

## Carers Week – putting carers on the map

We'll be helping to put unpaid carers on the map during Carers Week with plenty of activities taking place across Bradford, Craven, Harrogate and Selby.

The awareness week runs from 10th–16th June this year and the national theme is 'putting carers on the map'.

Carers' Resource will be raising awareness of the increasing pressures carers face, and campaigning for much-needed recognition and support.

We'll also be running a number of special events for carers throughout the week, including a Carers' Tea Party featuring the fabulous Men Care Too band. This event will be at St Hugh's Community Centre in Baildon on Monday 10th June, from 1pm–3pm.

Other events for carers include a one-off event 'Enhancing wellbeing through better sleep' at our Shipley office on Monday 10th June from 1pm–2.30pm, an afternoon tea party at Tong Wellbeing Hub on Tuesday 11th June from 1pm to 3pm, and a Carers Week special at Girlington Morrisons Coffee Morning, on Thursday 13th June.

In the Harrogate district a group for carers and their loved ones will meet on Monday 10th June at the Ridding Park Golf Academy for a golf simulator session, there's our Boroughbridge Carer Coffee and Chat on Wednesday 12th June, a parent carer walk on Thursday 13th June at Staveley Nature Reserve from 10.30am to 12.30pm, and a Mental Health Carers Group picnic in Valley Gardens, Harrogate, on Friday 14th June from 10.30am–12.30pm.

In Craven we're holding a parent carer drop-in at our Skipton office from 9.15am–11.15am on Wednesday 12th June, and the Mid Craven Lunch Group will be meeting at the Gamekeepers Inn, Threshfield, on Friday 14th June.

The Selby Carers Coffee Morning on Monday 10th June will also feature Carers Week celebrations.

For more information and contact details for these events and many more, please check our events listings on pages 6–8, and check our website [www.carersresource.org/carers-week-2024](http://www.carersresource.org/carers-week-2024) for all the most up to date information.

Please also look out for us at awareness-raising events and do come and say hello – we'll be at Morrisons in Thornbury on 10th June from 11am–1pm, Asda Shipley on 12th June from 11am–1pm, Manchester Superstore in Bradford on 13th June from 11am–1pm and at SaveCo Bradford on 14th June from 2pm–4pm.

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The Men Care Too band will be playing some top tunes at a special Carers Week tea party!

