

Carers Week – recognising and supporting carers in the community

This Carers Week we want to let everybody know how important unpaid carers are – to their families and friends and to the whole community.

This year Carers Week runs from June 5th–11th and the national theme is 'Recognising and supporting carers in the community'.

Communities across the UK are being asked to come together to recognise the huge contribution unpaid carers make to society.

Politicians, employers, health and social services, businesses, education providers and members of the public all have a role to play in raising awareness of caring and making sure carers are able to access the information and support they need.

We're inviting local organisations, politicians, council officers, health officials, businesses and community groups to our offices during the week, to find out how they can better support unpaid carers. These events will take place in our Skipton office on Monday June 5th, 2pm–4pm, in our Harrogate office on Tuesday June 6th, 2pm–4pm, in our Selby office on Wednesday June 7th, 1pm–3pm, and in our Shipley office on Thursday June 8th, 2pm–4pm.

We'll also be holding publicity stands in Selby Morrisons on June 5th, 11am–4pm, Skipton Morrisons on

June 6th, 10am–2pm, Airedale Centre on June 6th, 11am–2pm (jointly with Modality), Shipley Asda on June 7th, 10am–2pm, Airedale Hospital, June 7th, 9am–5pm, and Harrogate Asda on June 8th, 10.30am–4.30pm.

There's lots going on for carers as well – you can come and celebrate Carers Week at our beautiful allotment and sensory garden in Bradford, or attend our Carers Celebration in Ilkley. There's a special Craven Carers Crafternoons event and a Carers Week Afternoon Tea in Shipley. Dales Diners in Darley will be celebrating early on June 1st and there's an Undercliffe allotment craft group Carers Week Special where they will be making a scarecrow.

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



Bradford and Craven young carers had a great day out during the school holidays, with an Easter Egg Hunt at East Riddlesden Hall.

Dales Diners celebrates
10th anniversary: **Page 5**

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Glorious Easter on the
allotment!: **Page 12**

Carers Week Highlights

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

Carers Allotment Open Event, Bradford

Come and celebrate Carers Week at our beautiful allotment and sensory garden. Join other carers for a cuppa and a wander round and perhaps choose a plant of your own to grow at home.

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

When: Monday 5th June
11.30am–1.30pm

Contact: Becca Marshall,
bmarshall@carersresource.org
07842312719

Carers Coffee Morning, Selby

An open drop in for carers and those they care for.

Where: Selby Bowling club, Baffram Lane, Brayton, Selby YO8 9AX

When: Monday 5th June
11am–1pm

Contact: Amy Morton
amorton@carersresource.org

Carers Week Afternoon Tea, Shipley

Join us for a celebration tea party for Bradford carers!

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

When: Wednesday 7th June
1.30pm–3.30pm

Contact: Nazma Akhbar
nakhbar@carersresource.org

Craven Crafternoons

Celebrate at our monthly craft group for carers – knit and natter, craft and chat.

Where: Carers' Resource, 36 Brook Street, Skipton

When: Wednesday 7th June
1pm–3pm

Contact: Debi Hawkins
dhawkins@carersresource.org
07522 226334

Undercliffe allotment craft group, Carers Week Special

Join us for some fun for Carers Week – we'll be making a scarecrow! Booking essential.

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

When: Thursday 8th June
1pm–3pm

Contact: Catherine Haslam
chaslam@carersresource.org

Holistic Therapies for Harrogate Carers

Carers are invited to choose from a range of therapies including reflexology, reiki and head massage with qualified therapist Sarah Cooper. Coffee, tea and chat also on offer! Booking essential.

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

When: Friday 9th June
Timeslots TBC

Contact: Jenny Sengel
jsengel@carersresource.org
0808 50 15 939

For details of all our events and activities, go to pages 6–8. To find out the most up to date information about Carers Week events, go to our website: www.carersresource.org/carers-week-2023

Chris Whiley, CEO



Carers Week always takes place in early June and at Carers' Resource we try to use the week to raise the profile of unpaid carers as well as offering events that celebrate the contribution of unpaid carers.

