

CHOICES

Issue 132

The newsletter of Carers' Resource

March 2026

A Little Time, A Big Difference!

Our Carers' Time Off service provides breaks for carers in Craven, Harrogate and Selby areas by matching volunteers to spend time with the person they are looking after, allowing the unpaid carer to have a much-needed break.

Volunteers are carefully matched according to location, availability and interests, and may get involved in a range of activities - including accompanying someone to go for a walk, the gym or attending a group; or at home - reading a magazine, doing puzzles or just having a brew and a chat. Many of our volunteers have been carers themselves and know how important it is to have a break.

Carol Pilling volunteers in the Craven area and said "I wanted to volunteer because during COVID I lost my Mum and I miss her so much. It happened quite quickly although she had been poorly a while and it was so horrible with all the restrictions. Suddenly all those conversations and hugs ceased.

I had time and hoped I could make a difference for someone else. I saw Doris a lot and we used to play dominoes and sometimes took my guitar for a sing along. We also had outings if she was well enough."



Carol (left) is pictured here with carer Christine and her Mum, Doris on a trip to Cliffe Castle.

This support makes such a difference to both carers and those they care for, as Carol shared "I was so touched at Doris's funeral when in the service they said I had brought light into her life."

Rachel Waddington, Service Manager said "We have some wonderful volunteers who provide fantastic support to carers and those they care for, and we really appreciate the valuable contribution they make. We know how important the Carer Sitting Service is to all those who benefit and we urgently need more volunteers to support people. We would welcome volunteers from a range of backgrounds, but we often have a shortage of male volunteers and we also think this would be a great opportunity for anyone looking to gain more experience of social care."

To find out more, contact your local Volunteer Coordinator: Craven, Julia Dinsdale; Harrogate, Helen Baldwin; or Selby, Gloria Wong by emailing carerstimeoff@carersresource.org or calling 01756 700888 / 01423 500555. *Volunteers receive full training and expenses are covered.*

MESSAGE FROM THE CEO

It is lovely to see how many groups and activities we are now running for carers across Bradford, Harrogate, Craven and Selby, and to see our Counselling Service working so well from our Shipley office. I had the great pleasure of meeting some of our young carers this month and seeing them create their wonderful montage of images of their future selves and what they wanted to do or see.

I am also pleased to say that we held our first Carer's Partnership Board with Bradford Council on 24th March, and 5 of our carers attended alongside me and Parveen, Team Leader for Bradford South.



Iain Macbeath, the Director of Adult Social Care for Bradford Council, championed the fact that he wanted there to be the same number of carers on the Board as people from statutory services so that key decision-makers could hear directly from unpaid carers—what was working for them, what wasn't, and what further support they needed. This is what we arranged, and it worked very well.

We also sent a survey out in advance of the Board to ask a wider group of carers to give us their thoughts on the topics for discussion, and over 220 carers replied. We were therefore able to share their thoughts at the Board, as well as the thoughts of those carers who attended in person. We will be sending the surveys out in advance of each of the Boards to allow all of our registered carers to contribute.

The main topics for this Board were:

- Accessible information for carers - what do carers want information on, in which format, and where do they want to find it?
- How do we ensure relevant professionals understand carers?

There will be different topics for each Board, and the Board will meet quarterly. I am also working with North Yorkshire Council to set up a Carer's Partnership Board with them, so I will let you know as this progresses. In the meantime, I hope you enjoy the Spring sunshine, which is so nice to see after all the months of darkness and rain, and as always, I look forward to meeting some of you as I am out and about around our offices.

Heidi Watson

As we share this edition of Choices, I'd like to take a moment to say thank you to everyone who has contributed. Your stories are what make this newsletter so meaningful. If you would like to write something for Choices, we'd love to hear from you! Drop an email to info@carersresource.org

Contributors: Bethan Ratcliff, Natalie Kershaw, Jane Guillard, Najmah Iqbal, Julie Halford, Kathleen Goodchild, Sarah Wademan, Fiona Rogers, Bradford Adult Social Care, Paul Slater, Rachel Waddington, Lauren Harvey, Anna Rose, Tracy McGrory, and Michelle Taylor.

