

## Young carers' summer fun

Young carers have been enjoying a spectacular summer of activities, including trekking with llamas and alpacas, mountain biking, paddleboarding, theme park adventures and art and cooking experiences.

Many of the events have been partly funded by the Holiday Activities and Food (HAF) Programme. Others have been funded by generous donations from organisations including Nidderdale Llamas, Park Grove Methodist Church in Knaresborough, Soroptimist International of Harrogate and District, Harrogate Brigantes Rotary, and Morrisons Bradford.

We are extremely grateful to all those individuals and organisations who have helped create so many wonderful memories for young carers across Bradford, Craven, Harrogate and Selby. Without donations, we wouldn't be able to run so many activities and trips.

Young carers help to look after someone, often a parent or a sibling, who has an illness or disability.

Some young carers do lots of physical tasks to help, such as cooking and cleaning or helping someone take medicines or get washed. Some young carers don't do any of these things but they do spend a lot of time worrying about someone, or staying at home to be with them.

Carers' Resource provides a range of support to help young carers, including fun trips and activities in school holidays, youth clubs and one-to-one support. The service is designed to support young carers' well-being and resilience, to help them achieve their potential as successful, happy adults.

If you are able to help with fundraising for young carers' trips and activities, please email [fundraising@carersresource.org](mailto:fundraising@carersresource.org) or call us on 0808 50 15 939.



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# Carers Week helps recognise and support unpaid carers

Unpaid carers across Bradford, Harrogate, Craven and Selby were celebrated, recognised and supported during a range of events for Carers Week.

Scores of local organisations, politicians, council officers, health officials, businesses and community groups flocked to events in our offices in Skipton, Harrogate, Selby and Shipley, during the week, to find out how they could better support unpaid carers.

The theme of this year's Carers Week, which ran from June 5th–11th, was 'Recognising and supporting carers in the community'.

Carers' Resource staff also held stands in supermarkets across the districts to raise awareness of unpaid carers, as well as a joint event with Modality in Keighley, and a fundraising event at the ICEA mosque in Bradford.

Two local MPs, Julian Smith (Skipton & Ripon) and Andrew Jones (Harrogate & Knaresborough) also visited our offices around Carers Week, giving staff the opportunity to raise a number of common issues faced by unpaid carers.

Chris Whiley, Carers' Resource CEO, said: "We're very grateful to everyone who helped make Carers Week such a success.

*"The events in our offices were very popular with lots of people from other local organisations attending to find out how they can support unpaid carers.*

*"We've been delighted with the response from the public in supermarkets across the districts, and our staff and volunteers have gone above and beyond to give carers a number of wonderful activities to enjoy.*

*"We hope this week has helped raise awareness of unpaid carers and the huge contribution they make to their families, friends, and to society as a whole. We hope we've also managed to reach out to more carers and let them know that we are here to support them with emotional and practical help, if they need us."*

Chris Whiley, CEO



People who care for family members or friends often spend many hours of their life doing this and feel that they get very little recognition or reward from society as a whole. Carers' Resource recognises that part of its role is to raise the profile of unpaid carers and awareness of their contribution to society. We do this through our contacts locally, regionally and nationally and it is why we ask for carers' comments and stories so that we are able to pass them on.

It is therefore of great interest to learn that in the new arrangements for the Care Quality Commission to inspect local authority services, unpaid carers will be one of the areas that inspectors will be focusing on.

The local authorities that Carers' Resource work with are Bradford and North Yorkshire, and I have always found that in funding us they make a strong commitment to carers, and are always open to hearing what carers are experiencing and saying. I know that both are keen to ensure that carers feel supported by them, and we are happy to pass on any constructive comments that may assist in their preparations for inspection.

Best wishes,

Chris







# “I walked out feeling a million dollars!”

Carers from across the area enjoyed lots of exciting, relaxing and fun events during Carers Week.

Activity highlights included an open event at the Carers' Resource allotment in Undercliffe, Bradford, a carers' coffee morning in Selby, a carers' lunch group at the Railway Pub in Skipton, and holistic therapy sessions for carers in Harrogate.