This year there is a national focus on getting communities, both large and small, to recognise the huge role that unpaid carers play in our society. Our experience is, that all too often, unpaid carers are forgotten about, and therefore not considered, whether that is by decision makers in government or in more local initiatives. We hope that by holding events in our offices we will be able to raise awareness of the needs of unpaid carers and the challenges often faced, right across communities.

It was heartening to see from the results of our recent survey how many people are keen to get involved in sharing their experiences and in engaging with us as an organisation to ensure that we are meeting need in the best possible way. I look forward to seeing this additional engagement develop over the next few months.

Best wishes,

Chris



Young carer inspired by fire service LIFE project

A Harrogate young carer supported by Carers' Resource gained invaluable experience and developed a range of life skills by taking part in a challenging course at a North Yorkshire fire station, which has "worked wonders" improving his self-confidence.

Logan Noddings, aged 13, who cares for his mum Natasha, took part in the LIFE (Local Intervention Fire Education) project at Boroughbridge Fire Station over five days, which is aimed at young people who would benefit from confidence building, and teaches them new practical skills.

During the course, Logan and 11 other young people got involved in numerous activities and challenges, including hose drills, climbing up and down training towers and using tools to help free someone from a vehicle. They also learned about fire safety, water safety and CPR.

Logan said: "I think it was all amazing. I enjoyed all the activities. I would definitely recommend it to other young people."

"It helped make me more confident and improved my communication and team working skills."

Inspired by his experience, Logan would like to pursue a career in the fire service in the future and has already got some advice from his local fire station about what he can do in the meantime.

At the end of the course, Logan and the other participants demonstrated the skills they had learned over the five days in a passing out parade. Logan was presented with a LIFE course certificate, as well as a CPR certificate.

Linda Hall, Young Carer Worker at Carers' Resource, had the idea to refer Logan for the course, believing it would be a project that he

would really benefit from. Linda also kindly gave Logan a lift to and from the fire station each day.

Linda said: "Every afternoon I went to pick him up he was so animated and proud of what he had achieved that day. It was so good to share his experience. I'm so proud of him!"

Logan added: "Linda supported me throughout the whole process and without her input and encouragement I don't feel I would have succeeded as well and appreciate all the effort put in especially with taking me to and from the course which was out of town."

Logan's mum Natasha said: "It's worked wonders for Logan with his self-confidence, facing his fears, especially of heights, and it also gave Logan a chance to work on his social skills and working as a team with his own peer group."

"I'm grateful to Linda from Young Carers for her invaluable support



Trip to medieval hall

Carers' Resource is offering carers the chance to visit Markenfield Hall, near Ripon, on Wednesday 26th July.

Markenfield Hall is a medieval and moated family home which is not open to the public on a regular basis. It has an extraordinary history beginning with its entry in the Domesday Book.

With its great age there is obviously the problem of narrow steps and no lift, which carers should be aware of before booking this trip.

We will be running a coach, leaving Harrogate at 1.30pm and should be back by 4.30–5pm. The cost will be £10 which includes a guided tour and a hot drink and scone. Seats are limited and will need to be booked. To book, or for more information, please contact Carol: clancaster@carersresource.org

throughout the whole process from application to completion as Logan attending this course will have a positive lasting effect for him."

She added: "Logan did make new friends and overcame his social anxiety amazingly."

Alyson Down, Youth Engagement Officer at North Yorkshire Fire and Rescue Service, who helps co-ordinate the LIFE course, said: "Logan was really good, he had a really positive, can-do attitude all week. He just got stuck in, nothing phased him."

"He was superb as a team player. He would pull the team together. He was a delight to work with."

For more information about the Carers' Resource young carers' service, visit: www.carersresource.org/young-carers



Friends reunited through caring

Two friends from Bradford have been reunited after 46 years due to one of our Carers' Resource walking groups.

Judy and Carmen used to go to Peel Park as little girls to play on their bikes and they met for the first time in 46 years at one of the walks.

Here they are, back together again after all those years apart!



Pamper sessions in Craven

The Craven Locality Team secured a grant from the Stronger Communities Fund to provide some pamper sessions for Craven carers. The aim was to make these sessions more accessible by providing them in local communities. They have been hosted in venues including The Place in Settle and the Old White Bear in Crosshills.

