

## Carers' Resource looks to the future

At the end of 2022, Carers' Resource was awarded new contracts by Bradford Council to provide services for young and adult carers in Bradford, and adult carers in Craven, for at least the next five years.

This followed on from the decision by North Yorkshire County Council to award the charity a contract to serve young and adult carers in Harrogate and Selby, and young carers in Craven, for at least the next three years.

We are now planning for the future and asking carers: what new services would you like to see from us over the next few years?

Would you like counselling or self-help courses? Help to use computers and smartphones, and go online? Different activity groups? More trips out? Please complete this survey and let us know your thoughts:  
[www.surveymonkey.co.uk/r/CRfuture](http://www.surveymonkey.co.uk/r/CRfuture)

If you want the chance to win a £50 Amazon voucher please give us your name and contact number or email address on the survey form.

We can't guarantee we will be able to provide all the services listed, but your feedback will help inform our plans.

We know these are particularly difficult times for unpaid carers; many carers need more money, more respite, and more recognition. We'll continue to campaign nationally and locally for more funding to provide these things. We'll also continue to reach out to more carers across Bradford, Craven, Harrogate and Selby, seek new ways of supporting them, and help make a positive difference to their lives.



A huge thank you to Harrogate Operatic Players, who have chosen Carers' Resource young carers' service as their charity of the year. The photo shows young carers with (back row, left to right) Linda Hall, from Carers' Resource, Lucy Thackwray, from Harrogate Operatic Players, Chris Windsor and Helen Prince, both from Carers' Resource. **Read more on p.2.**

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# Young carers' service is HOPs Charity of the Year

Every year, Harrogate Operatic Players (HOPs) Musical Theatre Company votes to support a charity to give back to those who need it and raise money for and awareness of the chosen charity. This year it will be supporting the young carers' service.

Lucy Thackwray, from the group, said: "HOPs are delighted to have chosen Carers' Resource young carers' service because we thrive on supporting young people and children. We are also celebrating one of the themes in our upcoming production of 'Chitty Chitty Bang Bang' which is children. We believe that they all equally deserve a joyful, healthy and happy childhood, whatever life they lead. Our aim is to raise funds for a group of young carers to experience fun, whether it's a theatre trip, go karting or equipment for their youth clubs."

Helen Prince, Head of Young Carers and Families at Carers' Resource, added: "We are so pleased that HOPs has chosen to support young carers this year. Our trips and activities are vital for young carers so they can take some time for themselves, have fun and

*build their resilience. These activities are entirely funded by generous donations so the money raised by HOPs will be a fantastic boost for us."*

Young carers help to look after someone because they have an illness or a disability, experience poor mental health or misuse alcohol or drugs.

Carers' Resource provides a range of support to help young carers living in Bradford, Harrogate, Selby and Craven districts, including fun trips and activities in school holidays, youth clubs and one-to-one support. The service is designed to support young carers' wellbeing and resilience, and help them achieve their potential as successful, happy adults. To find out more go to [www.carersresource.org/young-carers](http://www.carersresource.org/young-carers)



Chris Whiley, CEO

Carers' Resource has started 2023 with a desire to reflect on what the organisation provides for unpaid carers and others we support, to consider how we might improve what we offer, and to identify the biggest gaps.

We may not have the resources to fill all these gaps currently but if we don't spend time considering and developing new ideas then we will never secure the funding that is needed.

We are relying on the readers of Choices to help us do this by responding to our survey, which is primarily looking at the kind of supportive activities we could offer. It would be so helpful if you could take a little time to complete the questions, and to tell us what would support you most.

I hope everyone has been able to keep well and warm over the recent period, and that you have been able to access our routes for additional support when required. Signs of spring are appearing now and we look forward to lighter and brighter days.

Best wishes,

Chris

# Census data on carers – what does it mean?

The Office for National Statistics has published data from the 2021 census on health, disability and unpaid care – but it provides a rather complex and confusing picture.

The figures show a fall in the overall number of unpaid carers, from 5.8 million people in 2011 to five million in 2021, but that's not the whole story.

We know that many people who are looking after a relative or friend do not identify themselves as unpaid carers. The census took place in the middle of the pandemic, while many unpaid carers may have been unable to visit those who they were caring for, and so may not have identified as carers. Others may have recently lost relatives to Covid-19.