We also held the first ever afternoon tea to celebrate Carers Week, at our office in Shipley. Together with the bunting made by our craft group, the room was set for an afternoon tea to rival the best establishments!

Carers and staff thoroughly enjoyed the food, drink and the background swing music. Most of all carers enjoyed the company, chatting and making friends with new people. They also felt thoroughly spoilt, which of course was the intention.

Here are some of the comments received from carers:

*“What a fantastic afternoon we had at the afternoon tea. We were all made to feel so welcome and included from the minute we arrived. The presentation of tables and care and consideration shown by Sharon and Sarah was fantastic. A real posh affair!!!”*

*“I walked out feeling a million dollars. Valued and considered and relaxed ready for whatever life as a carer throws at me.”*

*“The waitresses were brilliant! It was a lovely afternoon and very much appreciated.”*

*“It was so kind of you to give the carers such a fab afternoon tea and the opportunity to meet new friends.”*

*“The Afternoon Tea was amazing, it gave me the opportunity to “be myself” and enjoy being cared for :) and not the carer!!!”*

Another big hit was the free holistic therapy sessions offered to carers in the Harrogate office. These included reiki and head massage. The therapist was fantastic and the carers who came had a wonderful and relaxing time.

Comments from carers included:

*“I feel so chilled and relaxed. It's been wonderful.”*

*“It's been a week where I've been dealing with all sorts and I haven't had a moment for myself. This has been a wonderful moment of calm time for me. It was lovely and it's really helped me feel better.”*







## “A friendship rekindled in our 90s”

Carer Dennis and his friend Hazel knew each other in their school days but had gone their separate ways, marrying and having their own families.

Finding themselves on their own after the death of their partners, and with the advent of the pandemic, their friendship was rekindled in their 90s at a local Knaresborough luncheon group. Dennis found himself caring for Hazel as her dementia progressed and moved in to care for her permanently.

Our befriending service, Carers' Time Off, matched volunteer Liz, a recently retired nurse, with Dennis. Liz visits regularly to enable Dennis to continue to go to his bridge club.

Dennis says: *“Having Liz to visit is so lovely for Hazel, they can chat and have a ride out so I can go to my bridge. Liz is sensitive to Hazel's needs knowing when she might need to rest.”*

Liz enjoys her volunteering and loves talking to Hazel. She says: *“Hazel is a fascinating lady who regales with witty, charming stories, full of wisdom and insight, having experienced many ups and downs in her life.”*

They often go out for a cup of tea to a café; in nice weather they have been out to Valley Gardens in Harrogate and often drive out to different cafés.

Another local Carers' Time Off volunteer has now joined the team effort of supporting Dennis and Hazel so even when Liz is away Hazel has company and Dennis makes his bridge meetings.

Christine, Dennis's daughter, says Liz is a really kind, understanding and patient person, and nothing seems too much trouble for her. She says: *“It is nice for Hazel to have the company of another lady as she is often in the house with just Dennis and she loves to have some female company and different conversation. This service benefits everyone in the family not just Dennis and Hazel and we are so grateful for the staff and all the brilliant volunteers. Thank you so much.”*

The Carers' Time Off sitting service is available in North Yorkshire. To find out more about volunteering for the service, or accessing the service, email [carerstimeoff@carersresource.org](mailto:carerstimeoff@carersresource.org) or call 0808 5015939.

## Fun for all the family in Selby

Carers' Resource staff ran a stall with the help of young carers at a fun-filled event in Selby.

The Carers' Resource team, which included two young carers, Alex and Sarah, had a stall at the Selby Family Fun Day to raise awareness about our young carers' service.

They were also raising funds for summer trips for Selby young carers, and they held a raffle and did balloon modelling, which proved popular.

The event took place at Selby Community Centre and Scott Road field on Sunday 25th June, and featured children's rides, bouncy castles, climbing wall, donkey rides and much more.