For carers who are housebound due to ill health or the restrictions of their caring role, we offered some therapy sessions at home. Carers could choose from a 20 minute therapy of Indian head massage, hand and arm massage or Reiki.

In trying to promote stronger communities, we have encouraged carers to come for the full session, have some refreshments and chat with other carers. The events been very popular so far and we have had some great feedback and some suggestions for further sessions.

Comments included:

"Was a special me time and much appreciated."

"It really did relax me – feel quite emotional."

"The event was very enjoyable, such a treat. Thank you."

"Wonderful experience. So relaxing and lovely to chat with others. Would definitely come again."



Dales Diners celebrates 10th anniversary

One of our most popular groups, Dales Diners, celebrated its 10th anniversary in March with a special lunch.

Carers and their cared-for people enjoyed a hot meal, dessert and refreshments, with a cake baked for the occasion.

Dales Diners is for people with memory problems and their carers. The group gets together on the first Thursday of the month at Christ Church Hall in Darley, near Harrogate, to enjoy lunch and a chat.

Carol Lancaster, Project Worker at Carers' Resource, who has helped run the group since it launched in 2013, said: "We had 18 to our first lunch and it has grown to the numbers we have now (36 at the last event).

"It was set up initially with carers from the Dale in mind but soon I was being asked if carers from further afield like Ripon and Wetherby could come. Of course the answer was yes.

"I know that carers enjoy the meal for many reasons. They have told me how lovely it is to go home, put their feet up and not have to worry about cooking a meal in the evening. They enjoy chatting with other carers and sharing experiences and exchanging ideas. They become friends and support each other. They are all caring for people with similar problems and understand the situation."

Carol added: "All of us at Carers' Resource are extremely thankful and grateful for the group's very valued volunteers who are so kind and dedicated."

One carer, who has been attending the group since 2019, said: "I like coming because I get to talk to carers and swap important information.

"Being at home can be quite isolating so it is a chance to talk to other people and make friends and have a meal cooked for you. The people with dementia feel relaxed because they are with people who have similar conditions."

Another carer added: "I have been coming about four years now. It is wonderful. It's the company, the food. All the volunteers are very friendly. We have made a lot of friends."

The Dales Diners group wouldn't be able to run without the vital support of a hard-working team of volunteers.

Lucy Tiffany has been a volunteer with the group since it began. She said: "It feels like we are giving something back and we are a team. The carers and cared for people are so appreciative about what we do."

Anyone wishing to attend Dales Diners events needs to book, either by calling 0808 50 15 939 and asking to speak to Carol or emailing clancaster@carersresource.org



Kinship Carers Lunch

Carers' Resource is holding an informal lunch for kinship carers on Wednesday 12th July, from 11am–1pm, at our Shipley office.

This is for carers who have taken parental responsibility for a family member(s) who is not their child by birth, who has a disability or additional care needs. Carers from all areas served by Carers' Resource are welcome to attend.

Booking is essential – contact Lucy Cartwright: lcartwright@carersresource.org or 0808 50 15 939.

Find out about our Carer Navigators

Our Carer Navigator team will be promoting the service at Airedale Hospital and Bradford Royal Infirmary over the next few months.

The stands will be on the first floor at Airedale, from 9am to 5pm on June 7th, and in the main entrance at the BRI on 14th June, 26th July, 30th August, 1st November and 20th December.

The Carer Navigators work at both hospitals to support carers of people who are in hospital. To find out more call us on 0808 50 15 939 and we can put you in touch with the team.



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 1 Jun; 3 Aug

From 1.30pm–3.30pm

Contact Nina Derbyshire:
nderbyshire@carersresource.org

Virtual Book Group

Guided discussion on chosen book.

Thu, fortnightly from 1 Jun

From 7.30pm–8.30pm

Contact Mel Evans:
groupworkers@carersresource.org

Just For Fun Quiz

Wed 21 Jun; 19 Jul; 16 Aug

From 3pm–4pm

Contact Joanne Beetham:
jbeetham@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

Parent Carer Webinar

Focusing on caring relationships.

