

## Carers Week: Bringing Carers Together Through Craft, thanks to Bradford City of Culture 2025 and Creative Lives

*Thanks to a generous grant from Creative Lives and Bradford City of Culture 2025, we were thrilled to host a Willow Weaving workshop where Bradford carers created beautiful wicker wreaths as part of the Bradford Do Your Thing 2025 community initiative.*

The event that took place during Carers Week brought together 12 carers for a relaxing and creative afternoon of crafting. We were delighted to welcome Laura from Unconditional Love who delivered a great display of materials for carers to make their wicker wreaths.

Throughout the session, carers enjoyed refreshments, biscuits, cakes, and everyone went home with a free Carers' Resource goodie bag. The feedback was overwhelmingly positive, carers told us how much they appreciated this break and how proud they were of their wreaths.

A big thank you to all the carers who joined us in celebrating Carers Week.



**Creative  
Lives**



**BRADFORD 2025**  
UK City of Culture

This event would not have been possible without the support of Creative Lives and Bradford City of Culture 2025. We're excited to share more about this project through their social media channels:

Instagram: [@bradford\\_2025](#) | [@CreativeLivesCL](#)

Facebook: [bradford2025](#) | [CreativeLivesCL](#)

X (formerly Twitter): [@bradford2025](#) |

[@CreativeLivesCL](#) and on TikTok: [@bradford2025](#)

COMING SOON

### Carers Crafting Workshop!

Thanks again to this incredible funding, we will be arranging a second workshop for carers in Bradford, with a brand-new craft activity in September. More details will be shared in the coming months.



# Dear Readers,

The theme for Carers' Week (9-15 June 2025) was 'Caring About Equality', calling for an equal society where carers are truly valued, recognised and supported. I wanted to take this opportunity to thank all of you who were able to take part in any of the activities we offered.

Hopefully some of you were also able to support the public facing campaign event we promoted for Carers' Trust which took place on Tuesday 22<sup>nd</sup> July and was called 'the Carers' Protest from Home'. The aim of this was to raise awareness of unpaid carers in the UK Parliament, as MPs and peers go off for their summer break.

The idea was to send a stark message to Parliamentarians that, in contrast to their own lives, unpaid carers aren't going to get a summer holiday this year. Indeed, many can't get a break at all. With this in mind I wanted to let you know that we are working with both Bradford and North Yorkshire Councils to look at ways where we can improve the access to breaks for unpaid carers and I will update you as I have more information to share on this.

You may be aware that in the UK, employers are legally required (due to the Carers' Leave Act 2023) to provide certain supports to working carers, including flexible working options, time off for dependants in emergencies, and, as of April 2024, one week of unpaid carer's leave per year. Employers can also offer additional support such as carer-friendly policies, support groups, and guidance on combining work and care. Carers are also protected from discrimination (by association) under the Equalities Act 2010. This means that if you, as a carer, are treated less favourably because you care for someone who is disabled or elderly, you are protected under the law.



We have managed to secure some funding for Bradford to work with employers on supporting carers and from October we will have a member of staff working with employers to help them fulfil their duties and support unpaid carers. We want local employers to become best practice examples as to how to support carers to remain in the workplace whilst also fulfilling their carer duties. The staff post is funded for Bradford but we hope to share the best practice across North Yorkshire as well, as the work progresses.

If you live in Bradford and work and you would like to introduce us to your employer please get in touch with us by calling **01274 449660** or alternatively you can send us an email: [\*\*bradfordadmin@carersresource.org\*\*](mailto:bradfordadmin@carersresource.org) so that we can support you/your employer through this work.

I will be out and about in our offices over coming months and hope to see some of you. In the meantime I hope you get some time during Summer to relax and enjoy what good weather we may have.

*Heidi Watson*

Chief Executive



## World Environment Day: Let's Take a Moment for Nature...

### Spend time outdoors:

fresh air and nature can boost your mood and wellbeing, just a short walk in the park can be refreshing.



**Reduce waste:** use reusable bags, bottles and containers to cut down on plastic.



**Unplug devices when not in use:** even small energy savings add up.



**Grow something green:** whether it's a pot of herbs or a garden patch, growing plants is calming and rewarding.



Each small step helps protect the planet, together we can create a kinder world for ourselves and those we care about.