Jacky Bedford, Engagement and Fundraising Officer at Carers' Resource, who helped run the charity's stall, said: *“It was lovely that Alex and Sarah could come and help out – they did Selby's young carers proud! They worked so hard but hopefully enjoyed themselves too.”*

*“The family event was very well attended and it was a great opportunity to chat to people about what we do and how amazing the young carers we support are.”*

A big thank you to the organisers of the fun day, Selby Town Council, for allowing Carers' Resource to have a stall at the event.



# “I want people to know there is help out there”



Naomi has three children with additional needs and was also caring for her parents. When they died, she felt lost and alone – but found support through counselling, and friendships with other parent carers.

Naomi's third child, now aged eight, had health issues when he was born prematurely, and continues to need extra support. Naomi also has two older girls, aged 22 and 15, who also have additional needs.

She was caring for her parents before they died. *“That was really tough,”* says Naomi. *“My mum and dad were my support network, we were really close. When they passed away, I felt like I was on my own.”*

*“My children play for Bradford City disability football club and some other parents mentioned Carers' Resource so we got in touch and I put my name down for counselling. My counsellor was awesome.”*

Naomi also attends some of the parent carer groups run by Carers' Resource. *“It's a great resource to have – you're able to talk to other parents,”* she says.

*“Through talking, and doing the counselling sessions, it made me find myself again. It gave me my identity back and made me feel like I can achieve things. It's about putting yourself first a little bit.”*

*“Being a carer, you can put yourself at the back of the queue a lot of the time. I was encouraged to give myself time and space. I do an art class every week, and I'm involved with BCB Radio as well.”*

*Doing stuff like that really helps, as well as making friends with other parents who have got children with special needs.”*

The struggles to get the right support for her children haven't gone away, but Naomi is looking to the future.

*“I'm still fighting for my family. It's hard, it's an uphill climb. I still have my ups and downs,”* she says.

*“I want to try to get back into employment – I've enrolled on a counselling course. I want to try and use my story to help other people if I can.”*

*“I want people to know there is some help out there. Life isn't easy these days, especially if you have children with SEN.”*

Naomi's counsellor says: *“I was there to empower her. She became a bit more confident and assertive. She's now volunteering for a radio station, talking about mental health.”*

*“I was so proud of her when I heard how she was getting on. I'm so proud of the progress she's made. She's very aware now of her emotions and mental health, and she sees herself as someone who can make a contribution and make a difference.”*

To find out more about parent carer groups at Carers' Resource, please contact Lucy Cartwright: 0808 50 15 939 or email [lcartwright@carersresource.org](mailto:lcartwright@carersresource.org)

## 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 courses were held earlier this year and everyone who attended reported that they got a great deal out of the sessions, so don't miss out!

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 – [dhawkins@carersresource.org](mailto:dhawkins@carersresource.org) or 0808 50 15 939.



Carers' Resource recently ran a pilot counselling programme. We are currently running a reduced counselling programme to the end of the year, while seeking sources of funding to continue and develop this service to carers in the future. If you are able to offer assistance with this, please email [fundraising@carersresource.org](mailto:fundraising@carersresource.org)





Please contact  
Carers' Resource  
before attending any  
group for the first time!

## 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 5 Oct**

**From 1.30pm–3.30pm**

Contact Nina Derbyshire:

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

### Virtual Book Group

Guided discussion on chosen book.

**Thu, fortnightly from 7 Sep**

**From 7.30pm–8.30pm**

Contact Melanie Evans:

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

### Just For Fun Quiz

**Wed 20 Sep; 18 Oct; 15 Nov**

**From 3pm–4pm**

Contact Joanne Beetham:

[jbeetham@carersresource.org](mailto: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](mailto:jsengel@carersresource.org)