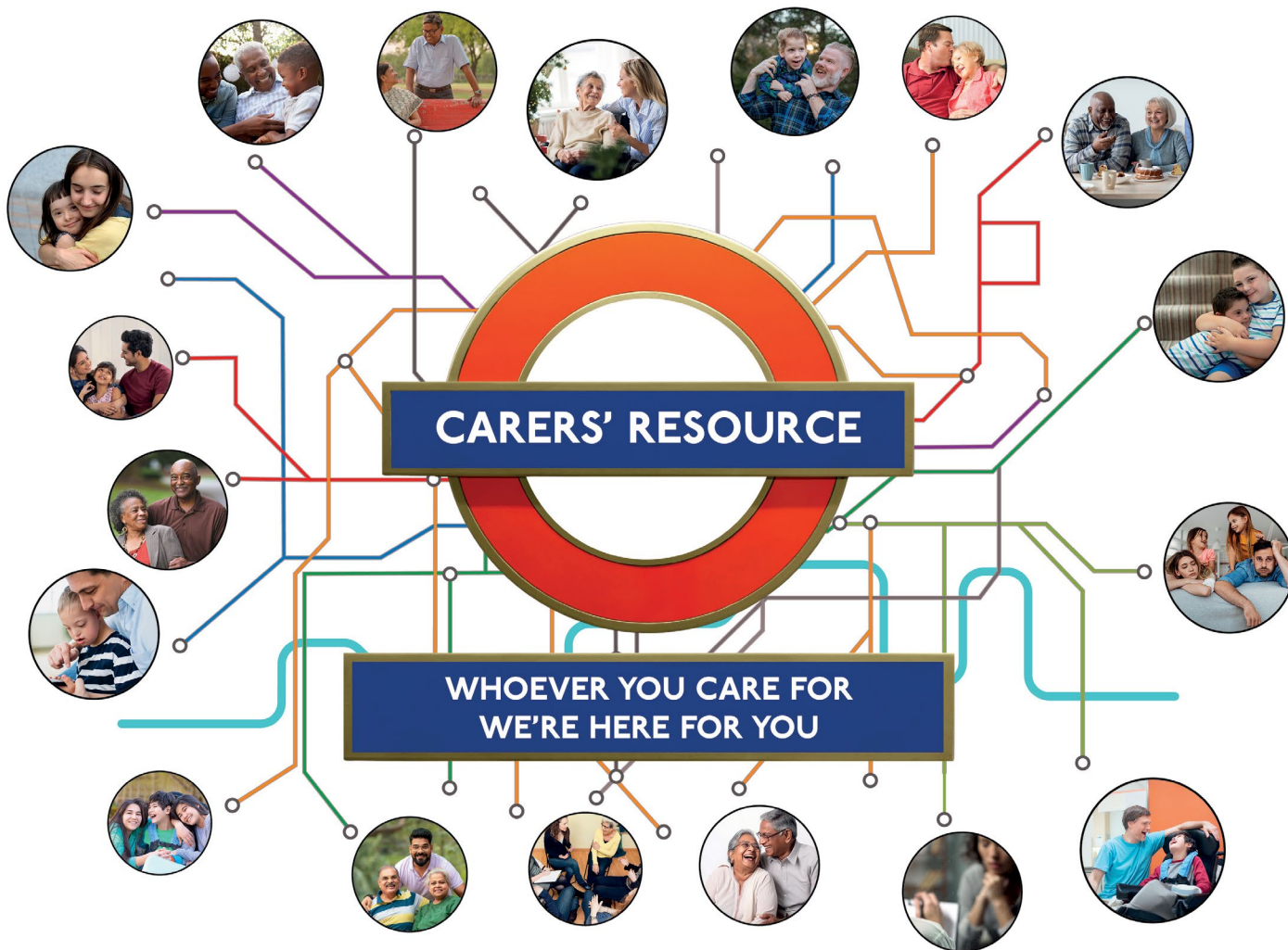


**Continued from page 1:**

We'll be holding a joint event with Modality, Keighley Healthy Living and others in Keighley town centre on Thursday 13th June.

Carers' Resource will be at Skipton Gala on the afternoon of Saturday 8th June, Selby Market on Monday 10th June from 9am-3pm, and at Skipton Library on Wednesday 12th June, from 10am-1pm.

Also on Wednesday 12th June we'll be at Masham Market from 10am-2pm with staff from North Yorkshire Citizens Advice and the Law Centre information bus, holding a joint stall focusing on carers.



Heidi Watson, CEO



Hello to all the readers of Choices magazine – I'm Heidi Watson and I wanted to introduce myself as the new CEO of Carers' Resource. I officially took over from Chris Whiley on 2nd April 2024.

I am proud to be leading such a wonderful organisation which improves the lives of so many unpaid carers, delivers excellent paid care to so many individuals, and supports so many people when they are in hospital and when they return home.

My 23 years as a leader in the charity/social sector has given me important insight into how vital carers are, not just to the people they look after, but to society as a whole.

I am looking forward to championing the rights of carers and all those who receive support from our charity.

We will continue to provide a wide range of excellent services, and we will strive to reach out to more unpaid carers, raise awareness locally and nationally, campaign for better support from the Government, and improve what we ourselves offer in the future.

I am looking forward to meeting as many carers, service users and professionals as possible over the coming months, to learn more about the challenges you all face, and hear your views on how we can best support all those who need us.





# Showing pride in our young carers

Carers' Resource marked Young Carers Action Day (YCAD) 2024 by producing a video with young carers to share their stories, encouraging them to showcase their creative talents and helping to organise a special radio show featuring them chatting about their caring role.

Our message to young carers on YCAD this year was 'Be Proud' of your caring role and the incredible support you provide to your loved ones.

YCAD 2024 took place on March 13th and is organised each year by national charity Carers Trust to raise awareness of young carers and young adult carers, the challenges they face and the support they need.