# Recharging Through Small Joys

I wanted to share a lovely moment with Choices readers, just a small reminder of how simple things can lift your spirits. Pam and I took a gentle stroll through Lister Park, soaking up the sunshine, we then treated ourselves to a coffee at the café. It was a peaceful little escape that did wonders for our wellbeing.

Pam cares for her husband, John who has Parkinson's disease. John had been managing relatively well until around nine months ago, his condition has since gradually declined.

They both live in a nursing home, where Pam continues to provide dedicated care. She helps John brush his teeth and helps him to the dining room. She also encourages him to do crosswords and gently involves him in conversations with other residents.



Pam really values the time away from her caring role, even if it's just for an hour. Whether it's a nice walk or a trip to the local coffee shop, it helps her feel refreshed when she returns. The fresh air, the trees, and even a simple coffee make a big difference to her wellbeing.

~ Michelle, Locality Worker

## DEMENTIA ACTION WEEK

As part of Dementia Action Week, our very own Sarah Wademan joined forces with Dementia Friendly Keighley to help raise awareness and promote support for those affected by dementia. Sarah hosted a Carers' Resource information stall, engaging with the public, sharing resources, and highlighting the vital support available to unpaid carers in our community. A big thank you to Sarah for representing Carers' Resource and helping to make a difference during this important awareness week.



# With Heart in Every Helping Hand

We're truly lucky to have some wonderful people by our side, our volunteers. They give their time, their energy and most of all their kindness. To our volunteers, this one is for you!



You might not always see the difference you're making, but we do. Whether you're chatting to someone who's had a tough day, helping out at a carers group, making leaflet packs or lending a hand behind the scenes, what you do has a big impact.

Your support makes life a little easier, and a little lighter, for carers and families who are often carrying a lot on their shoulders.

To every one of our volunteers, thank you for showing up, for being thoughtful and generous. You bring heart to everything you do and we are grateful to have you as part of our organisation. We couldn't do what we do, without you.

## Smiles, skills, and a whole lot of heart

That's exactly what our amazing volunteer Jackie brings to the organisation. Jackie plays a key role in helping us stay organised and connected. She's been doing a brilliant job keeping our electronic library up to date (a task that takes real focus and plenty of patience). She also creates our monthly carers' group posters, and supports our locality teams by putting together leaflet packs for events. And the best part? Jackie does it all with a smile. She's positive, dependable, and truly loves supporting others. It shows in everything she does.

## Weekly visits that bring comfort & connection

Carers' Time Off Volunteer Co-ordinator, Olivia, is giving a big shoutout to one of our amazing volunteers, Sharon T. She has been described as 'absolutely fantastic' by the clients family she is supporting. It's clear that Sharon's weekly visits make a real difference, both for the client and the family who really benefit from her time and dedication.

**As part of Volunteers Week, Olivia was at the Skipton Library looking for volunteers who can be a part of our Carers' Time Off service. Olivia used the noticeboard to create a lovely display about the special service with lots of information and leaflets to take away.**





# CARERS WEEK 2025



We were delighted to welcome so many of you to our Carers Week events. From drop-in sessions and wellbeing activities to get-togethers, it was lovely to see carers having a chance to connect, relax and take a little time for themselves. Thank you to everyone who came along, it was a very special week. Here are some of our highlights!

## The South Craven Lunch Group Celebrates Carers Week!



The members of the group came together to raise their glasses in appreciation of all carers, and received messages of encouragement that were truly valued.

**Digital Inclusion!** Michaela, our Digital Inclusion Co-ordinator attended the Men's Health Event at Rockwell Community Centre in order to promote the Digital Inclusion Project & to inform carers about the upcoming digital drop-ins we are holding at the community centre.



The event was well attended and several carers signed up to receive digital skills support.

Carers enjoyed a lovely walk at Harold Park, as part of the walking group hosted by Locality Worker, Eileen. Cathy, one of our Trustees came along with her dog Frank. They had an impromptu picnic with fresh organic strawberries from Eileen's garden that went down a treat on a sunny day!



The Skipton Parent Carers group had the opportunity to spend time with Emma Ryan from North Yorkshire Council.