## Meet Carers in Harrogate District

### Dales Diners

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

**Christ Church Hall, Darley**

**Thu 7 Sep; 5 Oct; 2 Nov | 1pm**

**Cost £5**

Contact Carol Lancaster

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

before attending for the first time

### Carer Coffee and Chat Groups

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

- **Boroughbridge, The Crown, Horsefair**

**Wed 13 Sep; 11 Oct; 8 Nov | 10am**

- **Harrogate, Cedar Court Hotel**

**Wed 20 Sep; 18 Oct; 15 Nov | 11am**

- **Ripon, Booth's**

**Tue 12 Sep; 10 Oct; 14 Nov | 2.30pm**

- **Pateley Bridge, The Talbot**

**Fri 29 Sep; 27 Oct; 24 Nov | 11am**

- **Wetherby, ASK Italian**

**Mon 18 Sep; 16 Oct; 20 Nov | 2pm**

Contact Carol Lancaster

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

before attending for the first time

### Knaresborough Craft Group

**Calcutt Village Hall, Knaresborough**

**Wed 20 Sep; 18 Oct; 15 Nov**

**From 2.10pm–3.40pm**

**Cost £5**

Contact Carol Lancaster:

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

### Masham Carer Drop In

Carers are invited to drop in for a chat  
with a Carers' Resource worker for  
friendly information and advice.

**Methodist Church, 38 Park Street**

**Wed 20 Sep; 18 Oct; 15 Nov**

**From 2pm–3pm**

Contact Isobel Holmes:

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

### Parent Carer Group, Harrogate

**Time Together, Unit 10,**

**Provincial Works, HG1 4QE**

**Tue 12 Sep; 10 Oct; 14 Nov**

**From 9.45am–11.30am**

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 29 Sep; 27 Oct; 24 Nov**

**From 10am–12pm**

Contact Helen Dickinson: 07706 334260

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

### Parent Carers of Adults with Autism

**Cedar Court Hotel, HG1 5AH**

**Thu 28 Sep; 26 Oct; 30 Nov**

**From 11am–1pm**

Contact Helen Dickinson: 07706 334260

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

## Meet Carers in Bradford District

### Catherine's Crafts

Join us for a different activity each  
month. Depending on the weather,  
sessions may be held indoors, please  
get in touch to confirm the location.

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

**Thu 14 Sep; 28 Sep; 5 Oct; 9 Nov**

**From 1pm–3pm**

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 from 13 Sep | 10am**

- **Harold Park, Low Moor**

**Alt Fri from 8 Sep | 10am**

- **Lister Park, Manningham**

**Thu 7 Sep; 5 Oct; 2 Nov | 10am**

Contact Melanie Evans:

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

- **Peel Park**

**Thu 7 Sep; 5 Oct; 2 Nov; 30 Nov | 10am**

- **West Bowling Park**

**23 Sep; 19 Oct; 16 Nov | 10am**

Contact Najmah Iqbal:

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

### Baildon Carers Coffee Group

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

**Mon 4 Sep; 2 Oct; 6 Nov**

**From 1pm–3pm**

Contact Melanie Evans:

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

### Bingley Carers Drop-in

**The Lounge, Bingley, BD16 2JS**

**Wed 6 Sep; 4 Oct; 1 Nov**

**From 10.30am–12noon**

Contact Joanne Beetham:

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

### Carer Craft and Chat Group, Bierley

**The Life Centre, Bradford, BD4 6BU**

**Tue 5 Sep; 3 Oct; 7 Nov**

**From 10am–12noon**

Contact Melanie Evans:

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



### **Cafe West Peer Support Group, Allerton**

Cafe West, Allerton, BD15 7PA

**Mon 18 Sep; 16 Oct; 20 Nov**  
**From 11am–1pm**

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

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

Girlington Morrisons Community Room, Ingleby Road, BD8 9BN

**Thu 14 Sep; 12 Oct; 9 Nov**  
**From 9am–11am**

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

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

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

**Tue 5 Sep; 3 Oct; 7 Nov**  
**From 10.30am–12noon**

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 1 Sep; 6 Oct, 3 Nov**  
**From 10am–11.30am**

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

### **Manningham Wellbeing Craft Group**

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

**Fri 1 Sep; 6 Oct; 3 Nov**  
**From 10am–12noon**

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

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

**Wed 20 Sep; 18 Oct; 15 Nov**  
**From 11am–12noon**

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

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

Oakworth Methodist Church, Keighley, BD22 7HN

**Mon 4 Sep; 2 Oct; 6 Nov**  
**From 1.30pm–3.30pm**

Contact Carly Brunskill:  
[cbrunskill@carersresource.org](mailto: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](mailto:info@worthconnecting.org)

## **SEND Parent Carer Groups in Bradford District**

### **Bradford East Parent Carer Coffee Mornings**

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

- Mon 11 Sep from 11am–12:30pm
- Mon 9 Oct from 12:30pm–2pm
- Mon 13 Nov from 11am–12:30pm – Qwell workshop on stress and anxiety. Sign up essential.