Meanwhile, the proportion of unpaid carers providing 20 hours' care a week or more has increased noticeably. There are now 1.5 million people in England and Wales providing 50 or more hours of unpaid care a week.

More details from the census are expected in the coming months but at Carers' Resource we are certainly seeing the numbers of carers in need of support increasing year on year, and the support needed is often at a higher level than it was previously.

To find out more about the latest results from the 2021 census, go to [www.ons.gov.uk](http://www.ons.gov.uk)

## Overcoming fear of technology with Worth Connecting

Ruth\* wanted to learn how to use her iPad and phone more effectively. Like many people, she felt there was a lot she didn't know about technology, and wanted to be able to email, text and use her diabetes app confidently.

A worker at Age UK suggested that Ruth could join our Worth Connecting project, which helps people over 55 in the Bradford district, who are keen to use digital devices.

Before the sessions, Ruth felt unsure about using her tablet and phone and was lacking in confidence, especially with how to find things again once they had gone from the screen. Ruth felt like she had been left behind by the technical world which made her feel "stupid" despite having had a successful career and having used a PC in the past.

Ruth has some mobility issues which prevented her from attending a group session. She also has some dexterity issues which made it difficult for her to swipe to navigate through her devices. The Worth Connecting team helped her overcome these barriers with one to one sessions at home, with Ruth using a stylus when necessary.

Overcoming these barriers helped her grow in confidence and made her believe that she could learn how to get online.

The Worth Connecting advisor took Ruth through emails, texting, calls, voicemails, using the internet, and using an app for her diabetes device. Helping Ruth to use the app on her phone to take blood sugar readings really helped her manage her health and keep on top of readings while keeping them all in one place for health professionals to be able to see.

Using the internet, Ruth also pursued her interest in researching her family history and started using Ancestry to find relatives she didn't know about.

The project has helped Ruth's physical and mental wellbeing. Using the app for diabetes and getting up repeat prescriptions has made her able to manage her health more easily and effectively.



Ruth says she feels happier, more in control of her life and more independent due to the opportunities using the internet has brought. She also feels more connected to family and friends and is no longer anxious when using her phone or knowing the difference between calls and features on her phone.

To find out more about Worth Connecting, call 0808 50 15 939 or email [info@worthconnecting.org](mailto:info@worthconnecting.org)

\*Ruth's name has been changed.





# Help us raise awareness on Young Carers Action Day

Young Carers Action Day is just around the corner and Carers' Resource is planning some exciting activities to mark the occasion.

Young Carers Action Day (YCAD) takes place on **Wednesday 15 March** this year, and the theme for 2023 is **'Make Time for Young Carers'**.

To mark the event, Carers' Resource is arranging a 'treasure hunt' task on YCAD, with young carers challenged and supported to use public transport to find their way to a central Bradford location. It comes after the charity was successful in applying for a grant from Carers Trust.

The aim is to reduce anxiety around using public transport by making it fun and providing support.

Travel tickets and refreshments will be provided – a local takeaway in

Bradford is keen to support young carers and has agreed to subsidise a meal for those who take part in the treasure hunt.

Selby High School has also kindly agreed to help raise awareness of young carers by holding a non-uniform day on YCAD, with funds raised going to Carers' Resource young carers service. The school will also be holding an assembly to raise awareness.

Members of the Harrogate young carers team will be going into primary and secondary schools in the town and spending time with young carers.

Meanwhile, there will be a pizza night event held in Craven for young carers on YCAD and there are plans to arrange radio interviews with young carers.

Helen Prince, Head of Young Carers and Families at Carers' Resource, said:

*"Young Carers Action Day is a great opportunity to draw attention to young carers, celebrate all that they do and raise awareness about how the adults around them can make changes to support them. With around three young carers in every school class it's really important to raise awareness and we are grateful to Carers Trust and our local schools for all their support helping us make this a special day."*

## What does 'Make Time for Young Carers' really mean?

Carers Trust says 'Make Time for Young Carers' highlights the need for professionals and responsible adults to make more time to listen to young carers explain the challenges they face, so they can understand the support they need. Then, they need to make time to put that support in place!

## Music is there for us when it seems all hope is lost

I was recently invited to a group that meets weekly to "laugh, entertain, educate and support" people who live with dementia and other conditions, and their carers.

