

# CHOICES



Issue 131

The newsletter of Carers' Resource

December 2025

## Our Victorian Tree full of Love and the Magic of Caring!

*This year our Carers' Resource groups were invited to decorate a christmas tree for the victorian themed festival at St James Church, and what unfolded was far more than an arts and crafts session. It became a celebration of community, and the powerful bonds between carers and the loved ones they support.*

From the moment the first sheet of paper was unfolded, there was laughter, togetherness, and story telling. Many carers told us how much they enjoyed stepping away from their daily responsibilities to simply make something beautiful, and to do it alongside others who truly understand their world.



Our groups crafted delicate angels and tiny Victorian-style parcels, each one labelled with the gift carers give so freely every day: patience, love, time, resilience, humour, hope. As one carer reflected, ***"It felt good to name the things we give, we don't always realise how much we do."*** We also created house-shaped cards, each room symbolising a different part of a carer's life: kitchen for nourishment, living room for comfort, hallway for welcoming others in, and bedroom for rest and safety. These cards sparked conversations about the many roles carers take on, quietly and without recognition, and how each room reflects a different kind of care.

Perhaps the most moving part of the project was the paper baubles. Carers added photos of themselves and their loved ones, some still with us, some remembered with deep affection. Hanging these baubles on the tree became a moment of reflection and pride.

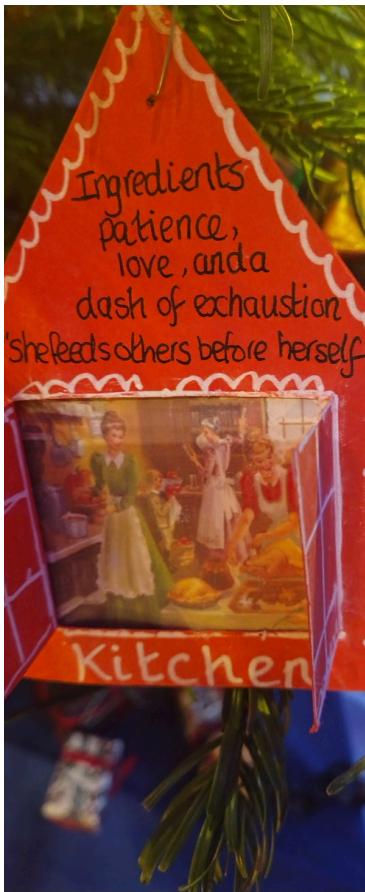
One carer shared, ***"Seeing my mum's photo on the tree made me feel like she was part of Christmas again."*** Another said, ***"It's lovely to show who we care for, not just what we do."***

Continued overleaf →

To complete the display, one of our talented carers hand-stitched three stunning Victorian-style aprons. Every detail, from the delicate stitching to the thoughtful choice of fabrics reflected the dedication and compassion that carers show every day. These aprons stood as a symbol of the essential work that carers carry out in every household and community.

The finished Victorian Christmas tree was beautiful but more importantly it was meaningful. Every decoration had a story to tell. Every bauble held a memory. Every angel and parcel represented the unseen gifts carers give day after day.

The tree stands as a tribute to unpaid carers, their love, strength, grief, joy, and the people who inspire them. It is a reminder that caring is not just a role, it's a relationship, a legacy. We are incredibly proud of everyone who took part. You didn't just decorate a tree, you filled it with heart!



# Message from our Chief Executive



Dear Readers,

It has been a busy time at Carers' Resource since our last Choices edition and we have been doing all we can to help and support our carers. It is hard to believe that it's December already and another calendar year is nearly done.

You may have seen on our website that our offices will be closed from 1pm on Christmas Eve until 8.30am on Friday 2<sup>nd</sup> January. However, we will still be there for you as all of our services can be accessed by phone on our usual working days, excluding Bank Holidays. We just wanted to allow our staff the time to work from home and for some of them to take a well-earned break at a time of year which is usually quieter in terms of carers needing support from us, then come back refreshed in the New Year, ready to support all our lovely clients – whether this be in carer services or hospital services.

