

Unpaid carers make their voices heard on Carers Rights Day

Unpaid carers shared their stories, challenges, and hopes for the future, at events marking Carers Rights Day in Bradford, Harrogate, Craven and Selby.

People who look after their relatives or friends were asked: "What are the biggest challenges for you as a carer?" and "What would make your life as a carer easier?"

We held events at our offices in Skipton, Harrogate and Shipley, and at the Selby Carers Coffee Morning, as part of the national Carers Rights Day. Carers also shared their views via our website.

North Yorkshire Council and Bradford Council are currently developing new strategies for unpaid carers, and Carers' Resource wants to ensure that the voices of people looking after relatives and friends are heard.

Carers were keen to share their thoughts; many spoke of the issues they face daily. Comments included: "The system is broken,"; "The biggest

challenge is knowing where to go and who will help you get the support you need to help you care," and: "Voluntary carers are treated as 'nothing'."

Many carers talked about the difficulty of getting respite care, or any time to themselves. One carer said:

"As an unpaid carer full time, I go hungry every lunchtime. I care for my mum 24 hours a day, 7 days a week."

Carers' Resource has put together a report on the results of this consultation which can be viewed on our website at www.carersresource.org/carers-rights-day

We have shared this report with Bradford Council, North Yorkshire Council, and local health authorities, and they have assured us it will be taken into account when they are drawing up their new strategies for carers.

To find out more about what carers had to say, please turn to page 2.



Lister Park Walk

Carers enjoying the fresh air before setting off for their stroll around Lister Park in Bradford. **See page 9 for more info about our walks!**

The challenges faced by local carers – in their own words

Carers from across Bradford, Craven, Harrogate and Selby told us that their biggest challenges were:

Health, education and social care

"It's a broken system."

- Accessing health services
- Waiting lists for mental health services
- Accessing the right support for the cared-for person
- Accessing educational support
- Services not linking together

The carer's own emotional and physical wellbeing

"I believe my current situation will only be helped when I have a mental, emotional or physical breakdown or injury or one of us dies."

- Feeling overwhelmed
- Struggling with mental and physical health issues
- Dealing with challenging behaviour
- Lack of time to themselves

Respite and breaks

"Places for respite care are too few and too short."

- Accessing affordable respite/breaks
- Accessing suitable paid-for care

Financial and employment issues

"Money management, when there isn't enough to start with."

- Carer's Allowance too low
- Difficulties balancing work and caring
- Expenses of being a carer

They told us that these were some of the things that would make life as a carer easier:

More support from Government, health and local authorities

"I would like to feel heard and validated."

- More recognition for carers
- More information and resources
- Reduction of waiting lists/times
- More personalised, joined up support
- Improved health and social care services
- Better SEND provision

More respite and breaks

"Knowing that it's ok to take a break from caring."

- Affordable access to pre-planned and emergency respite care
- More groups catering for carers and cared-for people

More emotional support

"Programmes that support self care and wellbeing cannot be underestimated."

- More groups for carers
- More holistic therapy / wellbeing activities
- More counselling support
- More peer support groups

More financial support

"Carer's Allowance to be paid in line with a living wage."

- An increase in Carer's Allowance
- Statutory sick pay for carers
- A benefits system that is easier to navigate

To read the report in more detail, visit www.carersresource.org/carers-rights-day

If you would like to find out more about our regular Carers Forum, or if you would like to be involved in developing the councils' strategies, please email Jenny at jcornish@carersresource.org

Chris Whiley, CEO



This is the last time that I will be writing for Choices as I will be retiring shortly. I have been proud to have the role of CEO of Carers' Resource for the last eight and a half years, and I hope that you feel that the organisation has been a strong advocate for unpaid carers, locally, regionally and nationally. I am sure that my successor will continue to drive the organisation forward in a proactive, positive way, reflecting the views and concerns of everyone we support.

Both North Yorkshire and Bradford local authorities are working on new strategies for unpaid carers, and are keen to hear from those of you with lived experience. Our successful events on Carers Rights Day produced some really interesting information which has been passed on, and there is still chance to get involved, particularly looking at the sort of things that would make a positive difference to your life as a carer.

I am delighted that the Carers Leave Act is about to come into force. It may be a small step but it does raise the profile of unpaid carers to employers and if only one person is enabled to continue working due to its existence then it is a success.

Very best wishes to you all.