## Raising Awareness!

Keighley Locality Workers, Vicky and Carly attended a SEND event at The Rainbow Centre. They spoke to professionals from other agencies including AWARE, Bradford Youth Services, Bradford District Museums and Galleries, Family Hub and Invictus. They also spoke to a number of carers.

**Willow Weaving!** 10 carers in the Bradford district had the opportunity to attend the Willow Weaving workshop which was kindly funded by Bradford City of Culture. Carers expressed how much they really enjoyed themselves and how good their wreaths turned out. They also went home with special goodie bags.

See page 7 for pictures of your wonderful wreaths.





*Carers Week was a very busy time for the teams at the Skipton office. Locality Worker, Bev & Carers' Time Off Co-ordinator Olivia led the celebration by decorating the activity room with balloons and bunting, and there was even some foliage in the form of a peace plant. Everyone commented on how festive the room looked.*

Olivia hosted the very first Side by Side event, a new monthly group that takes place on the second Monday of each month from 2pm to 3:30pm. The group offers a welcoming space where carers can attend with the person they support, making it an ideal opportunity to get out of the house and connect with others, especially for those who may find it difficult to leave their loved one alone.

On Wednesday morning, Locality Worker Natalie hosted her parent carer meeting, where carers were surprised with thoughtful gifts, generously donated by Morrisons supermarket.

In the afternoon, Locality Worker Debi hosted the monthly Care 4 a Brew gathering, where 11 carers enjoyed a fun activity, again made even more special with gifts donated by Morrisons. Debi also took the opportunity to celebrate her dedicated volunteers, Joanne Warden and Moira Rawnsley, presenting them with cards and gifts in appreciation of their support.

Both Wednesday groups were visited by Emma Ryan from North Yorkshire Council who was keen to hear the opinions from a range of carers on the new North Yorkshire Council Carers' Strategy.





# ***“Carers’ Resource has totally changed my life for the better”***

*At the Shipley office, our Parent Carer Locality Worker Najma Mafuz organised a lovely relaxing pamper session during Carers Week, the special session was attended by 11 carers.*

The lights were dimmed and relaxing music was played. Whilst some carers had a 25 minute face massage, others relaxed with snacks and drinks. The carers were gifted with Carers’ Resource flasks and other items. The session was really appreciated and enjoyed by all with one carer feeding back with: *“Carers’ Resource changed my life for the better. They make me feel like I am not alone and the social events help my mental health as I am home most of the time.”*



Feeling supported and not alone. I am able to share the journey and experiences with other parents and feel part of the community.

Huge difference feel understood, appreciated.

Thank you for everything you do and for making us feel special.

Everything was perfect. I have been made more aware of the resources that are provided. Carers’ Resource has helped me with caring for myself and taking time out. I have also made loads of amazing friends that have shared the same experience.

I don't think you could get any better than this. These sessions are one of the best sessions organised. Normally a facial would cost £20/£30 and we would never give ourselves this time or money. All our time, energy and money is spent on our kids. So thank you so much.

Carers' Resource is one of those organisations, the workers are all really good. I know I will be able to ask and get some information if I need.

It has been nice to talk to other carers, to support each other. I do not think you can improve anything. The service you provide is invaluable to carers.

## **The Willow Weaving Workshop!**



**Serving the people of Bradford, Harrogate, Selby, and Craven Districts**



# North Yorkshire Re-visiting Carers' Strategy

As part of a refresh of North Yorkshire Council's Carers' strategy, Emma Ryan from the Council spent time visiting carer groups in Harrogate and Selby. Her visits were a chance to hear directly from carers about what really matters to them.

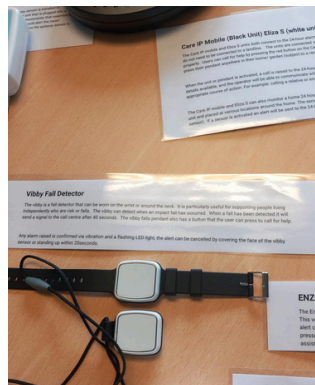
Carers shared their thoughts, experiences, and challenges openly and appreciated having someone from the Council take the time to listen. It was a positive and encouraging experience for everyone involved, and a great step towards making sure carers' voices help shape future support and services.



