

# Young carer Lucy wins Child of Courage Award

One of our amazing young carers, Lucy Sturley, has won the Your Harrogate Radio Child of Courage Award.

Lucy was presented with the award in a glittering ceremony at Rudding Park, after being nominated by Carers' Resource young carer worker Linda Hall.

Now aged 13, Lucy came to Carers' Resource in October 2020 when she was 10 years old. Her father had been diagnosed with Motor Neurone Disease and Lucy helped care for him until he sadly died in February 2021.

Then in May 2021, Lucy's mum, who has Crohn's disease, had a serious flare up and spent trips to and from the doctors and hospital until in November 2021 she became seriously ill and was not expected to survive. She was on a life support machine for weeks and in an induced coma, and then spent months in hospital.

Lucy's mum is still in and out of hospital and it's a very long road to recovery. At home Lucy cooks and cleans as her mum can't stand up for long.



Linda says: "Lucy is a very resilient girl who has faced adversity in losing her father and then almost losing her mother a few months later. She has been an amazing young carer to get to know and takes all the opportunities of activities that we do in holiday times.

"She last year donated her hair to Little Princesses for children with cancer to make wigs for them. She also set up

a JustGiving page and monies raised went towards Harrogate Young Carers who have been supporting her as a way to say thank you. All in all, Lucy is an inspiration to me personally and lots of others around her, always smiling, always positive, even in the face of adversity."

Lucy says: "It felt amazing to get the award and that all the caring that I've done has been recognised."

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# Celebrating the contribution of older carers

Carers' Resource marked the International Day of the Older Person on October 1st with some special celebrations at our lunch groups.

We wanted to recognise the hard work and valuable contribution older carers make to society.

Staff created some entertaining quizzes for carers and their loved ones to complete individually or as teams at the lunch groups. The quizzes included naming celebrities from the 1940s & 50s and recalling historical events.

Carers and their loved ones had fun reminiscing about the past, sharing memories and anecdotes. It was a wonderfully inclusive event as both carers and their loved ones could join in.

Older carers provide valuable support, often under enormous physical and emotional strain and as an organisation it was a pleasure to celebrate their contribution.

Chris Whiley, CEO



Despite having a mild autumn, dark nights and less light remind us that we are almost into winter.

As we enter a second winter with the cost of living challenges, despite the reducing inflation rate, I am minded that many of you will be even more stretched financially than last year as precious savings have been eaten away. Carers' Resource can provide you with information about how to access support, and in some instances help you access grants, so it is always worth having a chat with a worker if you are concerned about making ends meet, or replacing expensive white goods, for example.

In the meantime I hope that you are able to look forward to the festive season and the new year with some expectation of things getting better and of things to look forward to.

Carers' Resource continues to look for ways to support carers and others and we are always keen to hear from you with ideas and suggestions. We work hard with Carers Trust, our national partner, to ensure that the voices and views of carers are passed on to government and other decision makers, and each new year brings the hope that carers will be recognised and valued for the amazing service they give.

With very best wishes for the festive season and 2024.

Chris



## Supporting carers at Harrogate Christmas Fayre

Carers' Resource will have a stall on Harrogate Christmas Fayre again this year, raising awareness of unpaid carers and raising funds to support our services.

We've been provided with a hut at the market on Thursday, December 14th, thanks to North Yorkshire Council, The Local Lotto and Market Place Europe.

If you're in Harrogate and fancy a bit of festive fun, it's a lovely Christmas market so please do come along and say hello. We'll have some games and goodies to give away, as well as information and staff to talk to.



# Campfires, bushcraft, music, games, good food and walks on offer for male carers

If you're a man, looking after somebody, we've got good news for you – there are even more activities on offer in the next few months.

Join our Men Care Too project for countryside walks, meet up for meals, try your hand at woodworking or music – or gather round the campfire for a bushcraft activity camping weekend!

All our Men Care Too events are free for male carers registered with Carers' Resource.

The bushcraft camp weekend is planned for Saturday 17th February to noon on Sunday 18th February, at Hunters Greave Scout Activity Site, Pollard Lane, Bramley, Leeds LS13 1EQ.