Chris



“Men Care Too has helped to build my confidence”

It has been a busy and fun-packed winter for our Men Care Too project, with male carers enjoying woodworking sessions, a campfire event, clay pigeon shooting, games nights and more.

One group got into the swing of things at an indoor golfing event at Rudding Park in Harrogate.

As well as practising their swing on a golf simulator, the carers had bacon butties and hot drinks.

Friendly and informal games nights were held at St Peter's Church, in Moorhead Lane, Shipley, which were a chance for male carers to meet and chat, while playing snooker, table tennis and darts.

Another games night is due to be held on Wednesday, 6th March, 7–9pm, at the same venue.

A campfire event with free fish and chips took place at Hunters Greave Scout Activity Site in Leeds, where attendees learned about fire lighting.

Male carers developed their craftsmanship skills during woodworking workshops at Baildon, Shipley and Saltaire Men's Shed, and also at Skipton Men's Shed.

Another group gave it their best shot when they had a go at clay pigeon shooting at Coniston Shooting Grounds, near Skipton. After the carers tested their aim on the shooting grounds, they tucked into some lunch.

Also over the past few months, our Men Care Too project has organised stroll and coffee events and jazz band workshops for instrumentalists and singers.

Male carers who have joined Men Care Too have praised the project and told us how the service has helped them.

Jack Widdop said: “Men Care Too has helped to build my confidence.

“It has helped me to be my own person and to communicate with other people better. It's also allowed me to build up friendships.”

Bob Marshall added: “I started coming to Men Care Too during October last year and the Bushcraft Day was really

brilliant and I'm really glad we've got this happening. It's just having somewhere to go and other people I can meet.

“It's having someone to do other things with rather than being a carer all the time, because it becomes full-time.”

Over the coming weeks, more exciting activities are planned as part of the Men Care Too project.

These include a coffee stroll event on Wednesday, 20th March, with male carers invited to meet at the Higher Ground Café, in Hirst Lane, Saltaire, at 10am, for a hot drink, followed by an easy social walk.

A bushcraft camp weekend will take place from Saturday, 16th to Sunday, 17th March at Hunters Greave Scout Activity Site, and there will be a curry night out at a restaurant in March.

Another indoor golfing session at Rudding Park is being planned for March, as are more events for male carers in Craven to meet up and enjoy.

The next Men Care Too online forum will be on Wednesday, 13th March.

For more details about any of these upcoming events, email Goran Selby at gospelby@carersresource.org



New carers' rights in 2024

In 2024, a new law comes into force giving working carers important new rights.

Workers who juggle their job with caring for somebody at home already have the right to take unpaid time off work to deal with an emergency. But until now, some working carers have struggled to get the time off work that they need to attend appointments, meetings and all the other ways they support the person they look after.

The new law will give working carers the right to take unpaid time off, planned in advance, making it easier for carers to balance their job with their caring responsibilities and manage their roles more flexibly.

Carer's Leave Act 2023

From 6th April 2024, working carers will have the right to take up to one week's unpaid leave from their job every year if they need it, to provide

or manage foreseeable care needs for a dependant who needs long term care.

For example, this could include time to take the dependent person to hospital appointments, meet a social worker or to manage a change in their care arrangements.

For the purposes of the act, the term 'dependant' could be the employee's spouse, civil partner, child, parent or any 'person who reasonably relies on the employee for care'. A dependant is seen as needing 'long term care' if they have a disability or a physical or mental illness or injury that is likely to need care for more than 3 months, or they need care for a reason connected to their old age.

Employment Relations (Flexible Working) Act 2023

Changes are also due to be made in July 2024 to the rules around flexible working requests. The changes should

help to make flexible working requests easier for carers and other employees to negotiate flexible working arrangements with their employer.

The terms of the Flexible Working Regulations 2014 have been updated in the recent Employment Relations (Flexible Working) Act 2023 and changes expected to come in July include the day one right to make a flexible working request, the right to make two flexible working requests per year, and a legal duty to consult with the employee first if they intend to reject a request.

Research shows that employers who support the health and wellbeing of all their employees have happier and more productive workplaces. These changes will give more rights to at least 2 million working carers in the UK and will relieve some of the pressure on employees managing both work and unpaid care. It's hoped that the new laws will encourage employers to be more aware of the carers in their workforce and to recognise and value the enormous contribution they make.