**Students from Ripon Grammar School's 6th Form hosted a lovely afternoon tea for carers, the people they support, and volunteers involved with our Carers' Time Off service. The event was warmly welcomed by all, and everyone enjoyed a relaxing and enjoyable afternoon together.**

## Being Prepared: BT Digital Switchover & Safe and Sound

Eileen, our Digital Inclusion Co-ordinator organised a BT Digital Switchover & Safe and Sound information session at Shipley. Attendees had the chance to find out how the switch to digital phone lines will affect BT customers. Naveed, BT representative was on hand to explain what the changes mean and how to prepare. Laura and David from Safe and Sound brought along real equipment for carers to explore. They also spoke with attendees about recent price changes and shared updates on the Safe and Sound service. It was a really informative and engaging session. Thank you to all who attended.







**ANNA DIXON MP'S**

# **WALK FOR CARERS**

**SUNDAY 21<sup>ST</sup> SEPTEMBER**

Join Anna Dixon MP for the  
Shipley Walk for Carers 2025.  
Everyone is welcome!

**CLICK HERE FOR EVENT DETAILS & REGISTRATION**

*Raise funds for Carers' Resource, supporting unpaid and family carers in the Bradford District here:  
<https://www.justgiving.com/page/anna-dixon-mp-1>*

# YOUNG CARERS MEET MP



At the end of May a small group of young carers came together to meet Selby MP, Keir Mather. Both Keir and his colleague Emily decorated biscuits with the young carers whilst chatting with them about what it is like to be a young carer and other issues that are currently important to them.

~ Kate, Young Carer Worker



# You've got this!

Reminders Every Young Carer Needs to Hear

## ● You're not the only one

Lots of children help look after someone at home. You're not alone, and there are people who understand what it's like to be a young carer.

## ● Be proud of yourself

Helping someone is a big, kind thing to do. You are doing something amazing, be proud of that.

## ● Look after your body

Remember to eat, drink water, get sleep and move around. Taking care of your body helps your brain feel better too.

## ● It's OK to ask for help

If things feel too hard, it's ok to ask for help.

## ● Stay in touch with your friends

Friends are important. Try to keep talking to your friends, even a quick text or chat at school can make your day better.

## ● Tell your teacher

Your teacher can help make school easier if they know what you're going through. Don't be afraid to speak to them.

Young Carers in Tadcaster and surrounding villages are now able to access a new monthly youth club that started in April in Tadcaster Barn. We are looking forward to holding a series of events in Selby over the summer, including foot golf, arts and craft sessions, and activities in partnership with North Yorkshire Sport. New workers to cover Harrogate and Craven have recently been recruited and we are looking forward to getting the Young Carer services re-established in these areas.



# Understanding the Carer's Passport: A Key to Better Support

A **Carer's Passport** is a simple tool designed to recognise and support carers. It's a way of formally identifying you as a carer to employers, hospitals, or other organisations.

Think of it as a conversation starter and a way to receive extra support. The goal is to help carers access the understanding, flexibility, and resources they need.

If you're working while caring for someone, you are eligible for the **Employment Carer's Passport**. This can help you discuss your caring role with your employer in a structured way, record agreed adjustments, such as flexible hours, remote working, or leave arrangements, and it also helps to avoid having to repeat the same conversations if you change managers.

Many public and private sector employers are adopting Carer Passport schemes. Speak to your manager for more guidance or [click here to visit the Carers UK website](#).

## Sunshine and Support



Carers in Bradford, came together for a lovely stroll around West Bowling Park, hosted by our Locality Worker Najmah. They enjoyed the sunshine and fresh air, taking a well-earned break from their caring duties. It's really important for carers to find some time for themselves. Being a part of a social group can help to boost your physical and mental wellbeing. Our walking groups are a great way to relax, meet new friends, and get support from people who understand your caring situation.



**Keeping your children busy & entertained during the weekends!**



### Create a Calm-Down Jar

Fill a jar with water, glitter glue, and loose glitter. Seal the lid tightly. Shake it up and watch the glitter swirl. This is great for calming anxiety or stressful moments.