Wed 14 Jun from 10.30am–12noon

For a link and details contact Natalie Baxter: nbaxter@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 14 Jun; 12 Jul; 9 Aug | 10am
- **Harrogate, Cedar Court Hotel**
Wed 21 Jun; 19 Jul; 16 Aug | 11am
- **Ripon, Booth's**
Tue 13 Jun; 11 Jul; 8 Aug | 2.30pm
- **Pateley Bridge, The Talbot**
Fri 30 Jun; 28 Jul; 25 Aug | 11am
- **Wetherby, ASK Italian**
Mon 19 Jun; 17 Jul; 21 Aug | 2pm

Contact Carol Lancaster
clancaster@carersresource.org

Dales Diners

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

Christ Church Hall, Darley

Thu 1 Jun; 3 Aug | 1pm

Cost £5

Contact Carol Lancaster:
clancaster@carersresource.org

Knaresborough Craft Group

Calcutt Village Hall, Knaresborough

Wed 21 Jun; 19 Jul; 16 Aug

From 2pm–3.30pm

Cost £5

Contact Carol Lancaster:
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 21 Jun; 19 Jul; 16 Aug

From 2pm–3pm

Contact Isobel Holmes:
iholmes@carersresource.org

Parent Carer Group, Harrogate

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

Tue 13 Jun; 4 Jul

From 9.45am–11:30am

Contact Helen Dickinson: 07706 334260
hdickinson@carersresource.org

Parent Carer Group, Ripon

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

Fri 30 Jun; 21 Jul

From 10am–12pm

Contact Helen Dickinson: 07706 334260
hdickinson@carersresource.org

Parent Carers of Adults with Autism

Cedar Court Hotel, HG1 5AH

Thu 29 Jun; 27 Jul; 31 Aug

From 11am–1pm

Contact Helen Dickinson: 07706 334260
hdickinson@carersresource.org

Meet Carers in Bradford District

Carers Allotment Carers Week Open Event, Bradford

Undercliffe Allotments, BD2 4QH

Mon 5 Jun from 11.30am–1.30pm

Contact Becca Marshall: 07842312719
bmarshall@carersresource.org

Carers Week Afternoon Tea, Shipley

Join us for a celebration tea party for Bradford carers.

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

Wed 7 Jun from 1:30pm–3:30pm

Contact Nazma Akhbar:
nakhbar@carersresource.org

Mindfulness and Relaxation Sessions for Carers

Join us for a series of sessions to learn about mindfulness, meditation, relaxation, hand reflexology and self-care.

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

Thu 15 Jun; and

Wed 21 Jun; 28 Jun; 5 Jul

From 10am–12noon

Contact Mel: 0808 50 15 939
mevans@carersresource.org

Cycling for Carers at Peel Park, Bradford

Safe and gentle cycling sessions, suitable for complete beginners to the more experienced cyclists.

Thu 8 Jun from 10am–12 noon

Contact Mel: 0808 50 15 939
mevans@carersresource.org

Allotment Gardening Group

Undercliffe Allotments, BD2 4QH (opposite MB Motor Group)

Every Tue from 11am–1pm

Contact Becca Marshall: 07842 312719
bmarshall@carersresource.org

Catherine's Crafts

Undercliffe Allotments, BD2 4QH (opposite MB Motor Group)