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

### **Parent Carer Coffee Morning at Farcliffe**

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

**Mon 25 Sep; 16 Oct; 27 Nov**  
**From 10:30am–12pm**

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

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

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

- Thu 7 Sep from 10am–12pm – Holistic therapies taking place (booking essential)
- Thu 2 Nov from 10am–12pm

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

### **Keighley Parent Carer Group**

Central Hall, Alice Street, Keighley, BD21 3JD

- Fri 8 Sep from 10am–11:30am
- Fri 22 Sep from 10am–11:30am – Guest Speaker Kooth: How Kooth/Qwell can support neurodiversity and SEND carers
- Fri 6 Oct from 10am–11:30am
- Fri 20 Oct from 10am–11:30am – Guest Speaker Missing Peace (mental health support)
- Fri 3 Nov from 10am–11:30am – Guest Speaker Kooth: Stress and Anxiety Workshop
- Fri 17 Nov from 10am–11:30am

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

### **Keighley Parent Carer Coffee Morning – Rainbow Family Hub**

Braithwaite Grove, Keighley BD22 6JB

- Tue 5 Sep from 12pm–1.30pm – Guest Speaker from SENDIASS (education advice service)
- Tue 31 Oct from 12pm–1.30pm

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

### **Shipley Parent Carer Group**

- Carers' Resource, Shipley  
Thu 14 Sep from 11am–1pm – Kooth Guest Speaker: How Kooth/Qwell can support neurodiversity and SEND carers.
- Asda community room, Shipley  
Thu 28 Sep from 11am–1pm
- Carers' Resource, Shipley  
Thu 12 Oct from 11am–1pm – Kooth Guest Speaker: Stress and Anxiety workshop.
- Asda community room, Shipley  
Thu 9 Nov from 11am–1pm
- Asda community room, Shipley  
Thu 23 Nov from 11am–1pm – Red Cross First Aid

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

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

Culture Fusion Building, 125 Thornton Road, BD1 2EP

**Thu 7 Sep; 5 Oct; 2 Nov**  
**From 6.30pm–8.30pm**

Contact Lucy Cartwright:  
[lcartwright@carersresource.org](mailto: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, term time only**  
**Fortnightly from 14 Sep**  
**From 10am–12noon**

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

**Mon weekly from 11am–1pm**

Contact Amy Morton:

[amorton@carersresource.org](mailto: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 1 Sep; 6 Oct; 3 Nov | 2.30pm**

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 14 Sep; 19 Oct, 23 Nov**

**From 9.30am–11am**

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 25 Sep; 30 Oct; 27 Nov | 12pm**
- **Settle, Golden Lion**  
**Mon 11 Sep; 9 Oct; 13 Dec | 12pm**
- **Mid Craven, Gamekeepers Inn**  
**Fri 15 Sep; 20 Oct; 17 Nov | 12pm**
- **Skipton, The Railway Pub**  
**Wed 6 Sep; 4 Oct; 1 Nov | 12pm**
- **South Craven, Old White Bear**  
**Thu 7 Sep; 5 Oct; 2 Nov | 12pm**

For North Craven and Settle contact Debi Hawkins: 07522 226334  
[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

For Mid Craven contact Miranda Warren: 07522 237483  
[mwarren@carersresource.org](mailto:mwarren@carersresource.org)

For Skipton contact Ruth Jones: 0808 50 15 939  
[rjones@carersresource.org](mailto:rjones@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 6 Sep; 4 Oct; 1 Nov**  
**From 1pm–3pm**

Contact Debi Hawkins: 07522 226334  
[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)

