9.30am pick-up coach in Market Street, Shipley. We are asking for a contribution of £5 per person to help cover costs.

We will arrive at Harewood House at approximately 10.15am. Entry time for the house is between 10am and 11am. We aim to leave Harewood House at 2.30pm and be back in Shipley by 3.30pm.

There will be a special exhibition "Long Live The Christmas Tree" taking place on the state floor, where artists have created trees inspired by the natural world, winter rituals and Harewood itself.

The grounds and gardens will be festively-lit, the house stunningly decorated and seasonal food and drink and Christmas shopping will be available.

To book a place or for further details, contact Melanie Evans on 07801 577 256 or mevans@carersresource.org

Changing lives – how our Home from Hospital team found a safe and warm new home for their client

When David* left hospital, he was discharged back to the home he had lived in for all of his 79 years.

But there were problems with the heating, water, cooking and washing facilities – until Home from Hospital stepped in.

David's relatives, who lived hundreds of miles away, told our Home from Hospital team that they were very worried about him. They had tried to encourage him to move or renovate his house in the past, to no avail.

There was no heating other than a dubious gas fire, no running water without going down into the cellar each day to switch on and off due to a longstanding leak, no flushing toilet, no cooking facility or washing machine and the old style round plug sockets, which are not compliant with any of today's electrical standards or equipment.

Home from Hospital coordinator Sally Hinds says: "Whilst the property was like a replica from a museum piece set in the 50s, it was immaculate and David was also very clearly a proud person who felt that he'd let things slide so much over the last 40 years, he just didn't know where to start."

Sally had a chat with David and first persuaded him to buy a microwave so he could make warm meals. The telephone was updated so that his concerned family could contact him.

Sally also discussed the option of moving but it seemed very daunting to David. Sally offered to help look for properties in the local area as David did not want to move far.

With persistence, and using her local contacts, Sally managed to find a ground floor flat less than half a mile from David's current home – and they went to visit.

"David was delighted by how warm, bright and generally 'terrific' the flat was," says Sally. "He was clearly overwhelmed on our tour of the complex by how different his life could potentially be if he were to accept the flat."

"The experience was so positive for David and as if by magic he literally bumped into a friend he'd known 60 years and who lives in the same complex. It was truly an emotional moment for both myself and the Scheme Manager never mind the patient."



"The priority for everyone was to ensure that David was going to be safe, warm and well for the winter and by using contacts and some gentle persuasion this has been achieved."

"David has promised to cook me a steak on his new hob by way of thanks, but actually it's thanks enough just knowing his life will be transformed."

*David's name has been changed.



Getting to know other carers

Carers' Resource runs a range of fun and friendly groups, workshops and drop-ins that give carers the chance to meet up with other carers and have a chat in the Harrogate, Bradford, Craven and Selby districts, as well as online.

Among the many options to choose from are 'carer coffee and chats' – including this group at Cedar Court Hotel, in Harrogate.

Christine Marshall, Carers' Resource volunteer, helps at this group and says they are really important for carers. *"It's the emotional support, advice and information they share,"* she said. *"It's the ongoing support and connection with Carers' Resource. It's the community of the group."*

She added: *"The meet ups are also for people who no longer*

care for someone. If you lose the person you care for you have got a relationship with that group. You need that support."



One carer, who attends the Cedar Court group, said: *"If you have a problem, another person in the group might have had that problem."*

Another said: *"Our situations are all different but we have all got things in common."*

To find listings for all our events and groups, see pages 6–8.

Young carers challenge themselves to achieve a conservation award

A group of young carers in Craven have been working towards the John Muir Award this year, taking part in a series of challenges.

The four challenges at the heart of the award are "Discover, Explore, Conserve, Share". The young carers have experienced all of these during a number of sessions including a trip to the Ingleborough Caves, conservation work "balsam-bashing" on the Long Preston floodplains, and an outdoor mobile photography course.

Carers' Resource young carer worker Joanna Gregory organised the sessions together with the Yorkshire Dales Millennium Trust.