Alt Thu from 8 Jun from 1pm–3pm

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 from 7 Jun | 10am

- **Harold Park**
Alt Fri from 2 Jun | 10am

- **Lister Park**
Thu 1 Jun; 6 Jul; 3 Aug | 10am

Contact Mel Evans:
groupworkers@carersresource.org

- **Peel Park**
Thu 15 Jun; 13 Jul; 10 Aug | 10am

- **West Bowling Park**
1 Jun; 29 Jun; 27 Jul; 24 Aug | 10am

Contact Najmah Iqbal:
niqbal@carersresource.org

Baildon Carers Coffee Group

St Hugh's Centre, Baildon, BD17 5HS
Mon 5 Jun; 3 Jul; 7 Aug
From 1pm–3pm

Contact Mel Evans:
groupworkers@carersresource.org

Bingley Carers Drop-in

The Lounge, Bingley, BD16 2JS
Wed 7 Jun; 5 Jul; 2 Aug
From 10.30am–12noon

Contact Joanne Beetham:
jbeetham@carersresource.org

Carer Craft and Chat Group, Bierley

The Life Centre, Bradford, BD4 6BU
Tue 6 Jun; 4 Jul; 1 Aug
From 10am–12noon

Contact Sharon Newell:
snewell@carersresource.org

Peer Support Group, Allerton

Cafe West, Allerton, BD15 7PA
Mon 19 Jun; 17 Jul; 21 Aug
From 11am–1pm

Contact Tracy McGrory:
tmcgrory@carersresource.org

Girlington Carers Coffee and Chat

Girlington Morrisons Community Room, Ingleby Road, BD8 9BN
Thu 8 Jun; 13 Jul; 10 Aug
From 9am–11am

Contact Nazma Akhbar:
nakhbar@carersresource.org

Ilkley Carers Coffee and Cake

Clarke-Foley Centre, Cunliffe Road, Ilkley, LS29 9DZ
Tue 6 Jun; 4 Jul; 1 Aug
From 10.30am–12noon

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

Keighley Carers Group

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

Fri 2 Jun; 6 Jul; 4 Aug
From 10am–11.30am

Contact Rachel Hagan:
rhagan@carersresource.org

Manningham Wellbeing Craft Group

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

Fri 2 Jun; 7 Jul; 4 Aug
From 10am–12noon

Contact Sarah Czujko:
sczujko@carersresource.org

Noble Comb Carers Group, Shipley

Wed 21 Jun; 19 Jul; 16 Aug
From 11am–12noon

Contact Kathryn Leakey:
kleakey@carersresource.org

Oakworth Welcome Drop-in

Oakworth Methodist Church, Keighley, BD22 7HN

Mon 5 Jun; 3 Jul; 7 Aug
From 1.30pm–3.30pm

Contact Carly Brunskill:
cbrunskill@carersresource.org

Worth Connecting

Learning basic digital skills for those over 55years.

Online and in locations across Bradford district including Keighley, Bingley and Ilkley.

Contact: info@worthconnecting.org

SEND PARENT CARER GROUPS IN BRADFORD DISTRICT

Kinship Carers Lunch

An informal lunch for carers who have taken parental responsibility for a family member(s) who is not their child by birth, with a disability or additional care needs. Carers from all areas served by Carers' Resource are welcome to attend.

Carers' Resource Shipley office

Wed 12 Jul from 11am–1pm

Booking essential. Contact Lucy Cartwright: 0808 50 15 939
lcartwright@carersresource.org

Annual Parent Carer Picnic

Ilkley Riverside Park

Wed 16 Aug from 11am–1pm

Contact Lucy Cartwright:
lcartwright@carersresource.org

Bradford East Parent-Carer Drop In

- **365 Barkerend Rd, BD3 8QX**
Mon 5 Jun from 1pm–2.30pm
- **43 Thackeray Road, BD10 0JN**
Mon 26 Jun from 1pm–2.30pm