Join us to take part in fun activities over the weekend including archery, fire craft, camp fire cooking skills and tarpology. With the whole campsite to ourselves for the weekend, you are invited to join us for as long, or as little as your personal schedule allows and can camp over if you wish.

This is a sequel to the fantastically successful bushcraft day we held this autumn on Baildon Moor – after which one carer said: *"It was the best day of my life."*

At the same location, we're also holding a campfire event with free fish and chips on Saturday January 27th, from 1pm-5pm. It's a lovely site between the river and the canal and it's sheltered by a cover, with the use of a building and a large kitchen if we want to go indoors.

If a nice warm restaurant is more your style, we're having a meet-up at Mumtaz Restaurant, Great Horton Road, in Bradford, from 6pm on Monday January 15th.

We also now offer regular, friendly and informal music, jamming and games evenings, at St Peter's Church in Shipley, where you can chat to other male carers



while you listen to music, with the chance to play snooker, darts and table tennis too. Perhaps try your hand at guitar or piano with a chance to pick up tips and techniques from the expert musicians. There'll be free refreshments including pizza and a cuppa!

If you want to improve your music skills further, we're holding regular Jazz Band Workshops for male carer instrumentalists and singers. You don't need to be able to read music. This group would suit male carers who can play an instrument but want to build confidence to tackle complicated styles of music like jazz. Musicians will get the chance to join the Men Care Too Band.

Male carers can also join our regular strolls and coffee, and we are setting up some hill and moorland walks for those who want a bit more of a challenge. And in January we're doing a series of woodworking workshops.

For more details on all these activities and more, please check the events listings on page 8.

For further information and to join any of our Men Care Too events contact Goran Selby on 07874 867136 or email [mencare2@carersresource.org](mailto:mencare2@carersresource.org)



## Young carer Maggie gets creative to raise funds

A young carer from Selby has found a creative way to raise money for her local Carers' Resource youth groups.

Maggie Seaman, aged 10, made loom band bracelets and sold them at her school, running a stall before school every day for a week and also selling them to friends and family.

Maggie has raised an impressive £326 in total, and has also been raising awareness of young carers at her school.

Maggie, who helps care for her sister Hattie who has autism and ADHD, attends one of Carers' Resource's two young carer groups in Selby.

She says: *"I am part of Selby young carers and really like that I can go there and see people just like me. I wanted to raise some money for the group as I think it is a really useful charity that lots of people need."*

*"It is hard when you have a family member with autism or ADHD so it is great for everyone who is part of the group to get to know each other."*

*"So I did it so we can become closer and continue to help each other. Thank you for everyone who bought at least one loom band, you helped a lot of people."*

Alex Winter, Headteacher at Staynor Hall Primary Academy, says:

*"We are incredibly proud of Maggie and the work she has done on raising awareness of young carers within our school and local community."*

*"Maggie has spent time in school talking to children about young carers and what their experiences may be. Maggie has then gone on to make bracelets to sell, raising all important funds to enable this vital work to continue, she is an inspiration to us all."*

To find out more about our services for young carers please visit our website at [www.carersresource.org/young-carers](http://www.carersresource.org/young-carers)

If you have an idea to raise money for Carers' Resource, please contact our fundraising team at [fundraising@carersresource.org](mailto:fundraising@carersresource.org) or call us on **0808 5015939**.



By Emma Clayton

Leisure & Lifestyle  
Editor, Bradford  
Telegraph & Argus

## Passing on the joy of Christmas

It was a family festive tradition that has sadly demised over the years. I'm ashamed to say that it's several years since I made a Christmas cake. I feel a pang of guilt whenever I put one in the supermarket trolley, along with a box of mince pies.

It has become a standing joke in our family that every year I say I'm going to make a yule log - then try and pass off a shop bought one as my own. It fools no-one, but my annual 'fake cake' routine has become a tradition in itself.

That's the thing about family traditions. There are all sorts of quirky things that are passed down from our parents, grandparents, aunts and uncles over the years, and we keep it all going through the generations, especially at Christmas.