*Asfa Aftab
Editor*



A CARERS' GUIDE TO BETTER NIGHTS

Being a carer often means your days and nights are full of constant demands and responsibilities. Sleep can feel like a distant memory, slipping away while you simply try to keep going. Here's your helpful guide to achieving more restful nights!

Just 20 minutes of quiet, calming activity before bed can signal to your mind and body that it's time to rest. Maybe it's reading a favourite book, listening to soft music, or stretching your body.

Try to keep a consistent bedtime and wake-up time, even on the weekends. Over time this can help your body feel ready to switch off.

Your bedroom should feel like a place of calm, a refuge from the demands of the day. A gentle nightlight, or a simple white noise app can make a world of difference.



If scrolling on your phone is part of your evening routine, consider putting it aside for a few minutes allowing your mind to slow down before you sleep.

Even small breaks count, studies show that carers who take short periods of rest or relaxation during the day cope better and feel less exhausted at night.

It's normal for your mind to race after a long day of caring. Journaling for a few minutes or just jotting down your worries can take them out of your head and onto the page. Deep breathing, meditation, or sitting quietly can help soothe your thoughts and give your body the signal that rest is allowed.

Research shows that around 60% of carers report disturbed sleep due to caring responsibilities.

Sometimes, the most important sleep solution is asking for help. If a friend, family member or a respite service can cover part of the night or morning, it might feel like a tiny miracle. Short stretches of uninterrupted rest can restore your energy and help you face the day with a little more patience and clarity.



Limit caffeine & heavy meals: avoid coffee, chocolate, and big meals late in the day to help your body switch off.

Warm showers, calming music, aromatherapy, and soft stretches signal to your brain that it's time to rest.

Supportive pillows, cosy blankets, or weighted blankets can improve sleep quality.

Spend a few moments recalling good moments from the day, it calms the mind and reduces stress.

Use calming scents: lavender, chamomile, or vanilla promote relaxation.

Be kind to yourself: some nights will be harder than others, celebrate the small wins and keep trying.



Thank you, Holding Space!

In January, carers in Harrogate were treated to a hands-on printing workshop, kindly led by Holding Space Art Studio.

Carers took the time to slow down, explore textures and patterns, and share stories with each other.

Thank you to everyone who took part and to Amelia and Thahmina from Holding Space for organising this wonderful workshop for our carers to enjoy!

Starting the Conversation: Unpaid Carers in the Workplace

On Monday 2nd February, Natalie Kershaw our Employer Engagement Worker met with Keighley Rotary Club and spoke about unpaid carers in the workplace. Many thanks to Keighley Rotary Club president Liz Joyce for the invitation to speak and for supporting the funded Employer Engagement project.

This presentation created open and honest discussions around carers in the workplace. It is important that the experiences of both the employees and the employers are taken into consideration when considering future projects and legislation.

The Carer's Leave Act and Flexible Working Act impact on a wider variety of issues that may not always be immediately apparent. However, the Employer Engagement project seeks to support employers within the Bradford District to champion their unpaid carers in the workforce through policy development, Carer Passports and carer-inclusive schemes.



Young Carers New Year's Parties!

The Skipton and Craven Young Carers kicked off 2026 with plenty of festive energy! They welcomed the New Year with gusto, enjoying a variety of exciting activities. The Utime Young Carers had a blast playing old school games while The Budz eagerly took on the "build your own gingerbread house" challenge.

CARERS' RESOURCE AT THE KINDNESS FESTIVAL



On 17th January, our Harrogate team were delighted to attend the Kindness Festival held at St Aidan's School. The event was a wonderful opportunity to come together and see some of the many inspiring things Harrogate has to offer, all centred around the theme of kindness.