Walking into the Bradford Memories Cafe felt like hooking up with old friends. People came up to chat, and I was handed a cup of coffee and a plate of biscuits.

Once everyone had arrived, we had a sing-along to Sweet Caroline. The group starts every meeting singing to the Neil Diamond hit – and I can't tell you how uplifting it was! We held hands with the people next to us for the chorus and it was joyful to sing along. I had a lump in my throat by the end of it; I found the experience very moving.

I'm usually quite inhibited when it comes to singing in public. When I was a child at Sunday school, I always used to mime to hymns in church, and at school assemblies. Even now, at a concert,

I tend to mime rather than take a deep breath and sing out loud. The only time I really sing is in the shower, or occasionally if I'm working at my laptop (with no-one else around).

But there were no inhibitions at the Memories Cafe. Everyone joined in, then did some gentle exercise to loosen up. It seemed the best way to start any day.

Seeing people singing along to Sweet Caroline – such a rousing, familiar song – I was reminded of the power of music to stir memories and feelings. When my mum was in the grip of dementia, and could no longer wash, dress or feed herself, she eventually lost the ability to speak to us. She'd mutter away to herself, and we couldn't make sense of it.

The one pleasure she had left was music; she loved to sing along to songs on the radio or on the CDs that we played for her. For someone who had spent her life immersed in music – Mum sang in school and church choirs, played the piano in the schools where she taught, and performed in many amateur dramatic shows – this was a lifeline.

By Emma Clayton

Leisure & Lifestyle  
Editor, Bradford  
Telegraph & Argus



In the final stages of her life, when she was a shell of her former self, she once looked up suddenly and said the name of some classical music that was playing on the CD player. The carers, who came to dress and wash her, were amazed that she could still recognise a relatively obscure piece of music. *"It must be deep in her soul,"* one of them said.

We played that music at her funeral, along with Climb Every Mountain from The Sound of Music, because the Mother Abbess was the last part she ever played on stage.

Music is hugely powerful in evoking emotions and memories. It is there for us when it seems all hope is lost. For carers, it can be a way of soothing their loved ones. And a lovely way to connect.





# Fairy-tale magic for carers

Carers enjoyed several seasonal trips and activities during the month of December, with some truly magical experiences.

Carers' Resource organised a coach trip to the Christmas contemporary exhibition at Harewood House on 13 December, generously funded by the Fred Towler Trust.

The carers who came along loved the exhibition and the chance to experience something new. Comments from carers included: *"The beautiful features and amazing decorated trees give me a lot of inspiration and allowed my mind to drift away from the repetitive caring role I usually play daily. The staff at Carers' Resource went above and beyond as they always do."*

Another carer said: *"It was a much-needed escape and a chance to recharge my daily routine, especially with the current financial situation. Life has become unbearable at times and this was just what I needed, I felt like me again. It was so lovely to catch up with other carers and we have exchanged contact details and are keeping in touch with each other."*

Another group of carers were taken by minibus from Harrogate and Boroughbridge to Castle Howard for a special festive exhibition called

"A Fairytale Christmas". All the rooms were individually dressed as separate fairytale stories and the general consensus was that it was stunning.

The carers had a full day away and many had to organise friends and family to help at home. They were able to switch off and thoroughly enjoy their time off. Friendships were made and some re-kindled, everyone supporting each other.

At the Dales Diners Christmas lunch, in Darley, near Harrogate, carers and the people they care for got into the festive spirit. They enjoyed a full Christmas dinner, followed by a delicious dessert and hot drinks. The 32 people who attended were also treated to Christmas carols from the In Harmony choir.

The Dales Diners group, celebrating its 10th anniversary this year, is for people with memory problems and their carers. The group gets together on the first Thursday of the month to enjoy a home-cooked lunch and a chat.

Carol Lancaster, Project Worker at Carers' Resource, who helps run the group, said: *"I would like to think that after all these years we are a well oiled machine, the detail is in the planning!"*

*Of course, it would not happen without my team of volunteers who are so dedicated to making the event successful. They are kind, thoughtful, hard-working and very reliable. They know how much the lunch means to our diners as the carers tell them on a regular basis! I think, and hope that they all enjoy themselves, knowing that giving up their time is so appreciated."*

Carol added: *"I had many lovely comments after the Christmas event. I think that the singing was particularly enjoyed by the people with dementia."*

Meanwhile, there was also plenty of festive spirit at the South Craven Lunch Group, which meets once a month at the Old White Bear in Crosshills. The group are a really happy, sociable crowd and it was a really jolly affair.