In our family we still open Christmas tree presents on Boxing Day - something my siblings and I have been doing since we were young children. These little gifts would appear magically on the

Christmas tree, each one bearing a label with a family member's name on, and it was something to look forward to once the big day was over.

When my mum became ill and was no longer able to sort out the Christmas tree presents, I took on the job. It was lovely to see my niece and nephews handing round the presents on Boxing Day, just as we had done as children. They're in their 20s now, but still love the Christmas tree presents.

Those of us who care for, or have cared for, loved ones will know that Christmas can be a particularly stressful time. Along with the physical and practical aspects of caring, there is perhaps a sense of loss too.

By keeping our quirky family traditions alive, we are passing on the joy that our loved ones passed on to us. Happy Christmas.

# Volunteers bring light to lives

When Martin\* was diagnosed with Parkinson's, he struggled to deal with the impact on his life. He had previously enjoyed activities such as going to the theatre, singing and driving in the countryside and was frustrated by the limitations of the disease.

His wife Susan was able to help Martin practically but it was more difficult for her to support his creative interests and desire for independence.

The couple got in touch with Carers' Time Off, a service run by Carers' Resource which provides volunteers who can offer friendship and companionship to the cared-for person, while giving the carer some time to themselves.

The Carers' Time Off coordinator thought their volunteer Simon could be perfect for Martin and Susan – he had an interest in the arts and regularly attended cultural events like Shakespeare's Globe, ballet, and local activities.

Simon is able to spend around four hours a week with Martin, and together they have explored various cultural and outdoor activities, attending recitals and matinees, driving into the countryside for

lunch, and exploring local churches and medieval buildings.

Martin has really benefited from Simon's company and being able to get out and about and pursue his interests.

Dawn Tesseyman, Carers' Time Off service manager, says: *"People benefit from good company and stimulation, and it's essential to reduce isolation and anxiety, especially for individuals with health challenges like Parkinson's."*

*"We always consider both the physical and emotional needs of the person being cared for; a well-matched volunteer can really make all the difference to the cared-for person and their carer."*

To find out more about the Carers' Time Off service, or to enquire about becoming a volunteer, please email [carerstimeoff@carersresource.org](mailto:carerstimeoff@carersresource.org) or call **0808 5015939**.



\*Names have been changed.

## Group for carers of people with mental health issues

Carers' Resource has launched a new group for carers in the Harrogate District who are supporting someone over 16 with a mental health issue.

The group, which began in October, meets on the second Friday of every month (the next get together is on 8th December, then 12th January), 10am–12noon, at our Harrogate office (Unit 3, Grove Park Court, Grove Park Terrace, Harrogate, HG1 4DP).

Carers can have a cup of tea and meet others in the area who are in a similar situation to themselves, and discuss topics around mental health with a professional.

Stephanie Flint, Locality Worker at Carers' Resource, who help set up the group, said: *"The first session went really well as people got to know one another and had an opportunity to chat with a member of the Community Mental Health team."*

To register for the group or find out more please contact Stephanie on **07512 321244** or email [sflint@carersresource.org](mailto:sflint@carersresource.org).

## Warm Home Discount – advice for carers

If you're caring for someone who is eligible for the Warm Home Discount, but isn't named on your electricity bill, they won't be able to receive the payment.

This can be difficult for carers of people who do not have capacity and therefore cannot consent to be added to the bill, as one of our staff members discovered recently.

She queried this and received some advice from the Department for Energy Security and Net Zero (DESNZ) with an explanation of how to receive the discount, which gives £150 off the household electricity bill for winter 2023 to 2024.

The DESNZ says that if the eligible cared for person has a nominated DWP appointee or another legal representative who is named on the bill, they are still eligible to receive the rebate.

You may need to provide documentary evidence of this appointee or representative status, as it is not always available to the Warm Home Discount helpline.

If you have documentary evidence, you can send a copy of it to **110552 Warm Home Discount Scheme, PO Box 26965, Glasgow, G1 9BW**, with a copy of the eligibility letter you received.



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 1 Feb**  
**From 1.30pm–3.30pm**

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

### Virtual Book Group

Guided discussion on chosen book.