Alongside meeting people and exploring the festival, we also ran a mini scavenger hunt, inviting people to find our logo and collect the letters displayed underneath each one. The letters formed an anagram spelling "kindness", adding a fun and interactive element to the day.



Talking Therapies: Stress & Wellbeing Management in Bradford

A huge thank you to Bradford Foundation Trust for delivering 12 sessions of Talking Therapies: Stress and Wellbeing Management at Carers' Resource. The sessions were warmly received, with carers enjoying an opportunity to come together and use practical CBT-based tools to help them manage the every day stresses they face.

These Talking Therapies sessions were made possible after our Locality Worker, Najmah Iqbal connected with Bradford Foundation Trust at an outreach event last year. Najmah shared: ***"It's been really rewarding to see carers learning new skills, sharing their experiences, and supporting one another. This is the first group I've set up from scratch at Carers' Resource, and I'm proud of the positive impact it's having. A big thank you to my colleagues for their support with the setup. I feel lucky to work with such a supportive team at Carers' Resource."***

MEET OUR NEW YOUNG CARERS SERVICE MANAGER!

Julie joined the Young Carers team in January as Service Manager, bringing a wealth of experience from the education, voluntary, and charity sectors, where she has been dedicated to supporting young people. A qualified Psychotherapist and aspiring Magistrate, Julie also draws on her lived experience as a young carer.



"I am excited to join the team at this pivotal time of transition and to help shape the Young Carers Service, throughout Bradford, Craven, Harrogate and Selby. Ensuring it provides all young carers with the support they need to feel safe, valued, and empowered to reach their full potential."



Kathleen Reflects on the Stress and Wellbeing Management Course

Kathleen, parent carer, and Volunteer for Carers' Resource took part in the Bradford District and Craven Talking Therapies - Stress Management and Wellbeing Course held at our Carers' Resource office in Shipley. After completing the six-week course, she kindly shared her experience with us.

At the start of the course, I was apprehensive—maybe even a little pessimistic. I didn't really think it would help me, as I'd done CBT-type work before without much success, and I truly believed it just wasn't for me. But how pleasantly surprised I was.

From the very beginning, I found a welcoming and supportive environment. The course leaders, along with the accompanying Carers' Resource staff, were professional, attentive, and genuinely caring.

I've now come to the end of the course—sadly—and I reflect very positively on what I've learned.

I've gained some great new techniques to help support myself, and I've also connected with a small group of absolutely courageous, inspirational, and lovely people. I feel truly honoured that they felt able to share such intimate and heartfelt moments, along with plenty of laughs—and I did too.

It was wonderful to meet people who could truly relate and understand one another. Although our paths are all slightly different, we shared many common experiences. I don't think I've ever nodded my head so much or said "yes, me too" or "I feel that as well."

I am so glad I stepped out of my comfort zone and did this course. If you're reading this and feeling sceptical, or trying to convince yourself it's not for you, please just give it a go—you'll be so thankful that you did.

At the start of the course, I was apprehensive and a little pessimistic. I didn't expect it to help, as I'd done CBT-type work before without much success and truly believed it wasn't for me. However, I was very surprised.

Bradford District and Craven Talking Therapies - Stress Management and Wellbeing Course Poem by Kathleen Goodchild

I walked in unsure,
expectations low,
doubt tagging along for the ride.

But what I found was warmth.
A circle of kindness.
A space where showing up
was already enough.

I met people brave enough to speak,
and in their honesty
I felt seen.
Different stories,
shared understanding,
and a chorus of
yes, me too
that made everything lighter.

We learned together.
We laughed freely.
We held space for one another.
I gained tools to support myself,
but also, something just as powerful—
connection.

Now the course ends,
and I don't leave empty-handed.
I leave stronger,
grateful,
and quietly proud
that I stepped beyond my comfort zone.

This wasn't just a course—
it was a reminder
that growth can feel safe,
healing can feel human,
and none of us have to do it alone.

If you're wondering whether to try,
take the step.
Celebrate yourself for starting—
the rest will follow.