For more details about our regular groups and how to join in, please see pages 6–8.



For more details about any of our groups and how to join, email or telephone us on 0808 50 15 939

## 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 Apr from 1.30pm–3.30pm**

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

### Virtual Book Group

Guided discussion on chosen book.

**Thu from 7.30pm–8.30pm**

**Fortnightly from 9 Mar**

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

### Just For Fun Quiz

**Wed from 3pm–4pm**

**15 Mar; 19 Apr; 17 May**

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

### Parent Carer Brew and Babble

Advice, Guidance and Peer Support.

**Thu from 10am–11am**

**Fortnightly from 9 Mar**

Contact Julie Peacock:  
[jpeacock@carersresource.org](mailto:jpeacock@carersresource.org)

### LGBTQ+ Carers Online Coffee Meetups

Are you an LGBTQ+ carer?  
Join other LGBTQ+ carers across the UK in these friendly Zoom sessions run by carers' organisations.  
For more information and session times contact Jenny Sengel: 07590 877901  
[jsengel@carersresource.org](mailto: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, The Crown, Horsefair**  
**Wed, 10am | 8 Mar; 12 Apr; 10 May**
- **Harrogate, Cedar Court Hotel**  
**Wed, 11am | 15 Mar; 19 Apr; 17 May**
- **Ripon, Booth's**  
**Tue, 2.30pm | 14 Mar; 11 Apr; 9 May**
- **Pateley Bridge, The Talbot**  
**Fri, 11am | 31 Mar; 28 Apr; 26 May**
- **Wetherby, ASK Italian**  
**Mon, 2pm | 20 Mar; 17 Apr; 15 May**

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

### Masham Carer Drop In

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

**Methodist Church, 38 Park Street**  
**Wed, 2pm | 15 Mar; 19 Apr; 17 May**

Contact Isobel Holmes:  
[iholmes@carersresource.org](mailto: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 | 2 Mar; 6 Apr; 4 May**  
**Cost £5**

Contact Carol Lancaster:  
[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**  
**Wed, 2pm | 15 Mar**  
**Cost £5**

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

### Parent Carer Group, Harrogate

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

**Tue from 9.45am–11.30am**  
**14 Mar; 18 Apr; 9 May**

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

### Parent Carer Group, Ripon

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

**Fri from 10am–12pm**  
**24 Mar; 28 Apr; 26 May**

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

### Parent Carers of Adults with Autism

**Cedar Court Hotel, HG1 5AH**

**Thu from 11am–1pm**  
**30 Mar, 27 Apr, 25 May**

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

## Meet Carers in Bradford District

### Allotment Gardening Group

**Undercliffe Allotments, corner of Killinghall Road and Northcote Road, BD2 4QH (opposite MB Motor Group)**

**Every Tue from 11am–1pm**

Contact Becca Marshall: 07842 312719  
[bmarshall@carersresource.org](mailto:bmarshall@carersresource.org)

### Catherine's Crafts

- **Unit 15, Park View Court, Shipley**  
**Thu 30th Mar from 1pm–3pm**
- **Allotment, Undercliffe, BD2 4QH**  
**Thu from 1pm–3pm**  
**Fortnightly from 13 Apr**

Contact Catherine Haslam:  
[chaslam@carersresource.org](mailto: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 1 Mar**
- **Harold Park**  
**Alt Fri, 10am | from 10 Mar**
- **Lister Park**  
**Thu, 10am | 2 Mar; 6 Apr; 4 May**

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

- **Peel Park**  
**Alt Thu, 10am | from 2 Mar**
- **Bowling Park**  
**Alt Thu, 10am | from 4 May**

Contact Najmah Iqbal:  
[niqbal@carersresource.org](mailto:niqbal@carersresource.org)