**Wed 13 Dec; 10 & 24 Jan; 7 & 21 Feb**  
**From 7.30pm–8.30pm**

Contact Melanie Evans:  
[mevans@carersresource.org](mailto:mevans@carersresource.org)

### Just For Fun Quiz

Join us for some light-hearted quizzing and conversation.

**Wed 20 Dec; 17 Jan; 21 Feb**  
**From 3pm–4pm**

Contact Joanne Beetham:  
[jbeetham@carersresource.org](mailto:jbeetham@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 13 Dec; 10 Jan; 14 Feb | 10am**
- **Harrogate, Cedar Court Hotel**  
**Wed 20 Dec; 17 Jan; 21 Feb | 11am**
- **Ripon, Booth's**  
**Tue 12 Dec; 9 Jan; 13 Feb | 2.30pm**
- **Pateley Bridge, The Talbot**  
**Fri 26 Jan; 23 Feb | 11am**
- **Wetherby, ASK Italian**  
**Mon 18 Dec; 15 Jan; 19 Feb | 2pm**

Please contact Carol Lancaster  
[clancaster@carersresource.org](mailto:clancaster@carersresource.org)  
before attending for the first time.

### Dales Diners

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

**Christ Church Hall, Darley**  
**Thu 7 Dec; 11 Jan; 1 Feb | 1pm**  
**Cost £5**

Please contact Carol Lancaster  
[clancaster@carersresource.org](mailto:clancaster@carersresource.org)  
before attending for the first time.

### Harrogate District Mental Health Carers Group

A group for family and friends supporting someone over 16 with mental health problems.

**Harrogate Carers' Resource, Unit 3, Grove Park Court, Grove Park Terrace, Harrogate, HG1 4DP**

**Fri 8 Dec; 12 Jan; 9 Feb**  
**From 10am–12noon**

Contact Stephanie Flint: 07512 321244  
or [sflint@carersresource.org](mailto:sflint@carersresource.org)

### Knaresborough Craft Group

**Calcutt Village Hall, Knaresborough**

**Wed 20 Dec; 17 Jan; 21 Feb**  
**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 Dec; 17 Jan; 21 Feb**  
**From 2pm–3pm**

Contact Isobel Holmes:  
[iholmes@carersresource.org](mailto:iholmes@carersresource.org)

### Carers' Resource and Parkinson's UK Respite Drop In Service

Free respite sessions providing professional care for people with Parkinson's and their carers.

**Granby Nursing Home (Ballroom), Harrogate, HG1 4SR**

**Thu 21 Dec; 18 Jan; 15 Feb**  
**From 2pm–4pm**

Booking essential.

Contact Jenna: 07593 435959  
or [jbond@carersresource.org](mailto:jbond@carersresource.org)

### Parent Carer Group, Harrogate

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

**Tue 12 Dec; 16 Jan; 20 Feb**  
**From 9.45am–11.30am**

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

### Parent Carer Group, Ripon

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

**Fri 15 Dec; 26 Jan; 23 Feb**  
**From 10am–12noon**

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

### Parent Carers of Adults with Autism

**Cedar Court Hotel, HG1 5AH**

**Thu 28 Dec; 25 Jan; 29 Feb**  
**From 11am–1pm**

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

## Meet Carers in Bradford District

### Carers' Festive Event

Join us for a fun filled Christmas themed afternoon!

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

**Wed 13 Dec from 1.30pm–3.30pm**

To book a place email  
[amountain@carersresource.org](mailto:amountain@carersresource.org) or  
[mtaylor@carersresource.org](mailto:mtaylor@carersresource.org) or  
call 0808 50 15 939

### Bradford Park Strolls

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

- **Cliffe Castle Park, Keighley**  
**Wed 6 Dec; 20 Dec; 3 Jan; 17 Jan; 31 Jan; 14 Feb; 28 Feb | 10am**
- **Harold Park, Low Moor**  
**Fri 1 Dec; 15 Dec; 29 Dec; 12 Jan; 26 Jan; 9 Feb; 23 Feb | 10am**
- **Lister Park, Manningham**  
**Thu 7 Dec; 4 Jan; 1 Feb | 10am**