ILKLEY CARERS COFFEE & CAKE



The Ilkley Carers Coffee and Cake group is thriving, having been successfully running for a number of years and remaining consistently well attended.

The group offers a welcoming space for carers to come together, enjoy good company and of course, share coffee and cake. To keep things fresh and engaging, they try to have a different theme for each month, giving everyone something new to look forward to.

The theme for February was "Paint a Plant Pot", and it proved to be a big hit. Everyone thoroughly enjoyed getting creative, decorating their pots, and chatting along the way.



A very special mention must go to Drue, our wonderful volunteer, who makes the cakes and turns up every month without fail (weather permitting). Drue's dedication and kindness play a huge part in making the group such a warm and enjoyable experience.

#TimetoTalkDay: The Importance of Discussing Carers' Mental Health

Time to Talk Day motivates everyone to have open conversations about mental health. In the UK, the need for such discussions is particularly pressing for unpaid carers - the millions of individuals who provide support to their loved ones on a daily basis.

Unpaid carers are often described as the backbone of the UK's health and social care system. Current estimates suggest around **5.7 to 5.8 million people in the UK provide unpaid care** for someone who is older, has a disability or is seriously ill. That means around **1 in 11 people are carers**, yet the true figure may be far higher. Research suggests as many as **10.6 to 11.9 million** people could be caring at any given time, depending on how caring is defined.

Every year, 4.3 million people take on a caring role, with around **12,000** people becoming carers every single day. Despite these numbers, nearly three quarters of people who have provided care have never identified themselves as carers, meaning many miss out on support.

The contribution carers make is enormous. Unpaid carers save the UK economy an estimated **£184 billion every year** - the equivalent of funding a second NHS. Yet many carers receive little recognition or support, leaving them financially and emotionally stretched.



Time to Talk Day is a great opportunity to shine a light on carers and their mental wellbeing. **43%** of carers say a mental or physical health condition has developed or worsened because of caring. **58%** feel disadvantaged in looking after their own health compared with non-carers. **40%** have cancelled medical appointments due to caring responsibilities and more than half of carers feel overwhelmed often or always.

Carers frequently experience: chronic stress, anxiety, social isolation, loneliness, sleep deprivation, burnout and have difficulty accessing their own healthcare. These challenges make open conversations about mental health essential.

Did you know? That the economic cost of carers leaving work is estimated at £37 billion a year.

For working carers, the impact can be severe. Around **600** people give up work every day to provide care and **61%** say caring has affected their employment.

These pressures often lead to financial stress, isolation and reduced opportunities, all of which can affect mental wellbeing.

Carers often put their own needs last. Many feel they must be strong for the person they care for and may struggle to talk about how they are coping.

So, the big question: how can we support carers together?

By creating "carer friendly communities", which means recognising carers everywhere! In workplaces, schools, healthcare settings and neighbourhoods.

Practical ways we can help:

- Encouraging flexible working and carer-friendly policies
- Promoting access to breaks and respite care
- Signposting carers to support services
- Normalising conversations about mental health

Time to Talk Day reminds us that by talking openly about carers' mental health, we can help ensure that no carer feels they have to cope alone.

A ROYAL RECEPTION CELEBRATING CARERS

We are thrilled to share some fantastic news! Our Trustee, Fiona Rogers who serves as a Queen's Nurse, Carers Champion and Nursing Programmes Manager at the QICN, received an invitation to a special reception at Windsor Castle, celebrating carers from across the UK. It was a chance to recognise the incredible dedication and care that carers show every day.

Arriving at Windsor Castle made the occasion feel even more special! *"The castle stood in breath-taking grandeur - a fitting setting to recognise unpaid carers. We all felt so proud entering through those historic doors."*

During the reception, Fiona and her colleagues had the opportunity to speak with Their Majesties about the vital role community nurses play in supporting carers. It was also a chance to meet carers from across the country and hear their stories.