She said: *"I did this award when I was a young person and I wanted to give young carers the chance to experience it too. It's really beneficial for them and they have got so much out of it."*

One young carer said: *"I liked the experience of actually getting out of the house. The photography course was very good. It was good to learn new skills."*

The course was part of the Yorkshire Dales Millennium Trust Green Guardians project, which provides inspirational experiences and practical skills to young people who might not usually get the opportunity to connect with nature.



To find out more go to www.ydmt.org/green-guardians

Parent carers enjoy relaxing labyrinth trip

A group of parent carers met up for a relaxing day out at an historic farmhouse in Bradford, where they had the chance to unwind and think while meandering along a labyrinth.

Carers' Resource arranged the trip to Royds Hall Farm in October for members of the charity's Parent Carer Club.

The carers, along with staff from the charity, enjoyed cake and refreshments in the front garden, while some walked the labyrinth in the garden and had a look around the Grade II 17th century house, which is owned by Gillian and Colin Wright.

One of the parent carers who attended said: "I had a lovely morning at the labyrinth sharing local information and walks that I will do later in the year with

my family. It was lovely to find out the history of the building, see the peacock and reflect walking around the labyrinth. It was also lovely to chat in the fresh air and share tips about how we help our children, where to get equipment and educational things we are looking at for my daughter now she is growing up."

Another carer said: "It was lovely to be able to come somewhere so peaceful, have time and space to relax, and stand in a piece of Bradford's history."

Kathryn Leakey, locality worker at Carers' Resource, added: "At Parent Carer Club we are always looking for new things that we can share with the parent carers. The trip to the labyrinth at Royds Hall Farm was a great experience combining time and space to focus on wellbeing and a chance to experience some of Bradford's rich history. Thank you to Gillian for her fantastic hospitality and of course the amazing cake!"

Gillian said: "It was a privilege to open our gardens to those who needed peace and rest from their commitments."



New photography course for carers

The award-winning creative charity Create has offered to provide a course of workshops on photography, to carers who are registered with Carers' Resource.

The workshops will be delivered online by Zoom and we have spaces for 12 to 15 carers who would like to take part in a six-week course.

The precise times and dates have yet to be decided but it is likely to take place in January/ February next year.

If any carers are interested in taking part please email hprince@carersresource.org

State of Caring survey 2022

Carers UK has released the results of its State of Caring Survey 2022 – comprehensive research into the lives and experiences of carers.

Among other findings, the research highlighted the following points:

- Many carers are facing serious difficulties in getting NHS treatment, with a third (34%) of those waiting for specialist treatment or assessment waiting for over a year.
- Two thirds of those (67%) waiting for treatment said that waiting is having a negative impact on their physical or mental health.
- 41% of carers haven't taken a break from their caring role in the last year.
- Half of all carers (51%) took over a year to recognise their caring role, with over a third (36%) taking over three years to recognise themselves as a carer.
- 75% of carers worry about continuing to juggle work and care going forward.
- With many services being reduced or cut, carers are extremely worried about the future: 61% said they were uncertain about what practical support they might be able to access in the next year.

Carers UK has set out recommendations including:

- A funded National Carers Strategy for England
- A review and reform of carers' benefits
- Investment in social care to support carers with adequate breaks
- Better access to NHS and support services for unpaid carers

To read the full report go to www.carersuk.org



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 1 Dec from 1.30pm–3.30pm

Contact Nina Derbyshire:

nderbyshire@carersresource.org

Wellbeing Session Online

Focus on your own wellbeing with self care, laughter, resilience and relaxation.

Tue 13 Dec from 10am–11.30am

Contact Catherine Haslam:

chaslam@carersresource.org

Virtual Book Group

Guided discussion on chosen book.