### Skipton Rendezvous Drop In

Hotel Rendezvous, Keighley Road, Skipton, BD23 2TA

**Tue 12 Sep; 10 Oct; 14 Nov**  
**From 10am–11.30am**

Contact Clare Brooks:  
[cbrooks@carersresource.org](mailto:cbrooks@carersresource.org)

### Carer Groups – for Carers of People with Dementia

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

**Mon 11 Sep; 9 Oct; 13 Nov**  
**From 10.15am–12.15pm**

Contact Carol Hudson: 07936 938567  
[chudson@carersresource.org](mailto:chudson@carersresource.org)

Young carers in Bradford have been creating an artistic graffiti wall at our allotment this summer







## Male carers – take your pick from bushcraft, canal trips, sports, music and cooking activities!

Lots of exciting activities are being planned for male carers registered with Carers' Resource over the next few months, as part of our 'Men Care Too' project.

Male carers can reconnect with nature and learn essential survival skills by taking part in a free 'bushcraft day' on Monday, 4th September 2023.

The event will provide a fun day of bushcraft activities and campfire chat in a beautiful woodland and camping area on Baildon Moor, north of Bradford.

It's a chance for male carers to take a break from their caring responsibilities and meet other male carers in a relaxing and supportive environment.

Limited places are available.

There will be a canal cruise on the Two Shires Community Barge, in Bradford, on Wednesday, 13th September, starting at 10am.

We are organising a gym taster afternoon at Shipley Pool Gym for male carers on Thursday, 21st September, at 1pm.

Male carers can enjoy an afternoon of playing snooker and darts or have a go at playing piano or guitar on Thursday, 28th September, at 1pm at Shipley Bowling Club.

Improve your cooking skills and learn to cook gastro pub style, as well as Asian, Italian and Mediterranean food at Millside Centre, Bradford, starting on Tuesday, 17th October. This course is spread over four weeks.

Male carers can get into the swing of things at the golf driving range at Express Golf, in Bradford, on Thursday, 26th October, at 1pm.

And on Thursday, 16th November at 1pm, there will be a fun afternoon of ten pin bowling at Go Bowling, Bradford.

For more information or to register to take part in any of these activities, please contact Goran Selby by emailing [mencare2@carersresource.org](mailto:mencare2@carersresource.org) or calling 07874 867136.

## A grand day out at Bradford Bulls

Bradford Bulls invited Carers' Resource to take part in their "Inclusivity Day" on Sunday 2nd July.

The club gave out free tickets to hundreds of carers and their families and invited us to hold a stall at the match vs Keighley Cougars at the Odsal Stadium.

It was a fantastic day and our special Carers' Resource rugby balls were a bit hit, with lots of fans queueing up to try to win one in our lucky dip game.

A big thank you to the Bradford Bulls for giving us the opportunity to promote Carers' Resource and give carers a special experience at the same time.



# Thank you to all our volunteers for your continued support

Volunteers' Week overlapped with Carers Week, running from 1st–7th June, and we took this opportunity to say thank you for all the support and hard work that all our volunteers do across the organisation.

Carers' Resource has a team of around 140 volunteers who play a vital role in the services and support the charity offers unpaid carers in the Bradford, Harrogate, Craven and Selby areas.

To celebrate Volunteers' Week, we held social events for volunteers across the districts, including those who volunteer for the Carers' Time Off (CTO) service.

Some of our Harrogate CTO volunteers enjoyed a visit to Rudding Park, near Harrogate, where they were given a tour of the Kitchen Garden and treated to an afternoon tea in a private room.

Simon Mackaness, owner of Rudding Park, generously offered the experience to 12 CTO volunteers in the district, so we could say a special thank you to them for their continued dedication.

Following the visit, Dawn Tesseyman, Project Manager of CTO, said: *"The main message back from the volunteers was that it was nice to feel valued and especially good to get together as a team again to celebrate Volunteers' Week."*

An event was also held for the Selby CTO volunteers, and Sally Horner, CTO Project Coordinator in Craven, sent a handwritten card to the active volunteers with CTO in Craven, inviting them to a tea dance in Skipton Town Hall in July.