Something which I know our carers have been deeply affected by this year is the unfairness which DWP showed in their approach to Carers Allowance when they identified what they believed to be overpayments.

As a charity Carers' Resource focus on providing support to our carers and this was a subject where we felt very aggrieved that carers were being treated in this way and we raised this with local MPs who did flag this up to relevant Government colleagues. We were aware, however, that if a charity is to be able to campaign successfully on an issue like this, you need a dedicated team who can rally support with central government, which we didn't have.

Happily, Carers' Resource are members of the Carers' Trust network and this is something they are very good at. They were able to successfully campaign on this issue on behalf of carers throughout the national network. This campaigning led to an independent **review into the Carer's Allowance overpayment scandal** which was published in the Guardian newspaper on 25<sup>th</sup> November. The review was headed by disability expert, Liz Sayce OBE.

The Government committed to accepting almost all of the recommendations set out in the Sayce Review. Hopefully the thousands of carers who have undergone the shame of being treated like cheats will feel vindicated as they read the report and the Government's response.

As the Review makes clear, the DWP's guidance on earnings was both wrong and confusing. It was a huge error going back a decade that meant countless carers were wrongly judged to have received overpayments of Carer's Allowance.

Along with Carers Trust we are pleased the DWP has taken it on the chin and listened to both carers and the services that support them. Its acknowledgement of its error, along with its commitment to resolve this injustice, are a very positive step forward in making right this wrong to carers.

DWP have now committed to improving the interaction between its software systems for different benefits. This means carers on both Carer's Allowance and Universal Credit will get the financial support they are entitled to without deductions. This is something Carers' Trust called for after it was raised with them by a carer, and has become increasingly urgent given the numbers of carers now on Universal Credit as well as Carer's Allowance.

Setting up the reassessment service to identify where carers are owed a reimbursement is a massive step for the DWP. Carers Trust are committed to working with them wherever possible to ensure carers can claim back the money owed to them and wherever Carers' Resource can contribute to this fight we will do. I hope that this will be positive news to any of our carers affected by this travesty and although we couldn't campaign in person, we are delighted that Carers Trust were able to achieve this incredible result on behalf of our carers and all the others in the country who were affected.

As I look at the Carers' Resource Christmas Tree in reception at Shipley office and all the lovely messages and photos from carers which describe their caring relationships and their love for those they care for, I am constantly reminded what wonderful people carers are and how proud I am to be CEO of a charity whose main purpose is to care for carers themselves.

With that in mind I will sign off but I wish all our carers and clients of hospital services a very happy festive period, whether you celebrate religious festivals or not. I hope that in amongst all of your caring duties you find time to relax and take some time for yourselves – you all deserve it.



We'd like to say a big thank you to everyone who contributed to this issue, whether you wrote an article, shared a story, submitted photos, or helped behind the scenes. Every contribution matters.

If you would like to share a story, suggest a topic, or write something for a future Choices edition, we'd love to hear from you. Your voice is always welcome.

*Editor: Asfa Aftab*

*Contributors:*

*Tracy McGrory*

*Jillian Miller*

*Lauren Harvey*

*Eileen McAlonan*

*Stephanie Frazer*

*Natalie Kershaw*

*Najmah Iqbal*

*Michelle Taylor*

*Dolly Dalton*

*Bethan Ratcliff*

*Deborah Hawkins*

*Parveen Saleem*

*Paul Slater*

# Carers' Resource at Church Avenue Open Day!

*Church Avenue Medical Group in Harrogate requested support at their first ever open day event. Being held at the actual GP practice itself allowed Carers' Resource to take a stand at the September drop in event being held from 9am until 1pm.*

Jillian Miller, Harrogate Locality Worker attended on the day & engaged with carers who were keen to find out about the support available to themselves.

The practice staff had provided lots of lovely cakes alongside tea & coffee that visitors were enjoying & which was definitely drawing people into the practice.



The morning also gave a valuable opportunity for networking with other organisations such as Dementia Forward, North Yorkshire Horizons & the Advance Planning Team from St Michael's Hospice.

The response from the individual carers who spoke to Jillian at the information stand was very positive with the Practice Manager, Debbie Simpson issuing a further invitation for Carers' Resource to return at the next engagement event.