For more information about these new rights, and other employment advice for carers, please visit our website: www.carersresource.org/employment

Coronation Street is helping to raise awareness of unpaid carers – more TV shows should follow

ANYONE who watches Coronation Street will be familiar with a powerful storyline about a character who has been diagnosed with Motor Neurone Disease.

Paul Foreman is living with MND and has struggled with mobility issues, knowing that eventually he will lose control of his body. The soap has worked with the Motor Neurone Disease Association on the storyline, which has raised awareness of the devastating condition.

In recent episodes, Paul's husband Billy has taken on the bulk of caring responsibilities for him. The strain has at times taken its toll on their relationship and has had an impact on Paul's family too, with his mother and sister wanting to help out.

It occurred to me that the reality of life for a carer is rarely shown in television drama. Emmerdale tackled

it several years ago, when Laurel Thomas cared for her husband Ashley, who had early onset dementia. But I can't think of any other soap that has put carers' issues at the heart of a storyline. Often, as in the case of Paul and Billy, the emotional and physical implications of care is an offshoot of a bigger ongoing storyline.

The most recent Census 2021 puts the estimated number of unpaid carers at five million in England and Wales. With so many people caring for loved ones at home, why have television producers not focused on the issues that affect them in a major storyline?

Whenever care is featured in TV drama, it is generally women who are the heart of it. So well done to Coronation Street for showing that men can be carers too.

But care remains a 'back story'. Go back 50 years and it was another soap, Crossroads, that brought a

By Emma Clayton

Leisure & Lifestyle
Editor, Bradford
Telegraph & Argus



pioneering care storyline to TV screens. In 1973 Meg's son Sandy was left paralysed after a car crash. Meg's life changed when she had to care for Sandy and she set up a 'Caring for Carers' scheme, prompting sackfuls of mail from fans.

The storyline led Noel Crane, who was being cared for at home by his mother, to contact the Crossroads team, and he went on to set up a charity supporting unpaid carers.

Soaps enter our living-rooms every night, and have the power to raise awareness to a mass audience. Half a century after Crossroads put unpaid carers in the spotlight, TV producers and writers need to take up the baton and put them at the heart of storylines once again.





Our message to young carers: 'Be Proud'

Be Proud of your caring role and the incredible support you provide to your loved ones – that is the message Carers' Resource wants young carers to remember this Young Carers Action Day (March 13th).

Organised each year by Carers Trust, Young Carers Action Day (YCAD) raises awareness about young carers and young adult carers, the challenges they face and the support they need.

As part of our 'Be Proud' campaign and to mark YCAD, Carers' Resource wants to share young carers' stories and experiences and ask them why they are proud of their caring role. We will be speaking to several young carers and producing a video to post on our social media channels. We are also planning some exciting activities.

We have arranged for Bradford young carers to speak to BCB Radio about

their caring responsibilities and why they are proud of being a young carer. This show will be broadcast on YCAD, and we hope to work with BCB Radio in the future and produce more shows with young carers.

We are also organising an art project that will align with Carers Trust's theme for YCAD this year of 'fair futures for young carers'. Young carers in Bradford and Craven will be showcasing their creative talents by producing artwork for an exhibition, capturing their dreams and aspirations for the future.

Similarly, in Harrogate, we are set to unveil artwork crafted by young carers that also shares their dreams and aspirations. This collection will be featured in one of our venues, and we are exploring the possibility of an additional exhibition in Harrogate (venue to be confirmed).

Furthermore, we are excited to present the inspiring journey of one young carer who has successfully navigated her life, progressing from her role as a young carer to pursuing a law degree at university.

And in Selby, we are planning to have a display in the town's library with photographs of local young carers, pictures they have drawn, and quotes they have written. We are also planning a celebration during our Selby youth club taking place on YCAD.

Helen Prince, Head of Young Carers and Families at Carers' Resource, said: *"Young Carers Action Day is a great opportunity to focus on the amazing things young carers do every day of the year. We are looking forward to putting the spotlight on them, helping them be proud to be a young carer and inspiring them to think about the futures they want and deserve."*

Young carers love our youth clubs!

Here's a fantastic picture drawn recently by one of the young carers from our Harrogate youth club. The drawing shows Bethany (the artist) with two of her friends, and Linda, our amazing young carer worker.

Bethany also wrote this acrostic poem about our youth club (known as Buds):

Best in the world
United in happiness
Determined
Super happy

Thank you to all our staff and volunteers who put in so much time and effort to make sure the young carers enjoy their youth clubs and all the other activities they organise.