Contact Catherine Haslam:
chaslam@carersresource.org

Bradford South Parent-Carer Drop In

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

Wed 14 Jun; 12 Jul
From 9.30am–11am

Contact Parveen Saleem:
psaleem@carersresource.org

Farcliffe Parent-Carer Drop In

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

Mon 3 Jul from 10am–11.30am

Contact Nazma Akhbar:
nakhbar@carersresource.org

Ilkley Parent Carer Coffee Mornings

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

Thu 8 Jun from 10am–12noon

Contact Lucy Cartwright:
lcartwright@carersresource.org

Keighley Parent Carer Group

Central Hall, Alice Street, Keighley, BD21 3JD

Fri 16 Jun; 30 Jun; 14 Jul
From 10am–11.30am

Contact Lucy Cartwright:
lcartwright@carersresource.org

Keighley Parent Carer Coffee Morning – Rainbow Family Hub

Braithwaite Grove, Keighley BD22 6JB

Tue 6 Jun from 12pm–1pm

Contact Lucy Cartwright:
lcartwright@carersresource.org

Inclusive Keighley Library Sessions

North St, Keighley BD21 3SX

Tue 20 Jun; 18 July
From 4pm–5pm

Contact Lucy Cartwright:
lcartwright@carersresource.org

Reevy Hill Parent Carer Drop In

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

Wed 28 Jun from 9.30am–11am

Contact Parveen Saleem:
psaleem@carersresource.org



Shipley Parent Carer Group

Asda Community Room, BD18 3RY

Thu 8 Jun; 6 Jul; 20 Jul

From 11am–1pm

Contact: Kathryn Leahey
kleahey@carersresource.org

STAR Club Parent Carer Drop In

Culture Fusion Building,
125 Thornton Road, BD1 2EP

Thu 1 Jun; 6 Jul; 3 Aug

From 6.30pm–8.30pm

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 8 Jun; 22 Jun; 6 Jul

From 10am–12noon

Contact Sarah Czujko:
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 Amy Morton:
amorton@carersresource.org

Carers Advice Sessions, Tadcaster

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

Tadcaster Medical Centre, LS24 8HD

Fri 2 Jun; 7 Jul; 4 Aug | 2pm

To book contact Catherine Turner:
cturner@carersresource.org

Meet Carers in Craven District

Parent Carer Drop In, Skipton

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

Thu 8 Jun; 6 Jul

From 9.30am–11am

Contact Natalie Baxter: 07801 577196
nbaxter@carersresource.org

Wellbeing Sessions for Parent Carers

Parent carers are invited to choose from a range of massage therapies.

The Hive Community Centre, 53–55
Elliott Street, Silsden BD20 0DE

Tue 6 Jun from 12:30pm–2:30pm

Booking essential.
Contact Carly: 0808 50 15 939
cbrunskill@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 26 Jun; 31 Jul | 12pm
- Settle, Golden Lion
Mon 12 Jun; 10 Jul; 14 Aug | 12pm
- Mid Craven, Gamekeepers Inn
Fri 16 Jun; 21 Jul; 18 Aug | 12pm
- Skipton, The Railway Pub
Wed 7 Jun; 5 Jul; 2 Aug | 12pm
- South Craven, Old White Bear
Thu 1 Jun; 6 Jul; 3 Aug | 12pm

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 Crafternoons

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

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

Wed 7 Jun; 5 Jul; 2 Aug

From 1pm–3pm

Contact Debi Hawkins: 07522 226334
dhawkins@carersresource.org

Pioneer Projects – Making Connections For People Living with Dementia

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

Mon, weekly in term time

From 10.30am–12.30pm

Booking essential. Contact
Pioneer Projects: 015242 62672
office@pioneerprojects.org.uk

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

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

Mon 12 Jun; 10 Jul; 14 Aug

From 10.15am–12.15pm

Contact Carol Hudson: 07936 938567
chudson@carersresource.org

Skipton Rendezvous Drop In

Hotel Rendezvous, Keighley
Road, Skipton, BD23 2TA

Tue 13 Jun; 11 Jul; 8 Aug

From 10am–11.30am

Contact Rachel Waddington:
rwaddington@carersresource.org

Release Your “Inner Warrior”! Workshops for Carers

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

- **Wed 14 Jun from 10am–3pm**
Session 1: When Caring feels like a constant “Fight”
- **Wed 21 Jun from 10am–12noon**
Session 2: Change and Control
Followed by craft session

Booking essential.
Contact Debi Hawkins: 07522 226 334
dhawkins@carersresource.org





Young carers enjoy Easter activities

Young carers from across North Yorkshire and Bradford were treated to some amazing activities during the Easter holidays.

This is the first time we've been funded by FEAST, whose aim is to support young people across North Yorkshire with free activities and free lunch over the school holidays.

For the young carers in Craven this meant a fantastic day out at Raven Tree Top Adventure where young carers overcame their fears and tackled wobbly bridges, tightrope and ziplines to navigate through the trees. We then had a lovely picnic in Aireville Park where young carers played rounders, football and enjoyed the play area. Bradford and Craven young carers also had a great day out at East Riddlesden Hall with an Easter Egg Hunt.