Carers' Resource supports young carers across Bradford, Harrogate, Craven and Selby areas, and interviewed several of them to create a video that was

launched on YCAD. They spoke about why they are proud of their caring role, as well as their caring responsibilities, and some of the challenges they face. You can watch the video on our YouTube channel: [www.youtube.com/@carersresource952](http://www.youtube.com/@carersresource952)

Carers' Resource also launched an art project to align with Carers Trust's theme for YCAD this year of 'Fair futures for young carers'.

Lots of young people from our Bradford, Harrogate, Craven and Selby groups showed off their creative skills by

producing artwork in the form of paintings, photographs, drawings and quotes they had written, capturing their dreams and aspirations for the future. These will be exhibited in local libraries and council buildings during Carers Week in June. Pictured is some of the artwork produced by the Craven group.

Also for this year's YCAD, a special radio show was recorded with young carers at BCB Radio in Bradford. This show was broadcast on YCAD, and BCB Radio has produced more shows with young carers since then. Give it a listen at: [shorturl.at/ahKTU](http://shorturl.at/ahKTU)



# Celebrating our wonderful volunteers

Volunteers' Week is a fantastic opportunity to celebrate the amazing volunteers who help to support Carers' Resource.

The national week runs from 3rd–9th June this year and we will be holding some events to thank those who give up their time for our charity, with a range of social events.

The Carers Time Off project has around 70 volunteers who spend time with cared-for people, giving their carers the opportunity to go out and do something for themselves.

Sally Horner, project coordinator in Craven, says: *"These volunteers selflessly give up their time to help others, sitting and chatting over a cup of coffee, going for a walk or to a café, or simply doing a jigsaw, so that the carer can have some much-needed time to do the things that we all take for granted."*

Comments from carers who have benefited from the service include:

*"The volunteer is invaluable as I have got to the stage now that I know I can't leave my wife, as when I have, she has fallen. While the volunteer is here I know that I have got a part of my life back again, as I can go out and do something for me without feeling anxious."*

*"The volunteer is a very nice person, she chatted to my husband and even did a couple of jobs for me, so in my book she is wonderful!"*

*"The volunteer also befriends me, the carer – so sometimes she spends time with my husband and other weeks she sits and chats to me over a coffee which is great to have someone to listen."*

Dawn Tesseyman, Manager of the Carers Time Off project, said: *"I am very proud of all the staff and the volunteers who are so dedicated and passionate. Having our volunteer socials is always a lovely way to celebrate their dedication particularly around Volunteers and Carers Weeks."*

As well as a number of social events for volunteers, sixth-formers from the Ripon Grammar School will be putting on a special event for carers, clients and volunteers.

The project runs in the Craven, Harrogate, Ripon and Rural, and Selby areas.



There are always carers on the waiting list, so if you would like to volunteer as a befriender, please email [carertimeoff@carersresource.org](mailto:carertimeoff@carersresource.org)



## Carers often feel invisible – this needs to change

By Emma Clayton

Leisure & Lifestyle Editor, Bradford Telegraph & Argus

I know that, as a carer, it's easy to feel invisible.

When I was caring for my mum, who had dementia, I was also holding down a demanding fulltime job, in a busy newsroom.

After a long working day I would go to my parents' home to give Mum her tea and later help her get to bed. It was exhausting, physically and mentally, and looking back, I don't really know how I did it.

At the time I worked alongside several colleagues who had young children and I noticed that occasionally they were allowed 'breaks' such as working from home or leaving early to fit around childcare demands.

While I didn't begrudge them this, I felt that as carer, I wasn't offered the same kind of support. I wasn't actually given any support.

Caring for an adult, it seemed, wasn't as important as caring for children. My mum was quite young when she was diagnosed with dementia, so nobody else my age (early to mid-30s) was a carer for

a parent. While colleagues and friends were sympathetic, they didn't really understand the demands of juggling a job with being a carer.

The theme of this year's Carers Week is 'Putting Carers on the Map'. Millions of people across the UK provide unpaid care for someone close to them. They are said to save the economy £162 million a year – the equivalent of a second NHS. Yet many carers feel their role is forgotten and invisible.

Carers Week, from June 10–16, aims to make carers visible – to decision makers, services, employers and communities.

In this general election year, it is vital that carers and the pressures they're under – in terms of finances, employment and health – are given more recognition.