Contact Melanie Evans:  
[mevans@carersresource.org](mailto:mevans@carersresource.org)

- **Peel Park**  
**Thu 25 Jan; 22 Feb | 10am**
- **West Bowling Park**  
**Thu 14 Dec; 11 Jan; 8 Feb | 10am**

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

### Baildon Carers Coffee Group

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

**Mon 4 Dec; 8 Jan; 5 Feb**  
**From 1pm–3pm**

Contact Melanie Evans:  
[mevans@carersresource.org](mailto:mevans@carersresource.org)



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

The Lounge, Bingley, BD16 2JS

**Wed 6 Dec; 3 Jan; 7 Feb**  
**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 Dec; 9 Jan; 6 Feb**  
**From 10am–12noon**

Contact Melanie Evans:  
[mevans@carersresource.org](mailto:mevans@carersresource.org)

### **Catherine's Crafts**

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

**Thu 7th Dec from 1pm–3pm**

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

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

Cafe West, Allerton, BD15 7PA

**Mon 18 Dec; 15 Jan; 19 Feb**  
**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 Dec; 11 Jan; 8 Feb**  
**From 9am–11am**

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

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

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

**Tue 5 Dec; 2 Jan; 6 Feb**  
**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 Dec; 5 Jan; 2 Feb**  
**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 Dec; 5 Jan; 2 Feb**  
**From 10am–12noon**

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

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

Quayside, Salts Mill Road, BD18 3ST

**Wed 20 Dec; 17 Jan; 21 Feb**  
**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 Dec; 8 Jan; 5 Feb**  
**From 1.30pm–3.30pm**

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

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

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

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

**Mon 8 Jan; 5 Feb**  
**From 11am–12.30pm**

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

### **Bradford West Parent Carer Coffee Mornings**

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

**Mon 15 Jan; 19 Feb**  
**From 10.30am–12noon**

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

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

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

**Thu 4 Jan from 10.30am–12noon**

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

### **Keighley Parent-Carer Group**

Central Hall, Alice Street, BD21 3JD

**Fri 1 Dec; 15 Dec; 5 Jan; 19 Jan; 2 Feb**  
**From 10am–11.30am**

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

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

Culture Fusion Building,  
125 Thornton Road, BD1 2EP

**Thu 7 Dec; 4 Jan; 1 Feb**  
**From 6.30pm–8.30pm**

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

### **Shipley Parent Carer Group**

- Carers' Resource, BD18 3DZ  
**Thu 7 Dec from 11am–1pm**  
Kooth Neurodiversity Workshop

- Asda community room, BD18 3RY  
**Thu 21 Dec from 11am–1pm**  
Christmas Get Together

- Carers' Resource, BD18 3DZ  
**Thu 11 Jan from 11am–1pm**  
Kooth Stress and Anxiety Workshop

- Carers' Resource, BD18 3DZ  
**Thu 25 Jan from 11am–1pm**  
Coffee and chat

- Asda community room, BD18 3RY  
**Thu 8 Feb from 11am–1pm**  
Coffee and chat

- Asda community room, BD18 3RY  
**Thu 22 Feb from 11am–1pm**  
Coffee and chat

Contact: Kathryn Leakey  
[kleakey@carersresource.org](mailto:kleakey@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 7 Dec; 4 Jan; 1 Feb**  
**From 10am–11.30am**

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

## **Join us for a Carers' Festive Event!**

Carers are invited to join us for a fun-filled Christmas themed afternoon in our Shipley office on Wednesday December 13th.

Wearing Christmas jumpers is welcomed! Free refreshments, drinks and mince pies will be available.

The event takes place from 1.30pm–3.30pm at Carers' Resource, 15 Park View Court, St Paul's Road, Shipley, BD18 3DZ.