## Spooktacular Day at the Shipley office

On Halloween, the young carers in Bradford visited our Shipley office for some festive activities, including pumpkin carving, making chocolate apples, and decorating biscuits. Young Carer Worker, Lauren said ***"We had an absolutely wonderful time!"***





## CARERS COME TOGETHER FOR 'WELLBEING ON THE WEB'

*In October, the Carers' Resource Digital Inclusion for carers project hosted a session called 'Wellbeing on the Web'. This was part of the national Get Online Week, in collaboration with the UK's leading digital inclusion charity, [Good Things Foundation](#).*

Welcomed by the Digital Inclusion Co-ordinators, Michaela and Eileen, we had 5 carers join us in our Shipley office, we started as always, with a cuppa and a chat as well as a special breakfast buffet.

Given that the event was titled 'Wellbeing on the Web', you may have thought this would involve finding things that you can do on your smartphone, tablet or computer. This is only part of the beauty of being online – you can use the internet to find a wealth of online things to do to improve your wellbeing, but also find things that you can do locally, as well as practical everyday things that the internet can help you with. This might include finding local walking or craft groups that you can join in person, finding exercise or yoga groups you can join online or using YouTube on the web to search for new recipes, sports news, crochet patterns or 'How to ...' videos.

Common interests and experiences were found and shared at this event. One of the questions we started the session with was, 'What does wellbeing mean for you? From the carers who attended, quite quickly the theme centred on the outdoors and nature, as well as meeting other people.

One carer shared an app she had downloaded called 'Merlin', a bird identification app that she loves to use when out for a walk. She can use her phone to listen to birdsong and the phone will identify all the birds that are included in the sounds, as well as identify birds from a photo she takes. It can even be used offline also.



From this came some ideas about how we can find local groups and these were found happening all over Bradford, from gentle strolls to quicker paced walks locally and further afield.

One carer shared her experience of being in a community singing group in Baildon, called All Together Now. After this, we spoke about the benefits of laughter, especially when things get fraught as they can tend to do in a caring situation.

**Did you know that laughter can improve your immune system, diminish pain and inspire hope?**

So, to warm us up, we thought we would have a go at an activity called 'Laughter Yoga'. This did not involve stretching, alternate-nostri breathing or yoga mats! It is the name for an activity that encourages laughter especially when with others. We all know situations when laughter has helped us cope, or hearing laughter from others soon has us giggling too! A quick search online will produce lots of clips that encourage you to laugh to help you cope. Have a look on You Tube and see what you think! We certainly enjoyed it, as when one of us started laughing it set the rest of us off.

**Continued overleaf** →

We soon realised that burdens can often feel a little lighter with humour.

To settle ourselves, we then had a go at a guided meditation, focussing on self-compassion for carers. It is easy when you become a carer to lose sight of what is important to you, and what you need for your own wellbeing, as attention often understandably goes to the 'cared-for'. As staff at Carers' Resource often remind carers, 'You can't pour from an empty cup'. And a cup full of compassion for self, will mean that your loved ones cannot help but receive the over-spill of your compassion and the effects of it, in their day.



After all of this, we all had a go at exploring wellbeing resources available both locally and nationally. We learned how to use QR codes using a camera to scan one, which opens a webpage for that service. These included My Living Well, Carers' Resource services, Carers' UK, Mind, NHS, Get Out More, Free in Bradford, Qwell, Frazzled, Men's Sheds, City Connect and Insight Timer to name a few.

We have included some QR Codes for wellbeing services for you to have a go at scanning.

Just hold your camera over the code as if you are about to take a photo (but don't actually take one) and you should be offered a wee pop up window to open the web page embedded into the QR code. Isn't technology clever!



As well as clever, it can be very easy to get caught up in screen use and overuse it. Like anything else in life, this is also about balance. So, when you are exploring what the web can offer you, don't forget the things that can contribute hugely towards your wellbeing, simple things like rest, exercise, fresh air, nature, quiet time, healthy food and water and social connection. Wellbeing matters, especially yours!