Carers' Resource will be holding events throughout the week, making sure carers are not forgotten. Many carers are under immense pressure, but being recognised and valued would boost their wellbeing – and put them on the map.



# A tribute to Rob, sadly missed

Sadly last September we lost one of our dedicated Carers' Time Off volunteers, Rob. His passing was sudden and far too soon. Rob's family were generous enough to make a substantial donation and, in addition, donations from his friends and family were shared between Ripon Cathedral and Carers' Resource.

Our CTO volunteers work independently out in the community supporting carers and the people they care for, and we greatly value the wonderful job they do. We support our CTO volunteers in many ways including informal support meetings over coffee, social events, training and workshops. Charlotte, Rob's wife, agreed it would be fitting to honour and support the wellbeing of our CTO volunteers, staff as well as our carers with the donations.

Charlotte, Rob's wife, says: "Despite his busy business life Rob very much enjoyed giving his time to the clients he visited. He not only was happy to give his time to those who he felt he could help but it also made him feel content to be able to 'give something back'. Robert was a kind, gentle, placid, fun-loving individual, never seeking the limelight, an 'ordinary chap' just going about his daily life and enjoying his family, friends and his golf. We remember him with love and hope that his memory will live on in all those whose lives he touched in however small a way."

Wendy, his Volunteer Coordinator, says: "As soon as I met Robert I knew he would make a brilliant volunteer befriender for Carers' Time Off. He was charming and funny with the ability to put people at ease. He showed empathy and understanding having cared for his mother through dementia and was keen to support others in similar situations. I fondly remember his volunteer induction shared with another volunteer with whom he struck a friendly rapport. He made us laugh and despite his busy working and family life was willing to help out when and where he could. I know he had a significant and positive impact on the people he visited bringing some respite and joy. It was a privilege to have shared just a little bit of time with Robert."

Philip, who with his wife Yvonne benefited from Rob's work as a volunteer, says: "The service of volunteers provided by Carers' Resource is invaluable. Having lost my sight four years ago Robert was introduced as

*a volunteer for companionship and allowing my wife, as a full-time carer, to take time out for herself. It was a great pleasure to receive his regular visits and he became a very important part of our lives. It was very important to Robert that volunteering was his way of fulfilling his desire to contribute to society."*

Dawn Tesseyman, manager of the Carers' Time Off service, says: "Our thoughts continue to be with Rob's family and we are very grateful to have had him as one of our team. We are also very grateful to the family for their generous donation and for the donations from Rob's memorial that were shared with us."



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 6 Jun from 1.30pm–3.30pm**

Contact Jen Foster:  
[jfoster@carersresource.org](mailto:jfoster@carersresource.org)

### Virtual Book Group

Guided discussion on chosen book.

**Wed 12 Jun; 26 Jun; 10 Jul; 7 Aug  
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 19 Jun; 17 Jul; 21 Aug  
From 3pm–4pm**

Contact Joanne Beetham:  
[jbeetham@carersresource.org](mailto:jbeetham@carersresource.org)

### Men Care Too online forum

A monthly online meeting for male carers from across Yorkshire to meet other carers, share ideas, learn, laugh, plan activities and put the world to rights.

**Wed 12 Jun; 10 Jul; 14 Aug  
From 6.30pm–7.30pm**

To join in and receive the online link, contact Goran Selby:  
[gospelby@carersresource.org](mailto:gospelby@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 12 Jun; 10 Jul; 14 Aug | 10am**
- **Harrogate, Cedar Court Hotel**  
**Wed 19 Jun; 17 Jul; 21 Aug | 11am**

- **Ripon, Booth's**  
**Tue 11 Jun; 9 Jul; 13 Aug | 2.30pm**
- **Pateley Bridge, The Talbot**  
**Fri 28 Jun; 26 Jul; 30 Aug | 11am**
- **Wetherby, ASK Italian**  
**Mon 17 Jun; 15 Jul; 19 Aug | 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 6 Jun; 4 Jul; 1 Aug | 1pm**  
**Cost £6**

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 14 Jun; 12 Jul; 9 Aug**  
**From 10am–12noon**

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

### Knaresborough Carer Group

**Chain Lane Community Hub, HG5 0AS**  
**Wed 12 Jun; 10 Jul; 14 Aug**  
**From 1.30pm–3pm**

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

### Knaresborough Craft Group

**Calcutt Village Hall, Knaresborough**  
**Wed 19 Jun; 17 Jul; 21 Aug**  
**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 19 Jun; 17 Jul; 21 Aug**  
**From 2pm–3pm**

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

### Parkinson's 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 20 Jun; 18 Jul; 15 Aug**  
**From 2pm–4pm**

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

### Rudding Park Golf Simulator with Carers' Time Off

A group for carers and the people they look after. Golfers and beginners welcome.