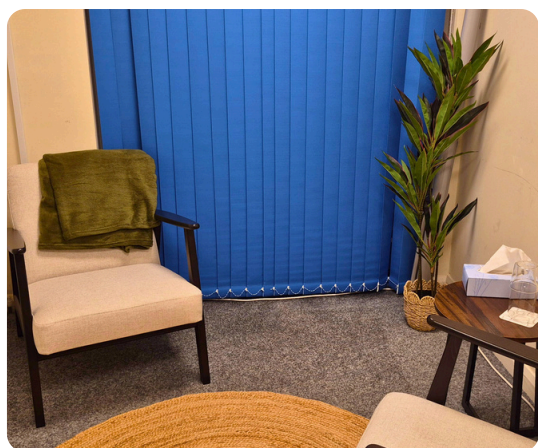
One particularly moving moment came when Fiona met an unpaid carer supporting both her wife and daughter. She shared that simply being at the event made her feel "recognised", as she so often feels "invisible and unheard."

The evening was a celebration of carers of all ages and backgrounds; a powerful reminder of the enormous contribution they make every single day.

Reflecting on the evening, Fiona said it was a moment she will always remember. *"What a magical evening it was to attend a reception recognising unpaid carers - and to meet The King and Queen for a cause so close to my heart, both personally and professionally."*



Pause. Breathe. Reflect.



Looking after someone can sometimes mean putting your own feelings to one side, but rest assured, we're here for you, every step of the way. Our new counselling service in Bradford gives carers a safe, and welcoming space to talk honestly about how life is really feeling. You don't need to be in crisis or have the "right" words, simply having someone listen, can be a huge relief.

We offer compassionate support to help you feel less alone and because our service uses counselling students on placement, sessions are centred on emotional support, reflection, and building resilience. ***If you feel you could benefit from our counselling service, please get in touch with your Carers' Resource worker.***

CARERS BREAKS: An Opportunity to Shape Services - Bradford Adult Social Care

We know that many carers find it difficult to focus on their own health and wellbeing whilst looking after a loved one. Finding time to rest, recharge, or simply take a moment for yourself can be challenging when you're balancing caring responsibilities with everything else in life.

Adult Social Care at Bradford Council are looking at how we can better support carers to get regular breaks from caring. As part of this work, we want to hear directly from carers about what would make a difference.

A Carers Break isn't just about providing time away from caring. It can also offer positive experiences for the adult you support. It's an opportunity for them to meet new people, try different activities, and enjoy time in a safe and welcoming environment.

Over the coming months, we'll be asking carers to share their views to help us understand:

- What type of break would be most helpful to you
- What support you would need to feel comfortable taking a break
- What kinds of activities or support the adult you care for would enjoy
- How we can make the service easy to access and right for your situation

Your experiences and ideas are important to us.

Look out for our survey in May. We would like as many carers as possible to take part. If you have any questions please email:

commissioning.inbox@bradford.gov.uk

A POSITIVE FIRST MEETING FOR CARERS IN TADCASTER



We were over the moon to finally hold the very first meeting of our new Tadcaster Carers Group, hosted at The Barn in Tadcaster. It was lovely to see those who came along and helped make the first session such a welcoming and positive start. **The group meets on every second Thursday of the month from 11am to 1pm, offering carers a relaxed space to socialise and take some time for themselves.**

Join us to meet other local carers, enjoy a chat, and find out about helpful information, advice, and services available to support you in your caring role. Come along to the Tadcaster Carers Group and connect with people who understand. Please contact Paul Slater on 07394569436 or email pslater@carersresource.org for further details.

TADCASTER CARER GROUP

A space for carers to gather, share and relax



**MEET EVERY 2ND THURSDAY OF
THE MONTH**

11:00AM-13:00PM

**THE BARN, ST JOSEPH'S STREET,
TADCASTER LS24 9HA**

For more information email Paul: pslater@carersresource.org

EMPLOYER ENGAGEMENT NEWS



West Yorkshire Fair Work Charter

Carers' Resource joined the West Yorkshire Fair Work Charter. It is a sign of our commitment to best practice in the workplace. Not only are we committed to supporting our carers, we are committed to supporting our staff. We are excited to join a network of like-minded organisations who are dedicated to building, and continuously developing fair working practices.