A group of young carers from Harrogate had a go at paddle boarding and kayaking on the River Nidd in Knaresborough. They enjoyed a two-hour session, learning the basics of paddle boarding and kayaking with a coach from Learn to Paddle, which offers lessons across Yorkshire. Another group enjoyed solving puzzles at Clue

HQ, an escape room experience in Harrogate, and then went for pizza at the Portofino Ristorante in Harrogate.

There was also a trip to Hesketh Farm Park near Skipton, where young carers learned about the care and wellbeing of the animals that live there, cuddled guinea pigs, handled baby chicks, bottle fed lambs, goats and calves and fed some donkeys and horses.

A group of 16 young carers from Selby braved the weather and enjoyed a round of Foot Golf in a lovely countryside setting at Scalm Park just outside of Selby. Despite the rain, all 16 joined in the 18 hole course and not one complaint was heard!

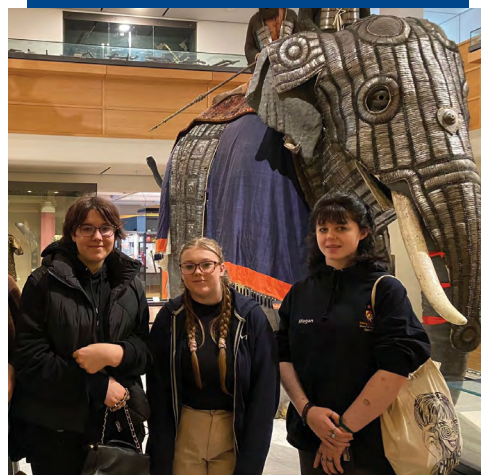
Young carers also received Easter eggs which were kindly donated to Carers' Resource – more than 80 Easter eggs were collected at a Department for Work and Pensions staff event and another 50 chocolate eggs were donated by Asda in Harrogate. A big thank you to all those who donated the eggs. Your generosity and kindness are greatly appreciated!



Young adult carers visit Royal Armouries

Young adult carers enjoyed a day out in Leeds on Wednesday 5th of April to the Royal Armouries.

We explored the armouries, saw an amazing sword show and even found the infamous elephant armour! We had young adult carers from all areas across Carers' Resource, with some taking part in an activity for the first time and gaining confidence and independence to use public transport and navigate a city.



BT Digital Voice Update

BT is replacing the copper-wire phone network with a new internet-based optical fibre system called Digital Voice. The company hopes to have the new system in place by the end of 2025, but recent surveys suggest that most people are unaware of the plans.

BT says there will be no practical difference between using the old system and the new, and Digital Voice will not cost any more than an existing service plan; only the underlying technology will change, not the plan or its price.

While the improvements are welcome, there will be some underlying changes you should be aware of.

- Digital Voice needs an extra bit of kit – a ‘SmartHub’ – to make your handset work over the internet. Some of you may already have one, but for those that don’t, BT will supply one, which should be free.
- The SmartHub needs to be connected to mains power – which means that if there’s a power cut, the phones may not work. The communications regulator OfCom has told BT that they must provide a backup power system to support access to emergency services for customers identified as vulnerable, free of charge. Customers would still be able to use mobile phones, as these would be unaffected.
- While most existing handsets should continue to work fine with the new system, some very old phones may need to be replaced, and this could mean extra costs. Some phones may also require adapters to work with the new system, but BT should provide these for free.
- There have been concerns that some current telecare equipment might not work with the new service. BT is working with telecare companies to ensure compatibility, and the main providers in our area – Safe and Sound in Bradford District, and NRS in North Yorkshire – are developing responses as Digital Voice progresses.

You can find out more about Digital Voice at:
www.bt.com/help/landline/what-is-digital-voice-and-how-can-i-get-it-

Release your inner warrior!

There are still spaces left on the “Release your inner warrior” sessions running in the Skipton office in September and October.

The first course was held in March and eight people attended. They all reported that they got so much out of the sessions.