### Baildon Carers Coffee Group

**St Hugh's Centre, Baildon, BD17 5HS**

**Mon from 1pm–3pm**  
**6 Mar; 3 Apr; 15 May**

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





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

The Lounge, Bingley, BD16 2JS

**Wed from 10.30am–12noon**

**1 Mar; 5 Apr; 3 May**

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

### **Carer Craft and Chat Group, Bierley**

The Life Centre, Bradford, BD4 6BU

**Tue from 10am–12noon**

**7 Mar; 4 Apr; 2 May**

Contact Sharon Newell:  
[snewell@carersresource.org](mailto:snewell@carersresource.org)

### **Peer Support Group, Allerton**

Cafe West, Allerton, BD15 7PA

**Mon from 11am–1pm**

**20 Mar; 17 Apr and Fri 5 May**

Contact Tracy McGrory:  
[tmcgrory@carersresource.org](mailto:tmcgrory@carersresource.org)

### **Girlington Carers Coffee and Chat**

Girlington Morrisons Community Room, Ingleby Road, BD8 9BN

**Thu from 9am–11am**

**9 Mar; 13 Apr; 11 May**

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

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

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

**Tue from 10.30am–12noon**

**7 Mar; 4 Apr; 2 May**

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

### **Keighley Carers Group**

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

**Fri from 10am–11.30am**

**3 Mar; 7 Apr; 5 May**

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

### **Manningham Wellbeing Craft Group**

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

**Fri from 10am–12noon**

**3 Mar; 5 May**

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

### **Noble Comb Carers Group, Shipley**

**Wed from 11am–12noon**

**15 Mar; 19 Apr; 17 May**

Contact Kathryn Leakey:  
[kleahey@carersresource.org](mailto:kleahey@carersresource.org)

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

Oakworth Methodist Church, Keighley, BD22 7HN

**Mon from 1.30pm–3.30pm**

**6 Mar; 3 Apr; 1 May**

Contact Carly Brunskill:  
[cbrunskill@carersresource.org](mailto: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](mailto: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 17 Apr from 9.30am–11am**
- Gateway Centre, 43 Thackeray Road, Ravenscliffe, BD10 0JN  
**Tue 9 May from 1pm–2.30pm**

Contact Catherine Haslam:  
[chaslam@carersresource.org](mailto:chaslam@carersresource.org)

#### **Bierley Parent Carer Group**

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

**Wed from 9:30am–11am**

**Term time only | 1 Mar; 3 May**

Contact Parveen Saleem:  
[psaleem@carersresource.org](mailto:psaleem@carersresource.org)

#### **Farcliffe Parent-Carer Drop In**

Farcliffe Children's and Family Centre, 56 Toller Ln, Bradford BD8 8QH

**Mon from 10am–11.30am**

**20 Mar; 15 May**

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

#### **Bradford South Parent-Carer Drop In**

Tfd Youth Centre, Broadstone Way, Holmewood, BD4 9BU

**Wed from 12.30pm–2pm**

**8 Mar; 10 May**

Contact Parveen Saleem:  
[psaleem@carersresource.org](mailto:psaleem@carersresource.org)

### **Ilkley Parent Carer Coffee Mornings**

The Victorian Arcade, Outside the Box, Ilkley LS29 9DY

**Thu 20 Apr from 10:30am–12noon**

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

### **Keighley Parent Carer Group**

Central Hall, Alice Street, Keighley, BD21 3JD

**Fri from 10am–11:30am**

**Term time only**

**Fortnightly from 10 Mar**

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

### **Inclusive Keighley Library Sessions**

North St, Keighley BD21 3SX

**Tue from 4pm–5pm**

**21 Mar; 18 April; 16 May**

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

### **Reevy Hill Parent Carer Drop In**

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

**Wed from 9.30am–11am**

**22 Mar; 26 Apr; 24 May**

Contact Parveen Saleem:  
[psaleem@carersresource.org](mailto:psaleem@carersresource.org)

### **Shipley Parent Carer Group**

Asda Community Room, BD18 3RY

**Thu from 11am–1pm**

**Term time only**

**Fortnightly from 2 Mar**

Contact Kathryn Leakey  
[kleahey@carersresource.org](mailto:kleahey@carersresource.org)

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

Culture Fusion Building, 125 Thornton Road, BD1 2EP

**Thu from 6.30pm–8.30pm**

**2 Mar; 6 Apr; 4 May**

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

### **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 16 Mar**

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



## Meet Carers in Selby District

### Carers Coffee Morning, Selby

Open drop in for carers and those they care for.