In addition, Carers' Resource organised events at RHS Harlow Carr near Harrogate and at Coniston Hotel near Skipton for some of our volunteers.

Andrew Parkin, Volunteer Co-ordinator at Carers' Resource, said: *"A big thank you to RHS Harlow Carr for giving free access to their gardens and to Coniston Hotel for doing a reduced rate on cream teas for a group of volunteers."*

Also during Volunteers' Week, Ripon Grammar School students hosted an afternoon party to thank local volunteers and unpaid carers. This built on a successful trial social gathering at the end of March where kind-hearted sixth form volunteers at the school put on an afternoon tea party with music and games to give local carers a break from their normal routine. *"They were a credit to their school and their parents,"* said one partygoer.

Project manager Dawn Tesseyman thanked all the pupils involved in hosting a *"wonderful afternoon for some of our carers, clients and volunteers."*

Carers' Resource would like to say a massive thank you to all the volunteers who help us. Your support is vital and we couldn't provide such a great service without you.



## HOPS complete the Bed Race for young carers

A Harrogate amateur dramatics group has raised hundreds of pounds for the young carers' service at Carers' Resource by completing The Great Knarborough Bed Race.

HOPS Musical Theatre Company, which has chosen the young carers' service as its charity of the year, entered a team into the popular event, held on Saturday 10th June.

The team finished the full race, despite one member having to pull out due to ill health. They also won the 'Your Harrogate Eco Award' in the Best Dressed Bed competition, after using recyclable and sustainable materials to decorate their bed as 'Chitty', the car from Chitty Chitty Bang Bang.

The team's efforts in the Bed Race helped raise £470 for the young carers' service.

Recently, Carers' Resource staff were able to thank, in person, three members of HOPS, including two people who took part in the Bed Race – Sancha King and Lizzie Oates.

Sancha and Lizzie, along with Lucy Thackwray, paid a visit to the Harrogate Budz group, run by Carers' Resource, where they were met by Linda Hall, Nadine Stocks and Helen Prince, all from our young carers' service. A huge thank you from all of us at Carers' Resource!





## Young carers come face to face with exotic animals

Harrogate young carers got the chance to get up close with a range of exotic animals recently.

The Harrogate Budz group, run by Carers' Resource, were visited by Dan from Knaresborough Exotic Rescue, who brought along snakes, lizards, cockroaches, a chameleon and a giant tortoise.

The young carers were able to hold, stroke or just watch the animals, and "absolutely loved the experience" and were "very brave", Linda Hall, Young Carer Worker (Harrogate), said.



## Carers enjoy relaxation, mindfulness and cycling sessions

Carers in the Bradford area have recently been given the opportunity to take part in relaxation, mindfulness, and cycling sessions.

ABCD (Asset Based Community Development) funding enabled us to have six sessions of relaxation/mindfulness/reflexology techniques for carers with lunch provided.

The sessions were well attended with 8 – 14 carers at various sessions. All of the carers who attended took away handouts of the exercises covered in the sessions to continue their self-care at home.

Comments from carers included:  
*"A wonderful time spent with wonderful people. A relaxing, warm, friendly group."*

*"The sessions have been fab. I have learnt some new skills. Thank you!"*

*"The sessions have helped me so much and brought me peace and inner tranquillity."*

Three sessions of cycling were also enabled by ABCD funding. These classes aimed to cater for beginners and the more advanced.

Comments from carers included:  
*"I don't know what I'd do if I didn't have these amazing groups and activities. Plus the lovely friends I've made since joining. Life-long friendships."*

*"The bike sessions have been an amazing experience and we will carry our friendships through our walks."*



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 27th October 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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# Celebrating 30 years of Bradford District Credit Union

Carers' Resource was invited to hold a stand at the Bradford District Credit Union (BDCU) 30th anniversary event recently.

We joined other organisations from around the district, to promote our services and raise awareness of unpaid carers.

BDCU provides low cost loans and savings accounts, and supports people to save wisely and borrow affordably. It aims to offer an alternative to high street banks and doorstep loan sharks.

To find out more go to [www.bdcu.co.uk](http://www.bdcu.co.uk)