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 4 Apr from 1.30pm–3.30pm

Contact Jen Foster:
jfoster@carersresource.org

Virtual Book Group

Guided discussion on chosen book.

**Wed 6 Mar; 20 Mar; 3 Apr;
17 Apr; 1 May; 15 May; 29 May
From 7.30pm–8.30pm**

Contact Melanie Evans:
mevans@carersresource.org

Just For Fun Quiz

Join us for some light-hearted
quizzing and conversation.

**Wed 20 Mar; 17 Apr; 15 May
From 3pm–4pm**

Contact Joanne Beetham:
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 Mar; 10 Apr; 8 May | 10am
- **Harrogate, Cedar Court Hotel**
Wed 20 Mar; 17 Apr; 15 May | 11am
- **Ripon, Booth's**
Tue 12 Mar; 9 Apr; 14 May | 2.30pm
- **Pateley Bridge, The Talbot**
Fri 26 Apr; 31 May | 11am
- **Wetherby, ASK Italian**
Mon 18 Mar; 15 Apr; 20 May | 2pm

Please contact Carol Lancaster
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 Mar; 4 Apr; 2 May | 1pm
Cost £6**

Please contact Carol Lancaster
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 Mar; 12 Apr; 10 May
From 10am–12noon**

Contact Stephanie Flint: 07512 321244
or sflint@carersresource.org

Knaresborough Craft Group

Calcutt Village Hall, Knaresborough

**Wed 20 Mar; 17 Apr; 15 May
From 2.10pm–3.40pm
Cost £5**

Contact Carol Lancaster:
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 Mar; 17 Apr; 15 May
From 2pm–3pm**

Contact Isobel Holmes:
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.

**Woodlands Methodist Church,
Wetherby Road, Harrogate, HG2 7SG**

**Thu 21 Mar; 18 Apr; 16 May
From 2pm–4pm**

Booking essential.

Contact Jenna: 07593 435959
or jbond@carersresource.org

Parent Carer Group, Harrogate

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

**Tue 12 Mar; 16 Apr; 14 May
From 9.45am–11.30am**

Contact Helen Dickinson: 07706 334260
or hdickinson@carersresource.org

Parent Carer Group, Ripon

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

**Fri 22 Mar; 26 Apr; 24 May
From 10am–12noon**

Contact Helen Dickinson: 07706 334260
or hdickinson@carersresource.org

Parent Carers of Adults with Autism

Cedar Court Hotel, HG1 5AH

**Thu 28 Mar; 25 Apr; 30 May
From 11am–1pm**

Contact Helen Dickinson: 07706 334260
or hdickinson@carersresource.org

Meet Carers in Bradford District

Bradford Park Strolls

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

- **Cliffe Castle Park, Keighley**
**Wed 13 Mar; 27 Mar; 10 Apr;
24 Apr; 8 May; 22 May | 10am**
- **Harold Park, Low Moor**
**Fri 8 Mar; 22 Mar; 5 Apr;
19 Apr; 3 May; 17 May | 10am**
- **Lister Park, Manningham**
**Thu 12 Mar; 26 Mar; 9 Apr;
23 Apr; 7 May; 21 May | 10am**

Contact Melanie Evans:
mevans@carersresource.org

- **Peel Park**
Thu 21 Mar; 18 Apr; 16 May | 10am
- **West Bowling Park**
**Thu 7 Mar; 4 Apr;
2 May; 30 May | 10am**