**Selby Bowling Club, YO8 9AX**

**Weekly, Mon from 11am–1pm**

Contact James Brady:

[jbrady@carersresource.org](mailto:jbrady@carersresource.org)

### Carers Advice Sessions, Tadcaster

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

**Tadcaster Medical Centre, LS24 8HD**

**Fri 2pm | 3 Mar; 5 May**

To book contact Catherine Turner:

[cturner@carersresource.org](mailto:cturner@carersresource.org)

## Meet Carers in Craven District

### Parent Carer Drop In, Skipton

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

**Thu from 9.30am–11am**

**9 Mar; 20 Apr; 11 May**

Contact Natalie Baxter: 07801 577196

[nbaxter@carersresource.org](mailto: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, 12pm | 27 Mar; 24 Apr; 22 May**
- **Settle, Golden Lion**  
**Mon, 12pm | 13 Mar; 8 May**
- **Mid Craven, Gamekeepers Inn**  
**Fri, 12pm | 17 Mar; 21 Apr; 19 May**
- **Skipton, The Railway Pub**  
**Wed, 12pm | 1 Mar; 5 Apr; 3 May**
- **South Craven, Old White Bear**  
**Thu, 12pm | 2 Mar; 6 Apr; 4 May**

For Mid Craven group contact

Miranda Warren: 07522 237483

[mwarren@carersresource.org](mailto:mwarren@carersresource.org)

For Skipton group contact Vanessa

Rayner: [vrayner@carersresource.org](mailto:vrayner@carersresource.org)

For North Craven and Settle

contact Debi Hawkins: 07522 226334

[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, for beginners or experienced crafters.

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

**Wed from 1pm–3pm**

**1 Mar; 5 Apr; 3 May**

Contact Debi Hawkins: 07522 226334

[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

### Skipton Rendezvous Drop In

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

**Tue from 10am–11.30am**

**14 Mar; 11 Apr; 9 May**

Contact Rachel Waddington:

[rwaddington@carersresource.org](mailto:rwaddington@carersresource.org)

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

**Carers' Resource, 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](mailto: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 13 Mar from 10.15am–12.15pm**

Contact Carol Hudson: 07936 938567

[chudson@carersresource.org](mailto:chudson@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](mailto: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](mailto:mmahboob@carersresource.org)

### Men Care Too – Sports Group,

Come and participate in a range of sports, socialise, have fun, and stay healthy. A regular session to cater for a variety of tastes. Badminton, football, cricket and more.

**BEAP, 31 Cornwall Road, BD8 7JN**

**Thu from 5pm–6.30pm**

**Fortnightly from 9 Mar**

### Bicycle Maintenance for Male Carers,

Learn to repair and maintain a bike.

**Tue 14 Mar from 1pm–3.30pm**

### Bradford Industrial Museum

#### Trip for Male cCarers

A great trip out for all, but especially for those interested in engineering, nostalgia and work machines from times gone by.

**Wed 1 Mar from 1pm–2.30pm**

### Woodland Walk for Male Carers

#### Around St Ives, Bingley

Enjoy the green outdoors, meet other male carers and share discussions and a leisurely walk around St Ives, Bingley, followed by coffee and cake.

**Tue 11 Apr from 11am–1pm**

### Sailing Taster Session for male carers

Why not join us for a tutor led sailing taster session at one of the local water activity centres? Enjoy the fun and share the experience with other male carers.

**Date and time tbc**

### Men Care 2 Forum

Meet other male carers on-line, share experiences and help plan activities for the months ahead.

**Wed from 6.30pm–7.30pm**

**8 Mar; 12 Apr; 10 May**





# Thank you to all the communities who support young carers

Carers' Resource was able to deliver some Christmas joy to young carers, thanks to the generosity of people in the Harrogate and District community.

Among those who got into the spirit of giving to support young carers was Harrogate Town Community Foundation.

The football club's charity dropped off more than 50 selection boxes and numerous other Christmas gifts at the Carers' Resource Harrogate office to give to young carers.

James Pocklington, Youth Engagement Officer at Harrogate Town Community Foundation, said: *"It was great to see the youth group acknowledge young carers and do something to make a difference over the festive period."*

In addition, Royal Air Force staff based at Menwith Hill, near Harrogate, got into the festive spirit by donating 30 presents to young carers.