### DIY Painted Rocks

Find some smooth stones and paint them with bright colours, patterns, or inspirational words. Gift them or use as decorations.



### Friendship Bracelets

Use colorful yarn or embroidery thread to make simple bracelets. Gift them to friends or family members as a kind gesture.



### Create a Time Capsule

Collect small items, drawings, or letters and place them in a sealed container to open in the future.



# Let's talk about guilt...

*Being a carer, chances are you've felt guilty at some point. Guilty for feeling frustrated. Guilty for needing a break. Guilty for asking for help, or for not asking soon enough. We hear it all the time from carers, and we want you to know that you're not alone. We're here to remind you that it's completely normal to experience these feelings, and acknowledging them is the first step towards understanding and managing them.*

**Feeling guilt doesn't mean you've done something wrong. It usually means that you care a lot, and that you're trying your best. So what can you do with those feelings when they show up?**

First off, give yourself permission to feel it. You're human. Caring can be emotional, exhausting work. Be honest about your feelings, even the tough ones, it's a part of looking after yourself.

Just because you feel guilt doesn't mean you *are* guilty. Wanting a bit of space doesn't mean you love the person you care for any less. Looking after your own health makes you stronger and more able to continue with your caring role.



Sometimes, saying "I feel guilty" out loud is enough to release the weight. Whether it's talking about it to a support worker or a friend, sharing it can stop it from building up inside.

If your inner voice is saying things like "I should be doing more," try saying this instead: **"I'm doing the best I can, in a really hard situation."** You wouldn't speak harshly to a friend in your position, try not to speak to yourself that way either.

Please remember this: you're doing enough, and you don't have to do it all on your own. Reaching out for support is a sign of strength, not a weakness. If you read this and thought "that's me" then you've already taken a brave step.

Whether you need to talk to someone or just want some practical advice and guidance, our teams are always here to listen. Reach out to us whenever you're ready.

**Bradford: 01274 449660 | Harrogate & Selby: 01423 500555 | Craven: 01756 700888**

What's on? [www.carersresource.org/carers/events-groups/](http://www.carersresource.org/carers/events-groups/)



# Supporting Carers with Technology: Our Digital Inclusion Project in Action!



*I have got more confidence than before. It has been really useful, I can go online and do things like banking and being aware of scams. The Digital Inclusion Co-ordinators were brilliant and the gentleman from Ability Net who did the scam sessions was brilliant. You are all doing a brilliant job! - Surinder (Carer)*

When Johanne, a dedicated carer, first engaged with our Digital Inclusion Project, she wasn't quite sure what to expect. But from her very first visit to our drop-in session, it was clear that this was going to be a valuable experience.

Johanne went on to attend all six weeks of our 'Tablets for Beginners' course, gaining confidence each week in using digital tools to support her daily life and caring responsibilities. Thanks to the support she received at the drop-in, she was able to register on both Patchs and System Online - two platforms that help manage GP appointments and prescriptions. With just a short demo, Johanne successfully ordered a repeat prescription on her own.

Reflecting on her experience, Johanne shared: "If I hadn't [attended], I would not have come back for more!"

She's keen to return for more sessions and wants to stay informed about future Digital Inclusion events. She's also been full of praise for the Locality Worker service, recommending it to anyone who might need carer support.

She was also guided through downloading and setting up the NHS app. She liaised with her GP practice to provide the necessary details for full registration. These small steps have had a big impact on Johanne's ability to manage health-related tasks more independently and efficiently.

Johanne and Surinder's journeys are a testament to how a little digital confidence can go a long way in improving the lives of carers.

For more information on our Digital Inclusion Project for carers, email:  
**[digital.inclusion@carersresource.org](mailto:digital.inclusion@carersresource.org)**  
or call 01274 449660





## Bangladeshi Open Day!



Sarah Wademan and Vicky Greaves attended the Bangladeshi open day in Keighley. As you can see their outreach session was literally 'drumming up' carer recognition.