# POTTERY PAINTING FUN!

During the half term, the young carers in Harrogate enjoyed a fun pottery painting session. Eight young carers participated, along with a volunteer and two staff members.



This event provided a wonderful opportunity for them to take a break from their caring responsibilities and simply have fun. It also allowed them a chance to meet others in similar situations, and make new friends. The session was full of smiley faces!



# Meet the Staff Member



## NATALIE KERSHAW

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

### ABOUT ME

Hello, I am the Employer Engagement Worker for Carers' Resource throughout the **Bradford District**.

My role is to engage with employers from different sectors and industries. I offer free *Unpaid Carers in the Workplace Awareness* training and free 1-to-1 support to the employers and the organisation to ensure their commitment in supporting carers within their workforce.

In a nutshell, my role is to advocate for unpaid carers in the work place. Get in touch with me, if your organisation wants to take up this free training and support. Let your Carers' Resource locality worker know if you are struggling at work due to your caring responsibilities.



## Winter Walk at Peel Park

We were thrilled to see such a wonderful turnout for our last Winter Walk at Peel Park. Carers took a well-earned break, making new friends along the way. Thank you to everyone who came along. We are already looking forward to planning more opportunities for carers where they can relax, socialise and feel supported.

## Unlocking Her Potential: Fozia's Digital Story

Meet parent carer Fozia, who attended our digital drop-in at St Clements Church/The Anchor Project, and has continued with our 6 week Digital Skills for Beginners course. Fozia was very excited to learn more about the features in Microsoft Word.



She enjoyed amending various formatting options and plans to put what she has learned to good use to help her children with their homework. On the 6 week course she has become more confident with email, the office suite of programs and the Zoom platform among other things. She has been an eager learner asking interesting questions which has been great for her confidence and that of the group. The Digital Inclusion project plans to include Zoom in our offer, to deliver Digital Inclusion sessions over the winter months so it'll be good to see you there!

# A Creative Christmas Treat for Carers



*We were delighted to host something special for carers in Bradford - a festive candle making session with the wonderful Richard from Wicks & Spritz. To be honest, it turned into one of those afternoons where you look around the room and think yes, this is exactly what everyone needed.*

For a couple of hours, the usual rush of caring responsibilities faded into the background. Instead, there were bowls of wax, festive scents drifting about, little bursts of concentration and, every now and then, that calm feeling you get when you're doing something just for you!

Richard, our host, deserves a proper mention. He had everyone laughing pretty much from the moment he said hello. You know when someone just gets the vibe instantly? That was him. He kept the atmosphere light, made everyone feel welcome, and somehow managed to guide the group through making their own Christmas candle from scratch without a single person feeling lost.



By the end, carers were proudly showing off their creations, and the candles looked and smelt amazing. Even better... several people asked if we could book Richard again. That probably tells you everything you need to know about how much they enjoyed the session.

It was a lovely reminder that giving carers space to breathe, laugh and create something of their own can work wonders. We're already thinking about the next one!

*I thoroughly enjoyed the whole experience from start to finish. A fantastic tutor and lovely people and a big thank you to Michelle.*



*It's really nice to be doing something fun!*



*I learnt a new skill, and where I could go to obtain material to pursue the activity as a new hobby. Had the best laugh I've had in ages. The instructor was friendly and supportive, with a good sense of humour. Really enjoyed the banter with him and my fellow participants.*



*A break. Fun, laughter and skill.*

# Wicked Fun for Young Carers at Rudding Park!

Harrogate Young Carers had the absolute delight of visiting the private cinema at Rudding Park to watch the film, Wicked, and what a memorable experience it was! Thanks to the generosity of Knaresborough Rotary, eight young carers were able to enjoy a fun, carefree day away from their caring responsibilities.

Stephanie Frazer, Young Carer Worker shared *"I think we all ate our weight in popcorn, and had an amazing time together. There was a lot of giggling from the younger boys who spent the first 30 minutes of the film discussing how Elphaba became green, this ranged from perhaps her mum ate grass when pregnant, to the possibility that she may be part broccoli, part sprout, and another idea to do with snot"...*

The older girls enjoyed spending time together and watching this incredible film. There was some very questionable singing throughout, particularly at the climax of the film with 'Defying Gravity'.