Twenty presents were donated by 1st Scriven Scout Group and 10

food hampers were donated by Harrogate and District Round Table.

Local civil servants and their families and friends, held a fundraiser for Carers' Resource before Christmas, and raised almost £2,000 for gifts for young carers.

All the gifts were shared out among young carers by Carers' Resource staff before Christmas.

Meanwhile, Harrogate Brigantes Rotary held a party for the Budz Harrogate youth club for young carers, run by Carers' Resource, and St Paul's Church on Victoria Avenue in Harrogate raised £500 over the festive period for Carers' Resource young carers' service.

We're very grateful to each and every one of our supporters.



To find out more about supporting Carers' Resource, go to [www.carersresource.org/get-involved](http://www.carersresource.org/get-involved)

## Winter parties for Bradford young carers

The younger group of Bradford young carers had a winter party at Popkidz just before Christmas with 32 attending.

They all enjoyed the party, which featured a foam machine, dance contests and games and the party was funded by the Holiday Activities Fund so hot food was provided.

We also had the Olders party at Central Hall, Alice St, Keighley BD21 3JD and about 45 attended this from across the Bradford district.

Many young carers who had not seen each other for a while had a chance to catch up with each other as well as form new friendships. There was food, music and games. We had donations from across the organisation for prizes for a game of 'Switch Bingo', where young carers won a variety of fun and random prizes. Isaiah aged 13 won a piggy bank that turned out to have a £10 note inside which he said he is saving to put towards a new video game.

## Fun days out for Selby young carers

Young carers in Selby have been enjoying trips out including paintballing and ice skating recently.

Great fun was had by all at the Paintball Centre in Skipwith, and another group of young carers enjoyed a trip to York's Winter Wonderland's outdoor ice rink.

We have also been fortunate enough to be donated snacks and Christmas presents from the Morrisons Community Champion in Selby. This has been much appreciated at our Budz and Utime groups.



# Carers' Time Off volunteers making a difference

Volunteers for the Carers' Time Off project really do make a huge difference to a carer's life.

Graham Fletcher has just started to volunteer in Craven and now spends quality time with Laurence Smith, giving his daughter and wife some much needed time together.

Graham and Laurence have found lots of things in common, including a love of running in their younger days, and driving in the Yorkshire Dales, with Graham taking him out in his open topped sports car to places like Ribbleshead.

Rachel Hill (Laurence's daughter), says: "Graham is such an asset to our lives. I really need to rave about how fabulous Graham/you are and how this is absolutely transformative in all our lives!! Dad raves about his time with Graham and asks when he is seeing him again. It is just a wonderful situation and we are so grateful to you and Graham."

Meanwhile, in the Ripon area, volunteer Fran Jackson gave her time to spread some festive joy, taking a little gift to carers and their loved ones in the week before Christmas.

Many people were thrilled to have a visitor as they were not seeing family this year due to distance or illness, others were surprised and delighted by Fran's thoughtfulness, for some just having a friendly face and a moment to pause amongst the business of Christmas and caring responsibilities was much appreciated.

As Fran says "I am lucky to have family and good friends around me with Christmas to look forward to, but lots of people are lonely at this time of year and I know how emotional it can be having lost my own husband a couple of years ago. I like doing something kind and cheering people up a bit."

Dawn Tesseyman, Carers' Time Off project manager, says: "A big thank you to all of our wonderful volunteers across all areas who bring so much to the carer and their loved ones, and another big thank you to all the Carers' Time Off coordinators."

If anyone is interested in finding out more about Carers' Time Off and volunteering, please call Dawn Tesseyman on 0808 50 15 939 or email [dtesseyman@carersresource.org](mailto:dtesseyman@carersresource.org)



## Carers enjoy getting together in Keighley

We had a lovely carers' get together at Sight Airedale in Keighley recently. Around 20 carers attended, we played bingo and did a picture quiz, with prizes. We had sandwich platters and cakes. Two therapists attended and offered hand massages. Mohammed from the Men Care Too project attended and kept the male carers entertained.

One carer said: "I really enjoyed the hand massage and meeting other carers, it has really made me happy today."

Another said: "I have met two old friends that I went to school with, we have exchanged numbers and will be meeting up."



## Raising awareness of carers during Ramadan

Carers' Resource will be holding a number of awareness-raising and fundraising events during Ramadan.