**Rudding Park Golf Academy**  
**Harrogate HG3 1JH**

**Mon 10 Jun, 8 Jul, 12 Aug**  
**From 11am–12.30pm**  
**£5 donation is appreciated**

Booking is essential.  
Contact Dawn Tesseyman 07590  
877917 or Naomi Evans 07590 877914

### Parent Carer Group, Harrogate

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

**Tue 11 Jun; 16 Jul**  
**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 28 Jun; 12 Jul**  
**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 27 Jun; 25 Jul, 29 Aug**  
**From 11am–1pm**

Contact Helen Dickinson: 07706 334260  
or [hdickinson@carersresource.org](mailto: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 5 Jun; 19 Jun; 3 Jul, 17 Jul;**  
**31 Jul; 14 Aug; 28 Aug | 10am**



- Harold Park, Low Moor  
Fri 28 Jun; 12 Jul; 26 Jul;  
9 Aug; 23 Aug | 10am
- Lister Park, Manningham  
Tue 4 Jun; 18 Jun; 2 Jul; 16 Jul;  
30 Jul; 13 Aug; 27 Aug | 10am

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

- Peel Park  
Thu 13 Jun; 11 Jun; 8 Aug | 10am
- West Bowling Park  
Thu 27 Jun; 25 Jul; 22 Aug | 10am

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

#### Baildon Carers Coffee Group

St Hugh's Centre, Baildon, BD17 5HS

Mon 10 Jun; 1 Jul; 5 Aug  
From 1pm–3pm

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

#### Bingley Carers Drop-in

The Lounge, Bingley, BD16 2JS

Wed 5 Jun; 3 Jul; 7 Aug  
From 10.30am–12noon

Contact Joanne Beetham:  
[jbeetham@carersresource.org](mailto:jbeetham@carersresource.org)

#### Carer Craft and Chat Group, Bierley

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

Tue 4 Jun; 2 Jul; 6 Aug  
From 10am–12noon

Contact Victoria Greaves: 07512 321259  
or [vgreaves@carersresource.org](mailto:vgreaves@carersresource.org)

#### Cafe West Peer Support Group, Allerton

Cafe West, Allerton, BD15 7PA

Mon 17 Jun; 15 Jul; 19 Aug  
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 13 Jun; 11 Jul; 8 Aug  
From 9.30am–11am

Contact Goran Selby:  
[gospelby@carersresource.org](mailto:gospelby@carersresource.org)

#### Ilkley Carers Coffee and Cake

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

Tue 6 Jun; 4 Jul; 1 Aug,  
From 10.30am–12noon

Contact Fiona McKinnon-Evans:  
[fmckinnon-evans@carersresource.org](mailto:fmckinnon-evans@carersresource.org)

#### Keighley Carers Group

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

Fri 7 Jun; 5 Jul; 2 Aug  
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 7 Jun; 5 Jul; 2 Aug  
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 19 Jun; 17 Jul; 21 Aug  
From 11am–12noon

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

#### Oakworth Welcome Drop-in

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

Mon 3 Jun; 1 Jul  
From 1.30pm–3.30pm

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

#### Ukulele for Beginners

Learn the ukulele in a fun and  
welcoming environment. No experience  
required, beginners to advanced  
welcome. Instruments provided.