## Dementia Discussion

*Are you living with dementia, caring for someone, or simply wanting to learn more? Join Dementia Forward for a free, welcoming event where they explore dementia with openness, empathy, and support. You'll find helpful advice, and a friendly space to connect. There will be stalls from community groups, care organisations and other service providers from the Craven area.*

**1pm to 3pm**

**Thursday 25<sup>th</sup> September 2025**

**Skipton Town Hall, BD23 1AH**

**Guest speakers include:** Dementia Forward, Manorlands - Sue Ryder Hospice and Consultant Psychiatrist Dr Kamath.

Sue Ryder Manorlands  
Hospice



**For more information about Dementia Forward,  
please contact: 03300 578592**



## All Together Now Community Choirs 2025

**ONE VISION**

10th Anniversary Concert  
of the award-winning

**All  
TOGETHER  
Now**

**Community Choir!**

### **Venue**

St George's Hall

### **Dates**

13 Sep 2025

### **Price**

£18.00

## Together in Song: Celebrating 10 Years

The All Together Now Community Choirs are excited to be performing at St George's Hall in Bradford on Saturday 13th September 2025. This special 10th Anniversary concert promises to be a wonderful evening full of music, energy and fun. All proceeds will go to the choirs' chosen charities, including support for Young Carers, so every ticket sold will be helping to make a difference. It's sure to be a night to remember!

Why not come along and enjoy an uplifting evening while supporting some amazing causes? With over a decade of bringing people together through song, the All Together Now choirs are known for their joyful performances and warm community spirit. This concert will be a celebration not just of their music, but of the people and charities they support. Gather your friends and family, book your tickets, and join us for a night of harmony, laughter, and inspiration!

Website: [www.carersresource.org](http://www.carersresource.org)

# CARING ACROSS CULTURES

## SOUTH ASIAN HERITAGE MONTH

*South Asian Heritage Month taking place between 18<sup>th</sup> July and 17<sup>th</sup> August is a time to celebrate the history, culture and remarkable contributions of people from South Asian backgrounds.*

We thought this month would be the perfect opportunity to shed a light on something that doesn't always get talked about: *the role that so many people in our South Asian communities play as carers.*

In England and Wales, around 5.8 million people are unpaid carers. Nearly 600,000 of them identify with ethnic minority communities. Carers from Indian, Pakistani, Bangladeshi backgrounds make up a significant share of these numbers. Many South Asian carers do not always see themselves as "carers" because caring is seen as a moral duty or family responsibility.

***"I thought I was just being a good daughter, I never really thought of myself as a carer"***

Caring can be incredibly demanding, but it can also be a deeply meaningful act, one built on love and loyalty. Across the South Asian community, there is a long tradition of looking after one another, and keeping family at the heart of life. That's something to be celebrated.

If you're providing care across generations or supporting a loved one, it's important to know help does exist.

Here are some organisations who provide support to South Asian Carers:

- **Carers' Resource**: support South Asian carers and carers from other Asian backgrounds.
- **Roshni Ghar, Keighley**: provide welfare and emotional support tailored to cultural needs.
- **SAWHAA, Bradford: South Asian Women's Health Awareness Association**: supports with mental wellbeing, confidence building, and health awareness.
- **Contact A Family, Bradford**: support parent carers. They also offer advice and peer networks tailored to South Asian families.



This South Asian Heritage Month, we're celebrating you! At Carers' Resource we're here to listen, help you find the right support, and remind you that your wellbeing matters. We're here with advice, carer groups, and a safe space. You give so much. Let us give something back.



# What's on?

We offer a huge range of groups and activities for carers of all ages, across Harrogate, Bradford, Craven and Selby districts.

Join a group and become part of a community that truly understands and values carers.

For a comprehensive view of our groups, please visit our website:

<https://www.carersresource.org/carers/events-groups/>

## WE WANT TO HEAR FROM YOU!

This newsletter is for you, and we want to make sure it's relevant and engaging. What would you like to see more of? What topics would you find helpful? Email your contributions, and you might see them featured in the next edition.

Write to us:

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

## Thanks to our funders:



City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL



**NORTH  
YORKSHIRE  
COUNCIL**

Bradford District and Craven  
Health and Care Partnership



**Key Fund**  
Growing Enterprise in Communities

Carers' Resource is an independent and nationally recognised Yorkshire charity which provides 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 and holds registered charity number 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.

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.

E: [info@carersresource.org](mailto:info@carersresource.org)

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**carers'**  
**resource**  
*you care for them, we care for you*

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