*"Safe to say, I don't think any of us who attended will be auditioning for stage shows anytime soon! However, we had so much fun thanks to Knaresborough Rotary."*



We've included a couple of photos: one in the cinema, and a lovely thank you drawing one of the girls created. A touching reminder of the impact these experiences can have. And yes, the young gentleman in the corner who looks like he's asleep was actually posing for the camera!

## MEET OUR NEW HEAD OF OPERATIONS FOR CARER SERVICES

We welcomed Dolly Dalton to our organisation in September 2025. Dolly joins us as Head of Operations (Carer services) and brings a wealth of experience managing services that support young people, adults and families. Dolly is a qualified social worker, psychotherapeutic counsellor and has lived experience of being a young carer herself.

*"I am thrilled to join Carers' Resource and support the work of a locally grown charity with carers at the heart of all they do. Since starting I have been welcomed into friendly teams, and am overwhelmed by the passion and empathy staff and volunteers have towards carers. I am excited to be supporting and developing further the adult and young carers services across Bradford, Craven, Harrogate and Selby over the coming months!"*



# HEALTH & WELLBEING TIPS

Shorter days, colder weather, and increased demands can take a toll on both your physical and emotional wellbeing. Though caring for others can be hectic, it's also important to protect your own health and prioritise your wellbeing.

Small, consistent acts of self-care can help you stay well, energised and supported through these colder months. Here are a couple you can start with:

## Make the most of the daylight

Caring responsibilities can limit time outside, but even a few minutes of fresh air or light by a window can help boost mood and energy. If you can, schedule short outdoor moments around your caring routine.



## Keep warm and nourished

Carers often prioritise others' meals before their own. Try prepping warm, nutritious foods like soups, stews or overnight oats to keep your energy steady throughout the day.



## Gentle movement when you can



Your caring role can be physically demanding, but can also involve long periods of sitting or routined tasks. Stretching your back, shoulders, and legs, or taking a brisk walk when possible, can help reduce tension and lift your mood.

## Stay connected and supported

Winter can feel isolating, especially when caring duties increase. Reaching out to family, friends or support networks can make a big difference.



## Protect your immune system

Sleep might be disrupted, so try to rest when you're able to. Keep hydrated, wash your hands regularly and take breaks when you can to help your body stay resilient.



## Take a moment just for you



Even brief pauses matter. Whether it's a warm drink, a quiet five minutes, or listening to something you enjoy - these small rituals help recharge your emotional batteries.

If you would like to receive a weekly wellbeing wednesday tip via email, get in contact with Bethan: [bratcliff@carersresource.org](mailto:bratcliff@carersresource.org)

# Working Together to Support Carers' Rights



## CELEBRATING OUR FIRST OPEN HOUSE!

Our first ever Open House took place on Tuesday 21<sup>st</sup> October, and what a success it was! Six carers came to the drop-in, and stayed for a brew and a chat. They all said they valued being able to pop in knowing that there would be a warm welcome and staff on hand if needed. Our volunteers also enjoyed their new roles as 'meet and greet', at the event, chatting to carers and setting everyone up with a brew.

Open House is a new drop-in service at our Skipton office. It runs every **Tuesday mornings 10am to 12noon** and **Thursday afternoons 1pm to 3pm**. If you look after a friend or family member and could use a little support, a listening ear or even just a quiet moment to yourself, you're very welcome to drop by. This service is open to all unpaid carers in the Craven area whether you're already registered with Carers' Resource or not. There is no need to book. These are not "group" sessions.

For more information on our Open House, please get in touch with Debi Hawkins or Bev Knipe on 01756 700888 or email [dhawkins@carersresource.org](mailto:dhawkins@carersresource.org) and [bknipe@carersresource.org](mailto:bknipe@carersresource.org)

We were invited to a Carers' Rights event at Britannia House on the 20<sup>th</sup> November. The event was organised by Megan Scott, Carer Lead.