To book your place contact Andrea: [amountain@carersresource.org](mailto:amountain@carersresource.org) or Michelle: [mtaylor@carersresource.org](mailto:mtaylor@carersresource.org) or call 0808 50 15 939



## 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 Dec; 5 Jan; 2 Feb**

**From 1pm–3pm**

To book contact Tadcaster

Medical Centre: 01937 530082

## Meet Carers in Craven District

### Parent Carer Drop In, Skipton

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

**Thu 14 Dec; 18 Jan; 22 Feb**

**From 9.15am–11.15am**

Contact Natalie Baxter: 07801 577196

or [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 18 Dec; 29 Jan; 26 Feb | 12noon**
- **Mid Craven, Gamekeepers Inn**  
**Fri 15 Dec; 19 Jan; 16 Feb | 12noon**
- **Skipton, The Railway Pub**  
**Wed 6 Dec; 3 Jan; 7 Feb | 12noon**
- **South Craven, Old White Bear**  
**Thu 7 Dec; 4 Jan; 1 Feb | 12noon**

For North Craven group contact

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

For Mid Craven group contact

Miranda Warren: 07522 237483 or [mwarren@carersresource.org](mailto:mwarren@carersresource.org)

For Skipton group contact

Vanessa Rayner: 0808 50 15 939 or [vrayner@carersresource.org](mailto:vrayner@carersresource.org)

For South Craven group contact

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

### Craven Crafternoons

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

**Wed 6 Dec; 3 Jan; 7 Feb**

**From 1pm–3pm**

Contact Debi Hawkins: 07522 226334

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

## Men Care Too Events

For further information and to join any of our Men Care Too events contact Goran Selby: 07874 867136 or [mencare2@carersresource.org](mailto:mencare2@carersresource.org)

### Men Care Too online forum

Via Google Meet.

For the link contact Goran Selby.

**Wed 13 Dec; 10 Jan; 21 Feb**

**From 6.30pm–7.30pm**

### Music and Games Nights

Friendly and informal music, jamming and games evenings.

St. Peter's Church, Moorhead Lane, Shipley

**Wed 6 Dec; 17 Jan; 7 Feb**

**From 7pm–9pm**

### Strolls and Coffee

Higher Ground Café, Hirst Lane, Saltaire, BD18 4NQ

**Wed 20 Dec; 31 Jan; 28 Feb | 10am**

### Hill and Moorland Walks

More challenging walks.

Bracken Hall Countryside Centre, Glen Road, Baildon, Shipley BD17 5EA

**Tue 5 Dec at 9.30am**

### Jazz Band Workshop

For male carer instrumentalists and singers who want to improve their music skills.

Venues TBC – contact

Goran Selby for more info

**Thu 14 Dec; Wed 20 Dec; Wed 24 Jan;**

**Wed 31 Jan; Wed 28 Feb | 7pm**

### Meet and Eat at Mumtaz

Join us for a lovely curry to celebrate the New Year!

Mumtaz Restaurant, 386 Great Horton Road, BD7 3HS

**Mon 15 Jan at 6pm**

### Woodworking Workshops

Try your hand at carving, wood sculpture, turning/machining pieces of wood and using a lathe.

Baildon Shipley & Saltaire Men's Shed, Northcliffe Park, BD18 3DD

**Mon 8 Jan; 15 Jan; 22 Jan**

**From 10am–12noon**

### Campfire Chats and Fish and Chips

Hunters Greave Scout Activity Site, Pollard Lane, Leeds LS13 1EQ

**Sat 27 Jan from 1pm–5pm**

### Bushcraft Camp Weekend

Hunters Greave Scout Activity Site, Pollard Lane, Leeds LS13 1EQ

**Sat 17 Feb to noon Sun 18 Feb**

## Christmas special event for Parkinson's drop-in

A special Christmas event will take place at the Parkinson's drop-in group at Granby Nursing Home in Harrogate on Thursday December 21st.

Carers' Resource and the Harrogate & District Branch of Parkinson's UK have recently joined forces to offer regular respite drop in sessions for people with Parkinson's and their carers.

The Christmas event will be held in the Ballroom from 2pm–4pm and will feature music from one of our Carers' Time Off volunteers, plus free reflexology sessions in the library. It's free to attend – please contact Jenna to enquire further. Email [jbond@carersresource.org](mailto:jbond@carersresource.org) or call 0808 5015939.