Contact Najmah Iqbal:
niqbal@carersresource.org

Baildon Carers Coffee Group

St Hugh's Centre, Baildon, BD17 5HS

**Mon 4 Mar; 8 Apr; 13 May
From 1pm–3pm**

Contact Melanie Evans:
mevans@carersresource.org



Bingley Carers Drop-in

The Lounge, Bingley, BD16 2JS

Wed 6 Mar; 3 Apr; 1 May
From 10.30am–12noon

Contact Joanne Beetham:
jbeetham@carersresource.org

Carer Craft and Chat Group, Bierley

The Life Centre, 102-104 Bierley House Avenue, Bradford BD4 6BU

Tue 5 Mar; 2 Apr; 7 May
From 10am–12noon

Contact Melanie Evans:
mevans@carersresource.org

Cafe West Peer Support Group, Allerton

Cafe West, Allerton, BD15 7PA

Mon 18 Mar; 15 Apr; 20 May
From 11am–1pm

Contact Tracy McGrory:
tmcgrory@carersresource.org

Girlington Carers Coffee and Chat

Girlington Morrisons Community Room, Ingleby Road, BD8 9BN

Thu 14 Mar; 11 Apr; 9 May
From 9am–11am

Contact Tracy McGrory:
tmcgrory@carersresource.org

Ilkley Carers Coffee and Cake

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

Tue 5 Mar; 2 Apr; 7 May
From 10.30am–12noon

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

Keighley Carers Group

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

Fri 1 Mar; 5 Apr; 3 May
From 10am–11.30am

Contact Rachel Hagan:
rhagan@carersresource.org

Manningham Wellbeing Craft Group

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

Fri 1 Mar; 5 Apr; 3 May
From 10am–12noon

Contact Sarah Czujko:
sczujko@carersresource.org

Noble Comb Carers Group, Shipley

Quayside, Salts Mill Road, BD18 3ST

Wed 20 Mar; 17 Apr; 15 May
From 11am–12noon

Contact Kathryn Leakey:
kleakey@carersresource.org

Oakworth Welcome Drop-in

Oakworth Methodist Church, 107 Lidget, Keighley, BD22 7HN

Mon 4 Mar; 1 Apr; 6 May
From 1.30pm–3.30pm

Contact Carly Brunskill:
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 11 Mar; 8 Apr; 13 May
From 11am–12.30pm

Contact Catherine Haslam:
chaslam@carersresource.org

Bradford West Parent Carer Coffee Mornings

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

Mon 18 Mar; 15 Apr; 20 May
From 10.30am–12noon

Contact Tracy McGrory:
tmcgrory@carersresource.org

Ilkley Parent Carer Coffee Mornings

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

Thu 7 Mar; 11 Apr
From 10.30am–12noon

Contact Lucy Cartwright:
lcartwright@carersresource.org

Keighley Parent-Carer Group

Central Hall, Alice Street, BD21 3JD

Fri 1 Mar; 15 Mar; 12 Apr; 26 Apr; 10 May; 24 May
From 10am–11.30am

Contact Lucy Cartwright:
lcartwright@carersresource.org

Shipley Parent Carer Group

Shipley Asda community room, BD18 3RY unless informed otherwise

Thu 7 Mar, 21 Mar, 18 Apr, 2 May, 16 May
From 11am–1pm

Contact Kathryn Leakey:
kleakey@carersresource.org

STAR Club Parent Carer Drop In

Culture Fusion Building, 125 Thornton Road, BD1 2EP

Thu 7 Mar; 4 Apr; 2 May
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 7 Mar; 2 May
From 10am–11.30am

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

Mon weekly 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 1 Mar; 5 Apr; 3 May
From 1pm–2.30pm

To book contact Tadcaster Medical Centre: 01937 530082

Selby and District Parent Carer Group

Does your child have additional needs? This is a chance to meet other parent carers and benefit from peer support.

Summit Indoor Adventure, Scott Road

Fortnightly, Tues, starting 20 Feb
From 10am–11.30am

Contact Amy Morton: 07940 982167 or amorton@carersresource.org



Meet Carers in Craven District

Parent Carer Drop In, Skipton

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

Thu 21 Mar; 25 Apr; 16 May
From 9.15am–11.15am

Contact Natalie Baxter: 07801 577196
or nbaxter@carersresource.org

Craven Carer Lunch Groups

A social lunch group for carers and those they support to get together.

- **North Craven, Benthams Golf Club**
Mon 25 Mar; 29 Apr; 27 May | 12noon
- **Mid Craven, Gamekeepers Inn**
Fri 15 Mar; April 19; 17 May | 12noon
- **Skipton, The Railway Pub**
Wed 6 Mar; 3 Apr; 1 May | 12noon
- **South Craven, Old White Bear**
Thu 7 Mar; 4 Apr; 2 May | 12noon

For North Craven group contact
Debi Hawkins: 07522 226334 or
dhawkins@carersresource.org

For Mid Craven group contact
Miranda Warren: 07522 237483
or mwarren@carersresource.org

For Skipton group contact
Vanessa Rayner: 0808 50 15 939
or vrayner@carersresource.org

For South Craven group contact
Carol Hudson: 07936 938567 or
chudson@carersresource.org

Craven Crafternoons

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

Wed 6 Mar; 3 Apr; 1 May
From 1pm–3pm

Contact Debi Hawkins: 07522 226334
or dhawkins@carersresource.org

Dementia Coffee Morning

Monthly coffee morning for carers and loved ones with dementia.