**Thu 1 Dec; 5 Jan; 2 Feb
from 7.30pm–8.30pm**

Contact Mel Evans:

groupworkers@carersresource.org

Just For Fun Quiz

**Wed 21 Dec; 18 Jan; 15 Feb
from 3pm–4pm**

Contact Joanne Beetham:

jbeetham@carersresource.org

Parent Carer Brew and Babble

Advice, Guidance and Peer Support.

**Fortnightly on Thursdays
from 1 Dec; 10am–11am**

Contact Sam Bland:

sbland@carersresource.org

Parent Carer Webinars

Wed from 1pm–2.30pm

- **14 Dec** – Christmas Quiz and Bingo
- **11 Jan** – Recharge and Recover
- **8 Feb** – Coping Strategies

Contact Sam Bland:

sbland@carersresource.org

LGBTQ+ Carers Online Coffee Meetups

For more information and session times contact Jenny Sengel: 07590 877901

jsengel@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, 10am | 14 Dec; 11 Jan; 8 Feb
- **Harrogate, Cedar Court Hotel**
Wed, 11am | 21 Dec; 18 Jan; 15 Feb
- **Masham, Methodist Church**
Wed, 2pm | 21 Dec; 18 Jan; 15 Feb
- **Ripon, Booth's**
Tue, 2.30pm | 13 Dec; 10 Jan; 14 Feb
- **Pateley Bridge, The Talbot**
Fri, 11am | 27 Jan; 24 Feb
- **Wetherby, ASK Italian**
Mon, 2pm | 16 Jan; 20 Feb

For Wetherby, Boroughbridge, Pateley Bridge, Ripon and Harrogate groups contact Carol Lancaster
clancaster@carersresource.org

For Masham group contact Isobel Holmes
iholmes@carersresource.org

Dales Diners

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

Christ Church Hall, Darley

Thu, 1pm | 1 Dec; 12 Jan; 2 Feb

Cost £5

Contact Carol Lancaster:

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, 2pm | 21 Dec; 18 Jan; 15 Feb

Cost £5

Contact Carol Lancaster:

clancaster@carersresource.org

Parent Carer Group, Harrogate

**Time Together, Unit 10,
Provincial Works, HG1 4QE**

**Tue from 9.45am–11.30am
13 Dec; 10 Jan; 21 Feb**

Contact Helen Dickinson: 07706 334260
hdickinson@carersresource.org

Parent Carer Group, Ripon

**Central Hall, Allhallowgate
Methodist Church, Ripon, HG4 1LG**

**Fri from 10am–12pm
9 Dec; 16 Dec; 13 Jan; 10 Feb**

Contact Helen Dickinson: 07706 334260
hdickinson@carersresource.org

Parent Carers of Adults with Autism

Cedar Court Hotel, HG1 5AH

Thu from 11am–1pm

26 Jan; 23 Feb

Contact Helen Dickinson: 07706 334260

hdickinson@carersresource.org

Meet Carers in Bradford District

Undercliffe Allotment Groups

**Undercliffe Allotments,
corner of Killinghall Road
and Northcote Road, BD2 4QH**

- **Thu from 1pm–3pm | 1 Dec; 15 Dec**

Contact Eileen McAlonan

emcalonan@carersresource.org

- **Tue from 11am–1pm**

Contact Becca Marshall: 07842 312719

bmarshall@carersresource.org

Catherine's Craft Class

Venue to be confirmed

**Thu from 1pm–3pm
8 Dec; 19 Jan; 16 Feb**

Contact Catherine Haslam:

chaslam@carersresource.org

Bradford Park Strolls

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

- **Cliffe Castle Park, Keighley**
Alt Wed, 10am | from 7 Dec
- **Harold Park**
Alt Fri, 10am | from 2 Dec
- **Lister Park**
Thu, 10am | 8 Dec; 12 Jan; 9 Feb