CALLING ALL EMPLOYERS

We recognise that it is difficult for busy employers to attend events. In response, we have created the **Employer Drop In Sessions**. If you have any questions around unpaid carers, want to meet other like-minded businesses, no need to book, just drop-in to our Shipley office.

Tuesday 12th May 2026
8.45am - 12.30pm

Tuesday 17th June 2026
8.45am - 12.30pm

Job Fairs

- Skills House Job Fair 23rd April 2026, 11am - 2pm Jubilee Centre, Bradford
- Bradford Job Fair 3rd June 2026 10am - 1pm University of Bradford Stadium
- UK Careers Fair 14th October 2026 10am - 2pm, University of Bradford Stadium

Job Sites

- <https://findajob.dwp.gov.uk/>
- Indeed Job Search - Bradford



Bradford Employer Carer Network (BECN) Quarterly Networking Event

I am pleased to announce our next BECN networking event will be held in partnership with the University of Bradford Working Carer Network. Our guest speakers are Professor Clare Mason, Chair of UoB WCN and Gemma Povey of The Caring Kind Project. Click on the booking link for more information about the event.

Date: Monday 20th April 2026; Time: 12.30-2.30pm
Venue: Horton A Building, Room A3.03, University of Bradford
Booking Link: [Booking Link BECN Networking event 20th April 2026, 12.30-2.30pm](#)

ARE YOU A WORKING CARER?

We know it isn't always easy to take time out at work to discuss your caring responsibilities with your peers. Carers' Resource have created an online, monthly Working Carer Group. This group is for any working carer who wants to connect with other working carers, share experiences and support in a safe space. Please contact Natalie Kershaw on nkershaw@carersresource.org to express your interest.



Phone
01274 449660



Email
nkershaw@carersresource.org



Website
www.carersresource.org

What's on? www.carersresource.org/carers/events-groups/



CARER'S HAVE A VOICE

01



WE NEED YOU!

Carer Voice Network

Do you have a couple of hours [a month] to become part of the Carers' Resource Carer Voice Network? Do you have the skills to shape Carers' Resource?

What is it?

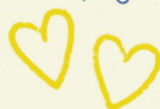
We want you to share your experiences, provide feedback on services, influence policy and provide direction on the available, and future, services of Carers' Resource

02



03

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



What Next?

If you care about carers and want to help influence services and the support available to them, contact Natalie Kershaw for more information.

nkershaw@carersresource.org | 01274 449660



CARERS GROUP GOES FROM STRENGTH TO STRENGTH THANKS TO GRANT FROM SELBY TOWN COUNCIL

Thanks to a grant from **Selby Town Council**, the Selby Carers Group that meets every Monday at Selby Bowling Club has gone from strength to strength with a growing number of carers and those they care for attending each week.

The group enables carers – some of whom attend with the person they care for - to enjoy coffee, cake and conversation and provides a valuable opportunity for peer support. Carers who attend said they enjoy the group, and being around others with similar experiences. Sometimes giving advice, sometimes getting advice and just feeling understood without judgement.

Paul Slater, Carers' Resource Locality Worker for the Selby area attends the group regularly to answer any questions and keep people up to date with information that may be of interest. He said, *"Our two wonderful volunteers provide a warm welcome and really make the carers feel looked after."* The grant from Selby Town Council has covered the cost of the room hire and contributed towards a Christmas meal for the group.