Upstairs at Skipton Library, High Street, BD23 1JX (no lift available)

Thu 7 Mar; 4 Apr; 2 May
From 10am–12noon

Contact Miranda Warren: 07522 237483
or mwarren@carersresource.org

Men Care Too Events

Men Care Too has been funded by Carers Trust, Making Carers Count project which is due to end in March 2024. We hope to build on the great success of male carer project and continue to run groups and activities for male carers through the year.

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

Bushcraft Camp Weekend

Join us round the campfire to take part in a number of fun activities over the weekend including archery, camp fire cooking 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. Come for part of the day or camp over and make a full weekend of it if you wish.

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

Sat 16 Mar to noon Sun 17 Mar

Woodworking Workshops

Try out your woodworking skills at these friendly workshops held in conjunction with Men in Sheds.

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

Mon 11 Mar; 18 Mar; 25 Mar
From 10am–12noon

Music and Games Nights

Friendly and informal music, jamming and games evenings.

St. Peter's Church, Moorhead Lane, Shipley

Wed 6 Mar from 7pm–9pm

Strolls and Coffee

Coffee and an easy social walk.

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

Wed 20 Mar; 17 Apr; 15 May | 10am

Jazz Band Workshop

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

Venues to be confirmed – contact Goran Selby for more information

Mon 4 Mar; 11 Mar | 5pm

Wed 20 Mar; 27 Mar | 5pm

Meet and Eat

Join us for a lovely curry and a nice social time with other male carers to celebrate the Men Care Too project.

Venue TBC

Thu 7 Mar at 6pm

Contact Goran for more information.

Men Care Too online forum

Via Google Meet.

For the link contact Goran Selby.

Wed 13 Mar from 6.30pm–7.30pm





Free RSPB walk for carers

We are pleased to announce that Paul & Carol Barrett, of the RSPB Airedale & Bradford Branch, will be providing another fabulous free RSPB Walk for carers.

If you would like to get out into the fresh air and identify birds and wildlife by either spotting them or hearing their birdsong, this walk is for you.

It's a gentle walk around the beautiful St Ives Country Park, Bingley which will take approximately two hours. Feel free to bring your camera/binoculars if you would like to take photographs of the birds we see on our walk, while Paul and Carol point out the different birds, and tell us interesting snippets about St Ives as we stroll through the grounds.

The walk is on Tuesday 16th April, and the meeting point is Car Park 2 (the play area car park). We will meet there at 10am, ready to set off for the walk.

To find out more and to book your place, telephone 0808 50 15 939 and ask for Mel Evans, or email Mel on mevans@carersresource.org

Survey shows Care@ clients feel safe & valued

A new survey of Care@ Carers' Resource clients shows the vast majority are happy with the service they are receiving.

The survey was carried out in October 2023, and it had a 43% response rate, an increase from the previous survey in May 2023.

100% of clients said they were treated with dignity and respect, felt safe when they received their service, and were supported to understand and manage any risks. 100% also said that they felt cared for and that they mattered to the staff that supported them.

98% said they were listened to and felt valued by the staff, knew who they could raise concerns with, and were empowered to ask for support with things they struggle to do on their own. 98% also agreed with the statement "I feel the staff who deliver my service are compassionate and often go 'the extra mile'."

Comments included: "Mum and Dad are very happy with the care and support that S is providing. They look forward to her visit, especially Dad who loves a good chat". Another client said: "I am very happy and satisfied with the care I receive – and look forward to seeing T & M."

For more information about Care@ Carers' Resource, visit www.carersresource.org/paid-for-care

Join us in Lister Park for fabulous peer support

Our Lister Park Walk in Bradford is becoming increasingly popular for carers who come along to experience fresh air, gentle exercise and a chat with others. (See photo on page 1.)

We have fabulous peer support within the group and we always enjoy a welcome, warm drink at the Cartwright Hall Cafe at the end of the walk.

The stroll is attracting more carers since we changed from once a month to every two weeks, and we've also changed the day from Thursday to a Tuesday, so if this works better for you, and you would like to join us, contact Mel Evans, the Group Development Worker on 0808 50 15 939 or email: mevans@carersresource.org.





Coffee morning for carers and their loved ones with dementia

Carers' Resource has launched a new group at Skipton Library, for carers of people with dementia, and the people they care for.