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

Tues 11 Jun; 2 Jul; 23 Jul; 13 Aug  
From 2.30pm–4pm

Contact Kuni Holder:  
[kholder@carersresource.org](mailto:kholder@carersresource.org)

## SEND Parent Carer Groups in Bradford District

#### Bradford East Parent Carer Coffee Mornings

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

Mon 10 Jun; 8 Jul  
From 11am–12.30pm

Contact Eileen McAlonan:  
[emcalonan@carersresource.org](mailto:emcalonan@carersresource.org)

#### Bradford West Parent Carer Coffee Mornings

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

Mon 17 Jun; 15 Jul  
From 10.30am–12noon

Contact Najma Mafuz:  
[nmafuz@carersresource.org](mailto:nmafuz@carersresource.org)

#### Ilkley Parent Carer Coffee Mornings

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

Thu 20 Jun 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 7 Jun; 21 Jun; 5 Jul; 19 Jul  
From 10am–11.30am

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

#### Shipley Parent Carer Group

Shipley Asda community room,  
BD18 3RY unless informed otherwise

Thu 13 Jun; 27 Jun; 11 Jul  
From 11am–1pm

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 6 Jun; 4 Jul  
From 5.30pm–7.30pm

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 6 Jun; 4 Jul  
From 10am–11.30am

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: 07940 982167  
or [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 7 Jun; 5 Jul; 2 Aug**  
**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, Tue, starting 11 Jun**  
**From 10am–11.30am**

Contact Amy Morton: 07940 982167  
or [amorton@carersresource.org](mailto:amorton@carersresource.org)

## Meet Carers in Craven District

### Parent Carer Drop In, Skipton

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

**Wed 12 Jun; 17 Jul**  
**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 24 Jun; 29 Jul; 2 Sep | 12noon**
- Mid Craven, Gamekeepers Inn  
**Fri 21 Jun; 19 Jul; 16 Aug | 12noon**
- Skipton, The Railway Pub  
**Wed 5 Jun; 3 Jul; 7 Aug | 12noon**
- South Craven, Old White Bear  
**Thu 6 Jun; 4 Jul; 1 Aug | 12noon**

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

For Mid Craven and Skipton groups contact Miranda Warren: 0808 5015 939 or [mwarren@carersresource.org](mailto:mwarren@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 5 Jun; 3 Jul; 7 Aug**  
**From 1pm–3pm**

Contact Debi Hawkins: 07522 226334  
or [dhawkins@carersresource.org](mailto: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 6 Jun; 4 Jul; 1 Aug**  
**From 10am–12noon**

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

## Men Care Too

For more info about Men Care Too activities, contact Goran Selby: [gospelby@carersresource.org](mailto:gospelby@carersresource.org) or 07874 867136

### Snooker, Games Nights

Friendly and sociable games evenings.

St. Peter's Church, Shipley

**Wed 5 Jun; 4 Jul; 7 Aug**  
**From 7pm–9pm**

### Strolls and Coffee

Meet for coffee at the café followed by an easy social walk on flat ground in the beautiful area around Saltaire.

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

**Tue 12 Jun; 20 Aug | 10am**

### Map Reading Skills Online – for hill and moorland walks

Learn about distance, contours, footpaths, rivers, woods, field boundaries and all those signs and symbols on a map. We will plan a route online together using proper OS walking maps.

Online via Google Meet.

**Tue 9 Jul at 1pm**

### Hill and Moorland Walk – River and Moors near Bolton Abbey

Starting with fairly easy hills we aim to build up to more challenging walks on the moors and dales. Please wear/bring waterproof footwear and jacket.

Barden Bridge – contact Goran for meeting point and full details.

**Tue 16 Jul at 10am**

### Jazz Band Workshop

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

Prospect Studios, Prospect Works, Allerton Road, BD15 7AA

**Mon or Wed | 6pm**  
Contact Goran Selby as dates are continually arranged.

Young carers in Selby took part in a bag pack in Tesco to raise money for their local group. Thanks to their efforts, and the generosity of shoppers, the event raised £183.59.



# Young carers enjoy cave trip, farm park visit and axe throwing!

Young carers enjoyed some egg-cellent activities over the Easter holidays – a chance for them to have a break from their caring responsibilities.

Our Bradford Young Carers team arranged a trip to White Scar Cave in Ingleton, where a group had a great time visiting the longest show cave in England.