Contact Mel Evans:

groupworkers@carersresource.org

- **Peel Park**

Alt Thu, 10am | from 8 Dec

Contact Najmah Iqbal:

niqbal@carersresource.org

Baildon Carers Coffee Group

St Hugh's Centre, Baildon, BD17 5HS

Mon from 2pm–3pm

5 Dec; 2 Jan; 6 Feb

Contact Mel Evans:

groupworkers@carersresource.org

Bingley Carers Drop-in

The Lounge, Bingley, BD16 2JS

Wed from 10.30am–12noon

7 Dec; 4 Jan; 1 Feb

Contact Joanne Beetham:

jbeetham@carersresource.org



Carer Craft and Chat Group, Bierley

The Life Centre, Bradford, BD4 6BU

Tue from 10am–12noon

6 Dec; 10 Jan; 7 Feb

Contact Sharon Newell:
snewell@carersresource.org

Peer Support Group, Allerton

Cafe West, Allerton, BD15 7PA

Mon from 11am–1pm

19 Dec; 16 Jan; 20 Feb

Contact Tracy McGrory:
tmcgrory@carersresource.org

Girlington Carers Coffee and Chat

Girlington Morrisons Community Room, Ingleby Road, BD8 9BN

Thu from 9am–11am

8 Dec; 12 Jan; 9 Feb

Contact Tracy McGrory:
tmcgrory@carersresource.org

Ilkley Carers Coffee and Cake

Clarke-Foley Centre, Cunliffe Road, Ilkley, LS29 9DZ

Tue from 10.30am–12noon

6 Dec; 3 Jan; 7 Feb

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

Keighley Carers Group

ASDA Keighley Superstore, Bingley Street, Keighley, BD21 3ER

Fri from 10am–11.30am

2 Dec; 6 Jan; 3 Feb

Contact Rachel Hagan:
rhagan@carersresource.org

Manningham Wellbeing Craft Group

Manningham Wellbeing Hub, Equality Together, Lilycroft Road, BD9 5BD

Fri from 10am–12noon

2 Dec; 6 Jan; 3 Feb

Contact Sarah Czujko:
sczujko@carersresource.org

Noble Comb Carers Group, Shipley, with Interlude Café group

Wed from 11am–12noon

21 Dec; 18 Jan; 15 Feb

Contact Kathryn Leakey:
kleakey@carersresource.org

Oakworth Welcome Drop-in

Oakworth Methodist Church, Keighley, BD22 7HN

Mon from 1.30pm–3.30pm

5 Dec; 2 Jan; 6 Feb

Contact Carly Brunskill:
cbrunskill@carersresource.org

Worth Connecting

Learn to get on the internet and basic digital skills, for those over 55, with friendly and supportive trainers.

Online and in locations across Bradford district including Thackley, Bierley, Keighley, Menston, Ilkley, and Saltaire.