For more information about the group, contact Paul by calling 01423 500555 or emailing pslater@carersresource.org

Website: www.carersresource.org

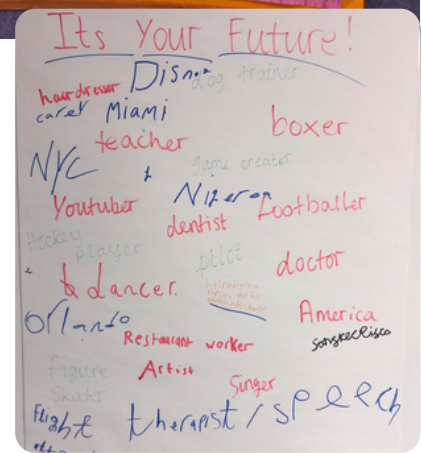
Young Carers Action Day 2026

Young carers across Bradford and Keighley came to an Arts and Craft event at our Shipley office. They took part in creative activities making dream catchers and bookmarks, they even made some chocolate fruit kebabs.

The young carers also had a chance to think about their future aspirations linking to this year's theme for Young Carers Action Day of 'Fairer Futures for All'. Young carers discussed their dream jobs, places they wanted to visit or live, and things they wanted to be.

They each drew a square which was turned into a mural display.

We also sent out a virtual call to all young carers to draw their future selves, and send us a picture in order to make a virtual mural!



Supporting our Young Carers Every Step of the Way!

We are absolutely delighted to have received funding from our Trustees to purchase new resources to support our Young Carers Service. Their generosity has enabled us to create **240** wellbeing bags for young carers who are referred into our service and complete an assessment.

For our older young carers, we are pleased to offer coffee and cake, Greggs, or book vouchers as a gesture of recognition of how amazing our young carers are, in the caring role they provide for others.

In addition, all of our Young Carer Practitioners have been equipped with new therapeutic resources to enhance their 1:1 mentoring sessions.

Our groups have also been refreshed with a wide range of new board games, construction toys, LEGO sets, craft materials, fidget toys, and even parachutes - all chosen based on what young carers themselves told us they would love to have.

Julie Halford, Young Carers Service Managers says: ***"We would like to extend our heartfelt thanks to our Trustees, who continually go above and beyond to support the work we do. Their commitment makes a meaningful difference to the lives of the young carers we are so privileged to support."***

Peer Support Group: Warm Homes

Our recent Peer Support Group session for carers in Bradford had a lovely creative twist. We were joined by Catherine Haslam, who came along to promote the **Warm Homes** initiative and share practical advice on keeping safe, comfortable, and supported through the colder months. During the session, carers took part in a hands-on activity making draft excluders to help keep their homes warmer. What started as a simple practical task quickly turned into a wonderful moment of creativity. Some carers chose to decorate their draft excluders with positive quotes, adding uplifting messages to brighten their homes. Others used colourful fabrics, shapes, and patterns, turning their creations into something truly personal and unique. It was a relaxed, supportive session filled with laughter and everyone left with something useful and meaningful to take home.



THE *virtual* BOOK GROUP

Join us for our monthly book club, where you can partake in a discussion about that month's selected book or maybe pick up some tips and recommendations, or tell us about what you're reading.

The club meets on the first Wednesday of each month from 7:30pm - 8:30pm.

For more information, please get in touch with Vic Luker on 01274 449660.



HOLDING all

Scoping the experiences and needs of carers (friends and family) of people living with suicidal thoughts and feelings in LGBTQ+ communities in England.



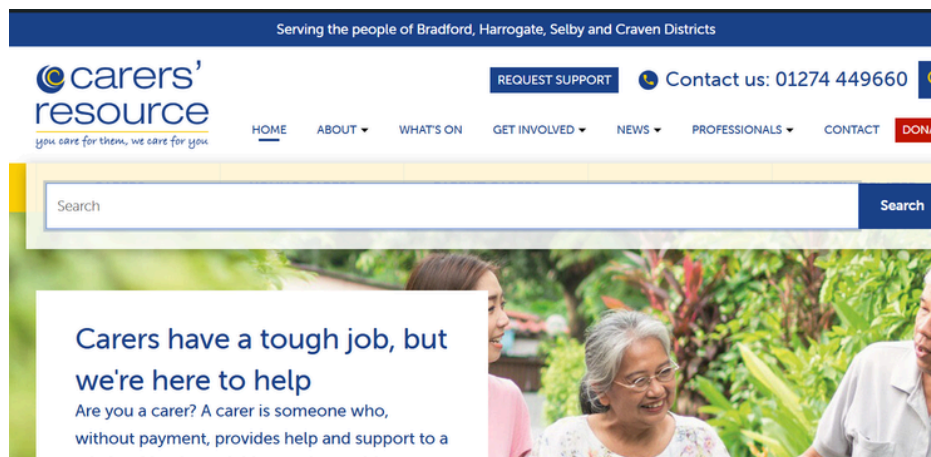
We are a small research team including three experts by experience, a mental health social worker and two academic researchers.