They also organised a trip to East Riddlesden Hall where a group went on an Easter egg hunt at the National Trust site, exploring the beautiful gardens and enjoying nature-inspired activities, including wheelbarrow racing, nest building and egg and spoon races. Another group from the Bradford area had lots of fun at Go Bowling in Shipley.

The Harrogate Young Carers enjoyed a day out at Monk Park Farm near Thirsk where they met a range of animals, and had the chance to hold piglets and feed lambs. There was also

a fun-packed day out at Ripley Castle for another group from the Harrogate area, who enjoyed taking part in sports day activities.

Young carers from the Selby area visited Oxygen Activity Park in York, where they bounced on trampolines, made new friends and ate pizza. Another group from the Selby area had a go at axe throwing at Yorkshire Outdoor Activity Park in Skipwith.

Meanwhile, Craven Young Carers took part in an Easter egg hunt and visited Matrix Bowling Skipton to play bowling and pool.

Carers' Resource would like to thank the Holiday Activities and Food programme (HAF) 2024, FEAST and RAF Menwith Hill, as well as members of the public who made generous donations, for funding many of these activities.

Young carers help to look after a relative – usually a parent or sibling – because they have an illness or a disability. Carers' Resource supports young carers across Bradford, Craven, Harrogate and Selby, with one-to-one support and youth clubs as well as fun trips and activities in school holidays.

## New group for Knaresborough carers

Please help us spread the word about our new Knaresborough Carer Group – and if you live in the area, do drop in!

The group meets at Chain Lane Community Hub, 60 Chain Lane, Knaresborough, on the second Wednesday of the month, 1.30pm to 3pm.

It's a chance for carers in the Knaresborough area to meet other carers for a cuppa and a chat.

A member of the Carers' Resource carer support team will be there to welcome you and give carer support and information.

You are welcome to bring the person that you look after with you and a volunteer will be available to keep them company. Please be aware that carers will remain responsible for the person they look after during the group.

To find out more contact Stephanie Flint: email [sflint@carersresource.org](mailto:sflint@carersresource.org) or call **0808 5015 939**.



# Rocking out with the Men Care Too band

Male carers supported by our Men Care Too project enjoyed live music, as well as cake and refreshments, at an event to celebrate the success of the project and to mark the end of its first phase.

Some carers brought along family members, and a number of staff from Carers' Resource also attended the event at St Peter's Church Hall in Saltaire.

Everyone was treated to a performance by the Men Care Too band, who put on a great show!

The first phase of the project drew to a close after more than 160 different events held, with 239 male carers taking part in these activities.

But Carers' Resource isn't stopping there!

The project has proved that male carers are keen to get together, to take part in fun activities and have a break, and we really want male carers to be recognised, supported and valued for the care they give.

The charity will continue to offer activities, groups and events for male carers and will keep listening to male carers to support them with their caring roles. These activities, groups and events will be open to all adult carers.

Carers' Resource launched the Men Care Too project, as part of Carers Trust's Making Carers Count programme, in 2021 to

improve the wellbeing of male carers, giving them the chance to take part in a wide range of activities, meet other male carers, chat, relax and support each other.

These activities have included woodworking sessions, games nights, bushcraft days, jazz band workshops, dining out at restaurants, cinema trips, indoor golf events, and much more.

Carers' Resource has received lots of positive comments from male carers praising the project, with one man saying: *"The Men Care Too project has given me experiences I have never had before. I've also met a lot of new people who I would call my friends."*

A male carer said: *"I have found it very useful to get out and meet like-minded people in a similar situation to me."*

Another male carer said: *"It's been fantastic to meet other male carers, make new friends, share experiences and have the chance to socialise, especially with such a wonderful and diverse group."*

To find out more about this project, contact Goran Selby: [gospelby@carersresource.org](mailto:gospelby@carersresource.org)



## New youth club in Sherburn in Elmet

Carers' Resource is delighted to be launching a new youth club in Sherburn in Elmet.

We already run the Budz (aged 7–11) and uTime (aged 11+) youth clubs at Communi-tea, on Abbey Walk in Selby, for young carers from across the Selby district.

Due to a significant increase in young carers in the areas of Sherburn, Tadcaster and surrounding villages, we have now started a new club at The Old Girls' School Community Centre, on Kirkgate, in Sherburn.