Contact: info@worthconnecting.org

SEND PARENT CARER GROUPS IN BRADFORD DISTRICT

Barkerend, Bradford East Parent Carer Group

Children's Centre, 365 Barkerend Road, BD3 8QX

Mon from 1pm–2.30pm

9 Jan; 20 Feb

Contact Sam Bland:
sbland@carersresource.org

Bierley Parent Carer Group

Bierley Community Centre, 102–104 Bierley House Ave, BD4 6BU

Wed from 9:30am–11am

Term time only

Fortnightly from 7 Dec

Contact Sam Bland:
sbland@carersresource.org

Farcliffe Bradford West Parent Carer Group

Bradford West Family Hub, Farcliffe, 56 Toller Lane, BD8 8QH

Mon from 10am–11.30am

12 Dec; 6 Feb

Contact Sam Bland:
sbland@carersresource.org

Holmewood Parent Carer Drop-in

TFD Youth Centre, Broadstone Way, BD4 9BU

Mon from 12.30pm–2pm

16 Jan; 27 Feb

Contact Sam Bland:
sbland@carersresource.org

Keighley Parent Carer Group

Central Hall, Alice Street, Keighley, BD21 3JD

Fri from 10am–11.30am

Term time only

Fortnightly from 2 Dec

Contact Lucy Cartwright:
lcartwright@carersresource.org

Ravenscliffe Bradford East Parent Carer Group

Gateway Centre, 43 Thackeray Road, Ravenscliffe, BD10 0JN

Mon from 1pm–2.30pm

5 Dec; 30 Jan

Contact Sam Bland:
sbland@carersresource.org

Reevy Hill Parent Carer Drop-in

Reevy Hill Children's Centre, Bedale Drive, BD6 3ST

Mon from 1pm–2.30pm | 23 Jan

Contact Sam Bland:
sbland@carersresource.org

Shipley Parent Carer Group

Asda Community Room, BD18 3RY

Thu from 11am–1pm

Term time only

Fortnightly from 8 Dec

Contact: Kathryn Leakey
kleakey@carersresource.org

STAR Club Parent Carer Drop In

Culture Fusion Building, 125 Thornton Road, BD1 2EP

Thu from 6.30pm–8.30pm

1 Dec; 5 Jan; 2 Feb

Contact Lucy Cartwright:
lcartwright@carersresource.org

You are Not Alone – Child to Parent Violence Support Group

For parent carers of school age children up to 18.

Carers' Resource, 15 Park View Court, St Paul's Road, Shipley, BD18 3DZ

Thu from 10am–12noon

Term time only

Fortnightly from 8 Dec

Contact Sam Bland:
sbland@carersresource.org

Meet Carers in Selby District

Carers Coffee Morning, Selby

Friendly drop-in session for carers.

Selby Bowling Club, YO8 9AX

Weekly, Mon from 11am–1pm

Contact Vanessa Rayner:
vrayner@carersresource.org

Carers Advice Sessions, Tadcaster

Book a session for advice and support with a carer support worker.

Fri 2pm | 2 Dec; 6 Jan; 3 Feb

To book contact Vanessa Rayner:
vrayner@carersresource.org



Meet Carers in Craven District

Parent Carer Drop in, Skipton

**Carers' Resource, Ronaldsway House,
36 Brook St, Skipton, BD23 1PP**

**Thu from 9.30am–11am
15th Dec; 19th Jan; 9th Feb**

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.

- **North Craven, Bentham Golf Club**
Mon, 12noon | 30 Jan; 27 Feb
- **Settle, Golden Lion**
Mon, 12noon | 12 Dec; 9 Jan; 13 Feb
- **Mid Craven, Gamekeepers Inn**
Fri, 12noon | 16 Dec; 20 Jan; 17 Feb
- **Skipton, The Railway Pub**
Wed, 12noon | 7 Dec; 4 Jan; 1 Feb
- **South Craven, Old White Bear**
Thu, 12noon | 1 Dec; 5 Jan; 2 Feb

For Mid Craven group contact
Miranda Warren: 07522 237483
mwarren@carersresource.org

For Skipton group contact Vanessa
Rayner: vrayner@carersresource.org

For North Craven and Settle
contact Debi Hawkins: 07522 226334
dhawkins@carersresource.org

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

Craven Crafters

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

**Carers' Resource, Ronaldsway House,
36 Brook St, Skipton, BD23 1PP**

**Wed from 1pm–3pm
7 Dec; 4 Jan; 1 Feb**

Contact Debi Hawkins: 07522 226334
dhawkins@carersresource.org

Skipton Rendezvous Drop In

**Hotel Rendezvous, Keighley
Road, Skipton, BD23 2TA**

**Tue from 10am–11.30am
13 Dec; 10 Jan; 14 Feb**

Contact Rachel Waddington:
rwaddington@carersresource.org

Pioneer Projects – Making Connections For People Living with Dementia

**Carers' Resource, Ronaldsway House,
36 Brook St, Skipton, BD23 1PP**

**Mon from 10.30am–12.30pm
Weekly in term times**

Booking essential

Contact Pioneer Projects: 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, BD23 1PP**
Mon from 10.15am–12.15pm
12 Dec; 9 Jan; 13 Feb

Contact Carol Hudson: 07936 938567
chudson@carersresource.org

- **Bentham Carer Support Group –
The Library, King Street, Bentham**
Mon from 10.15am–12.15pm
9 Jan; 6 Feb

Contact Debi Hawkins: 07522 226334
dhawkins@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.**

Harrogate District Men Care Too

For more information about activities
for male carers in Harrogate District
contact Jenny Sengel:
jsengel@carersresource.org

Bradford District Men Care Too

For information and to join in any
of the Bradford District Men Care
Too activities contact Mohammed
Mahboob: 07874 867136
mmahboob@carersresource.org

Men Care Too Forum (Online)

Male carers only.