Carers' Resource staff had the opportunity to set up an information table and a timetable with slots for mini talks with both carers and professionals attending the event.

They were able to meet a wide range of professionals, social workers and carers to explain our services and take several referrals. They also had the opportunity to make links for multi-agency and collaborative working.

It was a productive day that highlighted the importance of partnership in supporting carers.

# STAYING CONNECTED OVER THE HOLIDAYS

The holiday season is a joyful time, but for many carers, it can also feel isolating and exhausting. Between managing day-to-day responsibilities, preparing for the holidays, and looking after your loved one, it's easy to put your own needs on the back burner.



Research shows that around 7.3 million people in the UK provide unpaid care, and nearly 1 in 8 carers feel isolated or lonely during the holidays. You're not alone in feeling this way, and there are ways to find support and connection even in the busiest months. Here are some practical tips to help you stay connected:

**Plan one or two simple social interactions each week. This can be coffee with a friend or a short call to family, it could even be attending a local carers group.**

If attending events physically is difficult, try online alternatives. Even ten minutes on a video call can boost your mood.

**Pair social interactions with something that you enjoy, listen to music whilst catching up with a friend, bake cookies whilst chatting on a video call, or take a short walk.**

**Don't be afraid to talk openly about the joys and challenges of your caring role. Sharing your stories with other carers and friends validates your feelings and often sparks advice and encouragement.**



**Video calls with my friends and family have become my lifeline. It's not the same as being together, but it's enough to remind me that there is light at the end of the tunnel and that I'm not in this alone. It gives me the energy to keep going...**

Staying connected is not just about preventing loneliness, it's a way to recharge and reduce stress. It's also a way of maintaining your mental and physical health. It doesn't have to be complicated or exhausting. You'll be amazed at how a coffee morning, or a quick catch up can lift your spirits.

The holiday season can sometimes be overwhelming for the person you care for too. Small gestures and thoughtful activities can make a big difference to their wellbeing and sense of inclusion. Encourage them to join in simple tasks like helping to decorate, or participating in a craft project. Maintaining a routine is also important. Try to keep meal times and rest periods consistent.

Short walks or exercises can help them stay active, while hobbies like puzzles and games provide mental stimulation. Where possible, allow them to make choices, this helps maintain their independence and self-esteem.

It is so important to notice and celebrate their small successes. Compliment them when they complete a task, this reinforces their confidence and strengthens the bond between you.

***Pocket of thought: every little step, every smile or small choice - adds up. Your support makes every thing better for them.***



# Meet the Staff Member

## Bethan Ratcliff

Hello, I'm the new Health and Wellbeing Co-ordinator for Harrogate and Selby Districts



### What will I be doing?

★ I will be promoting the health and wellbeing of carers across the Harrogate and Selby districts , promoting key health messages to carers through a variety of mediums including one to one, group sessions, events and social media.

★ My aim is to create new and exciting opportunities for carers to maintain their own health and wellbeing whilst enabling them to maintain their caring role at the same time, provide fun events for carers to take part in and create a social media and in-person community that carers feel welcomed into.

### Help from you!

- Are there any groups or events you would like to see in your area?
- What would you like to see more of?
- Any other suggestions you would like to make?

### Moments that Matter

Moments that Matter is a monthly photo scavenger hunt, following prompts, going out exploring and taking a moment to yourself to focus on the world around you. Keep an eye on facebook and instagram where I will be posting prompts at the start of every month. Do get involved!

To contact please email: [bratcliff@carersresource.org](mailto:bratcliff@carersresource.org)

# Supporting Carers' Health & Wellbeing



## Bradford

*Be more you - not feeling yourself? You could benefit from Talking Therapies.*

*Be part of a 6 week Stress and Wellbeing Management Course to support you with learning ways to manage your mental health.*

To register, email:  
[talkingtherapiesmarketing@bdcf.nhs.uk](mailto:talkingtherapiesmarketing@bdcf.nhs.uk)

Or call 01274 221234

**10am to 11:30am**  
**Wednesday 14<sup>th</sup> January 2026**  
**till Wednesday 18<sup>th</sup> February 2026**

Where: Carers' Resource, 15 Park View Court, Bradford, BD18 3DZ



## Skipton

*As part of caring for carers, and helping you to look after your own health and wellbeing we are excited to be working with the NHS who will be completing a special health check clinic for carers.*