## Young carers get active and creative

Young carers supported by Carers' Resource have been getting active and creative with fun-filled activities organised by the charity recently.

In Harrogate, young carers were taught some kickboxing and boxing skills during the autumn half term holiday.

Linda Hall, Harrogate Young Carer Practitioner at Carers' Resource, said: *"They did warm-up sessions and were shown what to do and then partnered up and had a go with each other. They really enjoyed the session and some are interested in doing it again."*

Also during half term, some Harrogate young carers attended a ceramic painting workshop, delivered by Ripon Rural Arts.

Linda added: *"The event was funded very kindly by Nidd Valley Arts Society Beulah. The young carers played some warm up getting to know you games and then designed their own mug. They loved the activity! It was really therapeutic and they did some fantastic creations."*

In December, a group of Harrogate young carers will be heading to Harrogate Theatre to watch its magical Dick Whittington pantomime, and Christmas parties will be held.

Some Harrogate young carers will also be heading to Rudding Park to watch a film at its cinema.

Meanwhile, Bradford young carers have recently enjoyed fun days out at Laserzone and at Insane Air Bradford, a trampoline and inflatable park.

In addition, some Bradford young carers have recently recorded a radio show with independent radio station 'Daz In The Hat Radio'.

The show focuses on three inspiring Bradford young carers as they share their own personal experiences as a young carer for a loved one.

In Craven, young carers have done lots of Halloween and bonfire night activities, as well as two trips to Insane Air Bradford. They will be getting into the festive spirit with Christmas parties being held in December.

Selby young carers have recently enjoyed trips to Selby Superbowl and to the pottery painting studio, The Painting Pot, in the town.





## Care@ worker shortlisted for award

Tracey Fox, one of our Senior Care workers at Care@ Carers' Resource, has been recognised for her fantastic work.

She was shortlisted for the Great British Care Awards, in the category of Front Line Leader, and attended a black-tie awards evening at the Armouries in Leeds.

Tracey was nominated after stepping in to help out another staff member who had injured her back and was working but with difficulty. Tracey took over all the tasks that needed doing that day without being asked, just as an act of kindness to her colleague.

Tracey has worked in the care sector since 1996, was transferred over to our organisation in 2013 and has shown true dedication and commitment to not only her clients but her colleagues too.

Sam Dawson, Head of Care, says: *"It was an honour to attend with Tracey and we are very proud of Tracey and her dedication and commitment to her clients and the service and she truly deserved to be a finalist in this category. Well done Tracey."*

# Are you a parent struggling with your child's behaviour? You are not alone

At Carers' Resource we see many parent carers with children who have neurodivergent conditions such as autism or ADHD. Many of these children are non-verbal, or have additional neurodivergent conditions like Pathological Demand Avoidance. Many of these children also struggle with anxiety.

There are many triggers of aggression in these children, these include changes in routine or over sensory stimulation, often too much light or noise.

These parents typically experience biting, being kicked, scratched, hair pulling and being hit by their child. Some parents have also experienced damage to their home and possessions by their child/ren.

Our Child to Parent Violence Peer Support Group provides emotional support to attendees. Carers swap

stories which helps them realise they're not the only family going through these experiences. They share hints and tips for managing their child's behaviour. At the group parents can speak openly without being judged by others. There's often lots of crying... and laughter too.

The group runs from 10am–11.30am, every first Thursday of the month during school term time. Refreshments and tissues are provided! Supporting friends/family or other supporting professionals are welcome.

The next sessions take place at our Shipley office, 10am–11.30am, on 7th December 2023, 4th January 2024, 1st February 2024.

If you have any questions or would like to book onto the group please contact Sarah: **0808 501 5939** or **sczujko@carersresource.org**

## Thank you, "Kinder To"!

A huge thank you to the charity "Kinder To" who generously donated heaps of free craft materials to our Manningham Mills craft group.

The group meets once a month to craft, while making friends and gaining peer support from others in a similar situation to them.