**Wed from 6.30pm – 7.30pm
14 Dec; 11 Jan; 8 Feb**

Sports Sessions

Male carers only. Come and participate
in a range of sports, socialise, have fun,
and stay healthy. Badminton, football,
cricket and more.

BEAP, 31 Cornwall Road, BD8 7JN

**Thu from 5pm–6.30pm
Fortnightly from 1 Dec**

Meet and Eat

Meet other male carers in a
local restaurant for good food
and friendly conversation.

Tuesday 20th December 6pm – 8pm
Contact Mohammed: 07874 867136
mmahboob@carersresource.org

Walk and Talk Coffee Meet Ups

- **Location to be agreed**
Wed 4 Jan from 1pm–2.30pm
- **Riddlesdon Hall, Keighley**
Tue 17 Jan from 1pm–2.30pm
- **Leeds to Liverpool Canal, Saltaire**
Tue 14 Feb from 11am–1pm

Male Carer Coffee Group

**Marks and Spencer, Broadway
Shopping Centre, Hall Ings**
Wed 1st Feb from 1pm–2.30pm

Volunteer needed in Skipton

We are looking for a volunteer
group host to support our
monthly lunches at The
Railway Pub, in Skipton.
The lunch is held on the first
Wednesday of the month,
12noon to 2pm.

Supported by Carers'
Resource staff, the role
involves calling round group
members to give them a gentle
reminder of the date of the
lunch, and greeting carers at
the lunch each month.

Security checks will be paid
for by us and we offer travel
expenses and a paid for lunch.

If you are interested in helping,
please call Andrew Parkin,
Volunteer Coordinator: call
0808 50 15 939 or email
aparkin@carersresource.org



Young carers enjoy a day out with llamas and alpacas!

A group of young carers from the Harrogate district had an amazing experience recently – they were given the chance to visit Nidderdale Llamas and take the animals for a walk.

The farm, near Pateley Bridge, has almost 100 llamas and alpacas, which are very therapeutic, calm and gentle creatures, and they certainly put a smile on all the faces of our young carers.

One young carer said: *"It was really great to do something I have never done before, I love animals."*

Suzanne Benson, owner of Nidderdale Llamas, said: *"So far all who have engaged in our llama and alpaca therapy sessions have loved every minute, the animals are so calming and bring such a sense of good wellbeing, encouraging smiles and the feel good factor."*

Nidderdale Llamas have recently been awarded funding to host therapy and educational sessions at the farm, and Carers' Resource is very grateful to have been selected to benefit from this. We hope to be able to take another group of young carers to visit the llamas and alpacas again soon!

To find out more about Nidderdale Llamas go to www.nidderdalllamas.org



Splashing day out

Young carers from the Bradford area enjoyed a paddleboarding and kayaking adventure over the summer, challenging themselves with a new experience.

The Learn to Paddle instructors took them along the canal at Rodley, Leeds, on a beautiful sunny day, and taught them new skills. Some of the young carers were brave enough to stand up on the boards!



Young film stars

Young carers have been working on a project with the West Yorkshire Health and Care Partnership to make some videos that will go out to schools and hospitals to raise awareness of young carers across the area.

Two of our young carers have been part of the project, going to Bradford University to film their pieces and share their stories. One young carer, Gabby, had a particular interest in video editing so she also got the chance to go to a professional editing studio and learn new skills.