Session One is run by qualified therapists and gives carers the chance to think about their thoughts and feelings, and combat limiting beliefs and emotional barriers. Session Two introduces self-help techniques including EFT or Tapping, and hypnotherapy.

Dates for Workshop One:
Wednesday 13 September, or 11 October, 9.30am arrival and coffee, 10am start – ends at 1pm.

Dates for Workshop Two:
Wednesday 20 September, or 25 October, 9.30am arrival and coffee, 10am start – ends at 12.30pm.

To book a place please contact
Debi Hawkins – 0808 50 15 939 or
dhawkins@carersresource.org

50 years of caring for carers

This year Carers Trust is marking 50 years since its founder charity was established, inspired by a storyline in the TV soap Crossroads.

Carers Trust is now a network of more than 120 local carer organisations, including Carers’ Resource. Together we support nearly a million unpaid carers across the UK.

To celebrate this anniversary, and mark the importance of the local carer centre movement, nearly 200 guests attended an event at the Old Bailey in London.

Pictured is our Head of Operations for the Bradford district, Diane Boustead, with Soffia from Wandsworth Carer Centre and young carer, Aditya Akella, who gave a moving speech on his experience of being a young carer.



Future services – what carers said

A big thank you to all carers who took part in our survey about future services you would like to see developed.

Over 150 people responded and the results will be used to help shape our services over the next few years.

The results showed there was a lot of interest in more wellbeing activities, meditation and mindfulness, yoga or Pilates and group exercise.

Over half the carers who responded said they would like face to face counselling. Carers were also interested in finding out more about technology, with internet security, photography, smartphones and tablets and computer basics top of the list. We are currently applying for funding to help us provide more counselling and digital technology services.

There was lots of interest in day trips to the seaside and countryside, and first aid training courses would also be popular.

More than half of carers said they would take part in more activities if there was a service to look after their cared for person, while the activity took place.

Many carers said they would like to join our Carers Forum. We'll be contacting those who provided their details; otherwise any carers who would like to join our Forum can email engage@carersresource.org and we will make sure you are invited to meetings.

Respite for Carers

Carers' Resource has been working collaboratively with the Harrogate and district branch of the Parkinson's Society, offering well earned breaks for carers for the last two years.

The local Parkinson's Society offers activities for individuals with Parkinson's but is also keen to support carers.

Following the success of our partnership we have been approached to develop a drop in respite carers break for a couple of hours. Initially this will be held monthly, on the third Thursday of the month, in the library of the Granby Care Home in Harrogate who have kindly agreed to be part of this project.

To find out more about the Harrogate Parkinson's group please visit their website www.harrogateparkinsons.co.uk

To access this drop in session please call Sam Dawson on 01274 588990 or email sdawson@carersresource.org

Transforming lives with technology

Carers' Resource was recently able to help carer Aaron by connecting him with ReBoot North Yorkshire.

This new initiative provides recycled IT equipment and an internet connection to people in the county that currently lack access to these facilities.

Aaron said: "Thanks to ReBoot I am able start a business making and painting 3D models to provide for my family."

"Being a full time carer for my wife I can't go out and work so with the way the cost of living is at the moment I needed to find a way to make some cash."

"With the help of Carers' Resource they forwarded my details to ReBoot and with both their help I am able to get a laptop to run the software I needed to start my business journey."

To find out more about ReBoot go to www.rebootny.co.uk



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 28th July 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)

Glorious Easter on the allotment!

Mr Blue Sky was definitely not hiding away for the Staff and Carers Spring Open Garden Day and Easter Egg Hunt. The little children and the big ones all had a great time and didn't go away empty handed, collecting copious amounts of eggs and bunnies.

All had fun playing on the swing, Cecil the tyre worm, and generally running amok, and Cleo the Willow Hen was on good form, managing to lay four eggs on demand. Well done Cleo!

How lucky to get sunshine for both events. Thanks to everyone who attended and hopefully see you all back at the allotment very soon for more fun in the sun.

To find out more about events at the allotment please contact Becca Marshall: bmarshall@carersresource.org or 0808 50 15 939.