They received an email out of the blue from "Kinder To" asking if they could use a delivery of free craft items – and were given 11 free boxes full of untold goodies to be explored.

Sarah Czujko, our locality worker who runs the group, said: *"It was like all our birthdays had come at once!"*

The craft group now has loads of additional supplies including buttons, beads, paper and fabrics.



For more information about the craft group, please contact Sarah: **sczujko@carersresource.org**

# Volunteer Keith receives award after decade of service

A committed Carers' Resource volunteer has received a long service award in recognition of his dedication to the charity.

Keith Duerden, 69, has spent 10 years as a volunteer for the charity's Home from Hospital (HFH) service, supporting clients in the Bradford area.

Following a family bereavement in 2012, Keith decided to retire early at the age of 59.

Later that year he spotted an article in a local newspaper about a Carers' Resource open day, and he went along to find out about the volunteering opportunities available.

Keith was impressed by the work of the HFH service, and decided he wanted to become a volunteer.

Ten years later, Keith still really enjoys being a volunteer with the service.

He said: *"I enjoy meeting and getting to know people from different walks of life and building a rapport with them."*

*"It gives you a good feeling that you have been able to support them."*

Shelley Marshall, HFH Service Manager, said: *"Keith has supported many clients who have been in hospital for a variety of reasons. His friendly approach and ability to engage clients has meant that they build a rapport quickly and feel at ease with him. He is someone who never judges a person and will give his all to try and help them to live independently and remain in their own homes with confidence."*

The HFH team help people to be more confident and comfortable when returning home from hospital. The service can ease a return home, helping rebuild confidence and independence, and preventing hospital re-admission.

Meanwhile, another dedicated Carers' Resource volunteer, Chris Baugh, who runs the charity's carer coffee and chat group in Wetherby, has also received a long service award following 20 years of voluntary work for the charity.

Carers' Resource would like to say a big thank you to both Keith and Chris for their outstanding and selfless service. Your remarkable efforts have made a huge difference to the lives of many carers and clients.



## Memory boxes for carers and their loved ones

Carers and the people they support came together to decorate memory boxes at a coffee morning in Selby recently.

Eleven people attended the coffee morning and each received a memory box to paint during the event, then take home to keep special memories and items inside.

Amy Morton, a Selby locality carer worker at Carers' Resource, helps run the coffee morning.

She said: *"I hope the boxes will help bring back memories for the carers and the people they support."*

*"It was a fun activity and everyone really enjoyed it."*

Another activity held at the coffee morning recently involved carers and their loved ones making their own small leather pouch to take home.

The coffee morning, which takes place at Selby Bowling Club on Mondays from 11am to 1pm, is for carers, but some carers do bring along the people they care for.

It is a great chance for carers to meet new people, have a chat and a cup of tea or coffee with biscuits. The group is free, although any donations are greatly appreciated.

If you are interested in attending, please email Amy at [amorton@carersresource.org](mailto:amorton@carersresource.org) or call 07512 321259.



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 26th January 2024. Send copy to the editor by emailing [choices@carersresource.org](mailto:choices@carersresource.org), or post submissions to the Craven office (address right).

### CONTACT US

#### Harrogate

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

#### Skipton

Ronaldsway House,  
36 Brook Street,  
Skipton BD23 1PP

#### Bradford

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

#### Selby

Community House,  
Portholme Road,  
Selby YO8 4QQ

T: **0808 501 5939** (Freephone)  
E: [info@carersresource.org](mailto:info@carersresource.org)  
W: [www.carersresource.org](http://www.carersresource.org)

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)

## Marathon challenge for staff

Two members of the Carers' Resource communications team have completed their marathon challenge for 2023!

In May this year Daniel Willers and Jenny Cornish ran the Leeds Marathon. On October 15th, Daniel smashed the Yorkshire Marathon, and on October 28th Jenny completed the North York Moors Trail Marathon.

They put themselves through all this to raise money for Carers' Resource – if you'd like to sponsor them the JustGiving page is here: [www.justgiving.com/fundraising/daniel-willers1](http://www.justgiving.com/fundraising/daniel-willers1)