On 26th October there was a film launch event in Leeds where Gabby and some of our other young carers attended. It was an incredible day where young carers got to meet up and share their stories, and see the culmination of all their hard work.



Ten pin hustling...

The “Men Care Too” project runs a wide variety of social activities for male carers on a regular monthly basis.

These provide a place for male carers to take some much needed time-out from their caring duties and participate in fun activities that cater for different tastes and abilities. In recent weeks this has included a curry evening, ten pin bowling, snooker, cinema, badminton and other activities.

On a recent outing to play ten pin bowling, one of our male carers, Joe, proved to be quite the hustler. Prior to the event he claimed “never to have played before” and indeed requested instructions on how to play the game and handle the ball. Well it wasn’t too long before we figured that wasn’t quite the case as Joe took the lead, got a number of strikes and raced ahead to win the game.

“Never trust a guy with a cheeky grin is what I say,” said Mohammed, our project worker after the game.

“Either way it was a very enjoyable and fun evening, and we look forward to other male carers participating in future sessions and seeing if they can challenge Joe!”

To find out more about the Men Care Too project and the activities available, check our events listings on pages 6–8, or contact Mohammed: 07874 867136 or mmahboob@carersresource.org



Cost of living support and vaccinations this winter

If you need help during the cost of living crisis, please visit our new website where we have collected a huge amount of information about the support available. We are updating this page when we receive further information: www.carersresource.org/cost-of-living

Please remember that as a carer you are likely to be eligible for the Covid-19 Autumn booster – you can check your eligibility and book online at www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination

Carers also remain eligible for the free flu vaccine programme.

Carers’ Time Off volunteers shine at St Wilfrid’s Stars Celebration

Carers’ Time Off volunteers in Ripon were given an honourable mention in the Community Award Category at the St Wilfrid’s Stars Celebration at Ripon Cathedral, recognising and valuing their contribution to the local community.

The volunteers were invited to the event, which was a celebration of all things positive about Ripon and an opportunity to recognise and thank those involved in local businesses, organisations and groups.

Carers’ Time Off coordinator Wendy Hunwick-Brown said: *“It was very moving to see the range of people volunteering in such a wide variety of activities throughout the city.*

“It was a proud moment for the volunteers and their friends and family who were able to attend the evening.”

Carers’ Time Off is a volunteer befriending service, giving carers a break while a volunteer spends time with their loved one. If you are interested in volunteering for this service, which operates across the Craven, Harrogate and Selby districts, please contact Andrew Parkin: 0808 50 15 939 or aparkin@carersresource.org.



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 number: **0808 501 5939**. Lines are open 8.30am–5pm Monday to Thursday and 8.30am–4.30pm on Fridays, and will be answered by our contact team, who will answer your questions, register you for our service, or connect you with one of our specialist carer workers.

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 3rd February 2023. Send copy to the editor by emailing choices@carersresource.org, or post submissions to the Craven 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)

We do like to be beside the seaside!

Carers' Resource took two coaches of carers, cared-for people, family members and friends for a fun day out in Blackpool, which included a tour of the famous illuminations.

A group of 71 people from across Bradford, had a fantastic time and we would like to thank the Fred Towler Charity Trust for their generosity in funding the trip.

One carer said: *"I really enjoyed Blackpool, thank you. I felt de-stressed and relaxed. Helped take my mind off problems."*

Another carer added: *"Going to Blackpool was so nice because of the fresh air, the weather, ice cream and all the staff were so nice and helpful. I made a friend there too."*

Samantha Bland, a Locality Worker at Carers' Resource, was among those who helped organise the trip. She said: *"The trip to Blackpool was well attended and was very much appreciated by all carers. They were all in high spirits and had a lovely time. It was a pleasure to have been able to facilitate the trip to see and hear the enjoyment of all who attended. It was a very long day but equally as rewarding."*

Future trips and activities, groups and sessions run by Carers' Resource can all be found on pages 6–8 of this magazine, and on our website at www.carersresource.org. You can also follow us on Facebook where many of them are advertised in advance.