We'll be at SaveCo in Thornbury Rd, Bradford, on Saturday March 18th and Friday March 24th, from 11am-4pm, and then at Manchester Superstore in Florence St, Bradford, on Saturday April 1st and Wednesday April 5th, again from 11am-4pm.

We're also planning further events around the time of Eid al-Fitr, around April 21st, so look out for us then too!



# Young adult carers complete escape room!

We recently ran a trip to Escape Hunt Leeds for young adult carers from all areas.

Due to Covid we had quite a few last minute drop outs but the four who came enjoyed successfully escaping from the Fourth Samurai Escape Room. For three of them they had never been on any young carer activity before and gave the following feedback:

*"I've been a young carer for 17 years and today was the first time I've met other young carers which was really special. The escape room made me communicate with the others in the group and I would love to go out with them again to share our experiences more."*

*"I really loved meeting other young adult carers and the escape room was such a good choice! I liked the smaller group and similar age range especially with a team building activity. We should definitely do something similar again like mini golf!"*

We are planning further events and activities for young adult carers, aged 16-25 – if you are interested in finding out more then please visit our website: [www.carersresource.org/young-carers/young-adult-carers/](http://www.carersresource.org/young-carers/young-adult-carers/)



## Sports sessions for male carers

Free sports sessions are being held as part of the Men Care Too project run by Carers' Resource.

Men Care Too is offering male carers in the Bradford area the chance to start the new year having fun, meeting other carers and perhaps getting back in shape with sports sessions at BEAP Community Partnership in Manningham, fortnightly on Thursday evenings.

The sessions are run in partnership with BEAP's Men Reaching Out project and Better Start Bradford's Dads Project.

Carers have chosen to play badminton at the sessions recently. This may change to include other sports, such as football or cricket.

All levels and abilities are welcome. The sports sessions run every other Thursday, from 5-6pm at BEAP Community Partnership, 31 Cornwall Road, Manningham, Bradford.

Male carers in the Bradford area who would like to attend the sessions or want more information can contact [mencare2@carersresource.org](mailto:mencare2@carersresource.org).

Before Christmas, male carers in Bradford took part in Men Care Too activities including swimming, a cinema trip and getting together for an Italian meal.

Carers' Resource launched the Men Care Too project last year to improve the wellbeing of male carers, giving them the chance to take part in fun activities, meet other male carers, chat, relax and support each other.

## Spring is the perfect time to explore our allotment

Spring is on its way and this is a very busy time for seed sowing. It would be great to see some carers up at the Carers' Resource allotment to help out with this and nurture the seedlings along their way to full growth. Come up for a couple of hours and do your mental health the world of good.

Our allotment group runs on Tuesdays from 11am to 1pm. It's at Undercliffe Allotment in Bradford,

opposite MB Motors on the corner of Northcote Road and Killinghall Road.

We'll also be holding an open day towards the end of April/beginning of May so watch out for more details!

If you're interested in attending one of our sessions or visiting the allotment at another time, please contact Becca Marshall. Call 07842312719 or email [bmarshall@carersresource.org](mailto:bmarshall@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 2nd May 2023. Send copy to the editor by emailing [choices@carersresource.org](mailto: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: [f /carersresource](https://www.facebook.com/carersresource) [@CarersResource](https://twitter.com/CarersResource)

# New website launched on Carers Rights Day

Carers from across Bradford, Harrogate, Craven and Selby attended a number of drop-in events to mark Carers Rights Day on November 24.

Carers and professionals who work with carers came along to events in Shipley, Bierley, Skipton, Harrogate and Selby, to find out more about the new Carers' Resource website.

Information on the cost of living crisis, carers' rights, and services, was also available, along with food and plenty of friendly support from staff.

Chris Whiley, CEO of Carers' Resource, said: "We were delighted to see so many carers and professionals drop in to see us on Carers Rights Day.

*"Our new website is a key source of help and support for carers of all ages, with a huge range of information about carers' rights and the services available to them.*

*"Feedback on the website was very positive and we were also able to give advice and support on issues such as the cost of living crisis and local sources of help.*

*"Many carers are struggling during these difficult times and we want them to know we are here to listen and offer support."*

To find out more about carers' rights, and a huge range of information for unpaid carers, please visit our new website [www.carersresource.org](http://www.carersresource.org)