The new club is being held every last Wednesday of the month in term time, 5pm–6.30pm, with the first session held on Wednesday, 24th April.

It gives young carers a chance to meet others in similar situations, and have a break from their caring responsibilities, while enjoying lots of activities, such as arts and crafts, board games, Xbox and music.

It is aimed at all young carers, aged 7–18, from Sherburn, Tadcaster, Selby and surrounding villages.

Kate Vincent, Selby Young Carer Worker at Carers' Resource, said: *"We are delighted to launch a new group in Sherburn. We know there are a lot of young carers in this area and it's not always possible for them to get to Selby to attend the groups there."*

*"They now have an alternative group to attend closer to home, where they can benefit from the activities on offer and enjoy spending time with fellow young carers."*

Any young carers from the Selby district are more than welcome to attend the new club. Please contact Kate in the first instance, and for more information, by calling **07508 859231** or emailing [kvincent@carersresource.org](mailto:kvincent@carersresource.org)



# Carers get creative with pottery painting

A group of carers enjoyed a pottery painting session together at Salt Pots ceramic studio in Saltaire, funded by the Local Community Support Grant as part of our Active Bradford Carers project.

All the carers had a fantastic time and said they loved this type of session as it gives them the chance to be creative and offers them some 'time out' with the added bonus of meeting other people and having a laugh.

Carers' comments included: "I'd just like to say a big thank you for organising the activities this week, I've had a wonderful time, it's been very therapeutic."

"Thank you so very much for the lovely event."

"Thanks so much for this session – I feel so lucky to have been included."



## Planning for the future

In Harrogate, we organised an Estate Planning information session for carers and their loved ones. A solicitor from Silvertime Legal delivered a talk around issues such as inheritance tax planning, long-term care considerations, and the importance of having a will and Lasting Powers of Attorney in place.

The session was well attended by both carers and their loved ones, and many commented on how useful the information had been to their personal situation. The talk was very open, there was the opportunity to ask questions, create discussions and share experiences, whilst also being an occasion to socialise with other carers.

We hope to offer a similar talk for parent carers and have both events as regular features each year.

If you are interested in attending a future session please contact Carol Hudson: [chudson@carersresource.org](mailto:chudson@carersresource.org)

## Caring for carers – new wellbeing course

Unpaid carers are being invited to take part in a new wellbeing course run by local counsellors in Skipton.

We have launched a new two-part workshop "Caring for the carers – You Count!"

The first course is already underway, but there will be a second opportunity to take the course, on Wednesday 18th September and Wednesday 16th October, from 9.45am to 12 noon.

The sessions have been designed specifically for carers by local counsellors/therapy practitioners Deborah Hooker ([deborahj.counselling](mailto:deborahj.counselling)) and Corinne Yeadon (Being Better), who have both previously delivered workshops for Carers' Resource.

Debi Hawkins, Locality Worker for Carers' Resource said: "These workshops are dedicated to carers which aims to give people time and space to recognise that they count too."

*It always helps to know that you are not alone, and the workshops will offer people an opportunity to meet with others in a similar situation. We are really pleased to be working with Debs and Corinne again, and are very grateful to Skipton and Craven Rotary for the funding to be able to deliver these sessions."*

All course materials will be provided along with brews and biscuits, and all sessions will be delivered at Carers' Resource, Ronaldsway House, 36 Brook Street, Skipton BD23 1PP.

For more information or to book your free place please call 0808 50 15939 or email [dhawkins@carersresource.org](mailto:dhawkins@carersresource.org)



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 2nd August 2024. 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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Follow us on social media to find out more about events and other resources:  /carersresource  @CarersResource

# Thank you to Skipton Gala!

Carers' Resource is very grateful to Skipton Charities Gala for their kind donation which has helped support our new Dementia Coffee Morning at Skipton Library.

The coffee morning is for carers and loved ones with dementia, and takes place on the first Thursday of the month from 10am to 12noon. For more information please contact Miranda Warren at [mwarren@carersresource.org](mailto:mwarren@carersresource.org) or call 07522 237483.

Carers' Resource will be holding a stall at Skipton Gala this year, on Saturday June 8th, throughout the afternoon so please pop along and say hello if you are visiting.

