

Welcome to

 **carers'**  
**resource**

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*you care for them, we care for you*

**What support  
is there for me?**

**How am I  
going to cope?**

**New to  
caring?**



# Are you a carer?

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A carer is someone who provides unpaid help and support to a family member or friend who could not otherwise manage, because they are frail, disabled or ill.

**Do you look after someone who couldn't cope without you? Are you new to caring?**

**We understand the impact that looking after someone can have on your health and well being and are keen to support you.**

Carers' Resource is an independent charity supporting adults, children and families who care for someone in Bradford, Craven or Harrogate.

Our services are free, confidential and non-judgmental, helping you find ways to make your caring situation easier.

All our staff understand the emotional and physical strain which looking after someone can involve. We are here to listen, in confidence, to whatever may be troubling you and to offer information and advice on just about every issue you may face – from taking time off to finding out about financial assistance.

**"Before I spoke to Carers' Resource all the focus was on Mum. But Carers' Resource has helped me realise that I matter too. They've helped me work out what I need to keep going"**

**Adewale**

**"I really enjoyed the self care session as it meant I could switch off and immerse myself in the moment and relax. Something that doesn't happen very often when you're a carer."**

**Amina**

**Caring for someone can be very challenging as well as rewarding. To make sure you are getting all the support that you need, we can help you with:**

### **Information, Advice and Support**

- © Individual tailored support for your caring situation
- © A review of your caring role and help to plan for the future
- © A free Carer ID Card
- © Support for young carers, parent carers and their families
- © Employment advice for carers and know your rights as a carer
- © Specialist local and national information for carers
- © Help to care and how to get a break
- © Support with carer finances, benefits and grants
- © Time to talk and a listening ear

### **Social Opportunities**

- © Meet other carers at our friendly groups
- © Join us for workshops, training, trips and events
- © Have your say and influence decisions at our Carers Forum
- © Keep up to date with carers' news and receive our newsletter 'Choices'
- © Volunteer with us and help other carers

### **Other Services at Carers' Resource**

- © Care@carersresource – our high quality care service provides personalised support packages
- © Home From Hospital – supports people leaving hospital and settling in back home
- © Free respite/break services (Harrogate/Craven/Selby)
- © Help with technology and getting online



Sign up for our quarterly newsletter. It's packed with helpful information for people with caring responsibilities.



**“As a male carer, I was a little apprehensive about how I would fit in, but the meetings are well organised and every member is made to feel confident and welcomed. The topics have reflected the concerns of carers.”**

**Richard**

**Call our Freephone number for information and support: 0808 501 5939**

**Contact us if you need support or further details on any of the information above:**

**Bradford, Harrogate, Skipton and Selby** Freephone: 0808 501 5939 | Email: [info@carersresource.org](mailto:info@carersresource.org) | Web: [www.carersresource.org](http://www.carersresource.org)



**“I was swamped in caring and I felt completely isolated. I was in a state when I eventually called in and found out about all the options available for me. It’s been a real life-saver.”**

**“I didn’t realise I was a carer, I’m just her mum.”**



**“When I was at my lowest they listened to me for an hour, and for that hour they listened to just me.”**





# Contact us

You might want a quick chat over the phone or a face to face meeting.

Get in touch:

## Bradford

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

## Harrogate

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

## Skipton

Ronaldsway House, 36 Brook Street, Skipton BD23 1PP

## Selby

Community House, Portholme Road, Selby YO8 4QQ

Freephone: **0808 50 15 939**

Email: **info@carersresource.org**

Web: **www.carersresource.org**

Follow us on social media to find out more about events and other resources:

 **/carersresource**

 **@CarersResource**

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