*The team at WACA Primary Care Network will be delivering the health checks and there will be a warm welcome from Carers' Resource staff and volunteers offering drinks and refreshments, a chance to chat, with further support and information available if needed.*

**Booking is essential.** Click on the link to book your slot:  
<https://www.surveymonkey.com/r/CWRHNTR>

**10am-12noon**  
**Tuesday 20th January 2026**

Where: Carers' Resource, 36 Brook St, Skipton, BD23 1PP  
[dhawkins@carersresource.org](mailto:dhawkins@carersresource.org) for more information.

## Harrogate & Selby

*Printing workshop - Holding Space studio have put together a free taster session for carers to try a printing workshop.*

10 spaces available. Email [bratcliff@carersresource.org](mailto:bratcliff@carersresource.org) to book your place.

**Monday 19<sup>th</sup> January at 11am**

Where: Carers' Resource, Unit 3, Grove Park Court, Grove Park Terrace, HG1 4DP

Working with TEWV, we would like to create a bespoke carer mindfulness taster session for carers to try out, and if successful for us to then provide a longer course. If interested, where would you like it to be held, how long would you want it to be and would you want a longer block course? Email your ideas to [bratcliff@carersresource.org](mailto:bratcliff@carersresource.org)



## KICK OFF WITH A VERSE

Karin De Novellis, a former mental health professional and unpaid carer, has launched a free online support group for people caring for loved ones with dementia. It's called *Kick Off with a Verse*.

Each 90-minute session begins with a check-in, followed by gentle stretching to help reconnect body and mind. From there, participants are guided through a calming relaxation exercise while listening to a poem. The experience naturally flows into open conversation, giving everyone a chance to share their stories and reflect in their own words.

**66** *You feel you are not on your own and that your experience is normal. It helped me to focus on what was going on underneath and to acknowledge it.*

Anyone can access the online sessions, regardless of their location as an unpaid carer, provided they have a suitable time zone and internet connection.

Two weekly online sessions start in January, running until the 9th July.

These sessions are as follows:

Wednesday afternoons 2.00 - 3.30 from the 14th January 2026 and Thursday evenings 7.00 - 8.30 from 15th January.

Watch a clip by [clicking here](#).

For more information or to arrange a phone call with Karin, please send an email to [karindenovellis@gmail.com](mailto:karindenovellis@gmail.com)



# Be more you!

*Not feeling yourself? You could benefit from Talking Therapies*



**Come to our 6 week Stress and Wellbeing Management Course, to support you with learning ways to manage your mental health.**

**To register, email: [talkingtherapiesmarketing@bdct.nhs.uk](mailto:talkingtherapiesmarketing@bdct.nhs.uk) or call 01274 221234 for further information.**

**10am to 11:30am  
Wednesday 14<sup>th</sup> January 2026 - Wednesday 18<sup>th</sup> February 2026 at Carers' Resource, 15 Park View Court, Bradford, BD18 3DZ**

*for anxiety and depression*

Service provided by Bradford District Care NHS Foundation Trust



**Bradford District and Craven Talking Therapies**

## TADCASTER!



We are looking to set up a carer group for Tadcaster and surrounding areas - to create a space where carers can chat, relax, and spend time with other carers who are in a similar situation.

A drop-in session took place where carers shared ideas, experiences and thoughts about shaping a new carers' group in Tadcaster.

Contact Paul Slater to give your input. This is your chance to help us design something that truly supports you in the year ahead.  
Email: [pslater@carersresource.org](mailto:pslater@carersresource.org)

# 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**

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 a 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.**

## 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

### 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)

### CONTACT US

**Harrogate & Selby  
01423 500555**

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

**Skipton  
01756 700888**  
Ronaldsway House,  
36 Brook Street,  
Skipton BD23 1PP

**Bradford  
01274 449660**  
15 Park View Court,  
St Paul's Road,  
Shipley BD18 3DZ

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