The new monthly coffee morning is being held on the first Thursday of the month upstairs at Skipton Library (no lift is available unfortunately).

This is a chance for carers to meet and chat with other carers in a similar situation of caring for a loved one with dementia.

Activities such as dementia jigsaws, memory books, scrapbooks and photos will be available, and cared-for people will be supported by a member of Carers' Resource staff, while carers enjoy a coffee and cake.

A big thank you to the Skipton Charities Gala Committee, which has kindly donated funds to this new project.

Parent carers invited to new Selby group

If you are a parent in the Selby area, caring for a child with additional needs, you are warmly invited to attend our new group.

The new Selby district parent carer group will meet every two weeks on a Tuesday, 10am – 11.30am, at Summit Indoor Adventure, on Scott Road, Selby. The first event took place on 20th February.

It comes after a launch event was held for the group at the end of November last year, where parent carers got to know each other over a cuppa. They also filled in a questionnaire to share their views about when they would prefer the group to meet, how often and what it should offer.

The group is for local parent carers who have a child with additional needs (e.g. learning, physical, behavioural, emotional, mental health), whatever their age, and with or without a diagnosis.

Carers' Resource will be inviting guest speakers/professionals to attend the group to provide information and advice on a wide variety of topics.

Helen Prince, Head of Young Carers and Families at Carers' Resource, said: *"Following our launch event, we know there is a need and desire for this parent carer group in the Selby district."*

"This group is a chance to meet other parent carers and support each other, ask questions, take some time out over a brew, and find out useful information from guest speakers and professionals."

"We're really looking forward to meeting lots of parent carers and running a group that brings parent carers together in a welcoming and supportive environment."

If you would like to attend, or for more information, call Amy Morton on 07940 982167 or email amorton@carersresource.org

For more information about the group, please call Miranda Warren on 07522 237483 or email mwarren@carersresource.org

Venue change for respite drop-in service

Carers' Resource and the Harrogate and District Branch of Parkinson's UK run a drop-in service, offering free respite sessions that provide professional care for people with Parkinson's and their carers.

The venue for the sessions has recently changed to Woodlands Methodist Church, on Wetherby Road, Harrogate.

Come along and enjoy chat and activities with others affected by Parkinson's.

The sessions are held every third Thursday of the month, 2pm–4pm. Booking is essential. Call Jenna on 07593 435959 or email jbond@carersresource.org.



Thanks to everyone who helped make Christmas special for carers

Carers of all ages enjoyed some fabulous treats and celebrations over the festive period, and many thanks have to go to all those who helped make this happen.



We received a number of generous donations for young carers from local civil servants, RAF Menwith Hill, the 1st Scriven Scouts, and The Pokemon Company, which helped brighten Christmas for so many of our young carers.

In Selby, carers and their loved ones got into the festive spirit at a Christmas-themed Selby Carers Coffee Morning. They enjoyed having a catch up over a cuppa, tucked into a buffet lunch, listened to Christmas music and pulled Christmas crackers.

Carers from Bradford enjoyed a fun-filled Christmas themed afternoon at our Shipley office, which included a quiz, music and free mince pies.

Our popular Dales Diners group had a Christmas lunch in Darley, near Harrogate, where carers and the people they care for enjoyed a full Christmas dinner, followed by a delicious dessert and hot drinks, and were also treated to Christmas carols from the In Harmony choir.

These are just some of the highlights!



Festive party thrown by students for Carers' Time Off clients and volunteers

Carers, their loved ones and volunteers from our Carers' Time Off service were treated to a fun-filled festive party at Ripon Grammar School (RGS).

Organised by sixth form volunteers at the school, the event was held to give hard-working carers and the people they care for a break from their normal routine.

More than 40 teenagers served up a delicious afternoon tea and enjoyed chatting with guests.

The school's Chamber Choir provided entertainment, with everyone joining in Christmas carols, while one Carers' Resource volunteer, Charles Jeans,

had the whole room singing along to A Teenager in Love and Diana, while playing the banjo ukulele.

Working alongside Carers' Resource, RGS students aim to host such an event every half term.

Carers' Time Off (CTO) manager Dawn Tesseyman said: "It was amazing to bring all these young people together with our carers, their loved ones and volunteers from the CTO project, such a lovely thing to do at Christmas."

"The atmosphere was lovely, with great music and so many interesting conversations bringing the generations together in such a happy, positive way."