You can find out more about this research by scanning the QR code or at <https://bit.ly/4mX2qwU>
If you would like to be involved in the study please leave a voicemail on 0207 106 1420 or email the study lead, Jessica Carlisle, at J.Carlisle@lse.ac.uk



Find What You Need: Our **NEW** Website Search Function!



*We know that being a carer can sometimes feel full-on, there's always something to think about, to plan and organise. And when you need information or support, the last thing you want is to spend ages hunting for it. That's why we've made life a little bit easier by adding a **search function** to our Carers' Resource website!*

Now finding what you need is as simple as typing a few words. Want information on looking after someone with a long-term condition? Curious about groups, activities or online support? Need guidance on benefits, breaks or self-care? Just type it in the search bar and voilà! You'll see all the relevant pages and resources in one place. No more endless clicking or scrolling.

It's not just about speed, either. We added the search function to make the experience simple and easy to use, whether you're checking on a quiet evening at home or sneaking a quick look between appointments.

It's like having a friendly guide on hand, ready to point you in the right direction whenever you need it. We're really excited about this new tool because it gives carers more control and independence in finding the support and information that matters most to them. And the best part? You can use it anytime anywhere! On your phone, tablet or computer.

So why not give it a try?

Go to www.carersresource.org, type in a topic, and see how much easier finding information can now be. Your next tip, guide, or helpful information is just a few clicks away!

KNARESBOROUGH WALKING TOUR



A group of carers enjoyed an amazing walking tour around Knaresborough by The Mayor of Knaresborough's Town Walking Tours.

We learnt interesting facts from Knaresborough's rich history by the amazing tour guides, spotted the fake windows, explored the stories of the famous characters and heard the news from Knaresborough Town Criers.



WE'RE ON THE LOOKOUT FOR NEW TRUSTEES TO JOIN OUR BOARD!

Do you want to use your skills to make a real difference for carers across Bradford and North Yorkshire? We're looking for passionate people with experience in:

- **IT**
- **LEGAL**
- **HR**
- **FUNDRAISING**

Join us in helping shape the future of support for carers and strengthen our impact in the community.

Send your CV to:
jfoster@carersresource.org

www.carersresource.org/about/trustees/

Website: www.carersresource.org



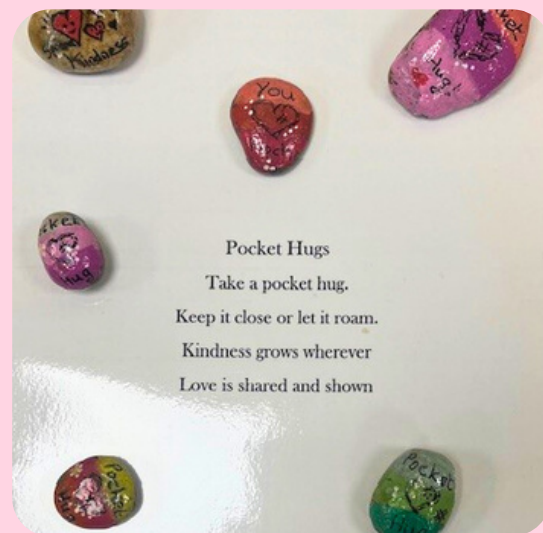
A Little Hug, A Lot of Heart: Thanks to Jen Foster

Sometimes the smallest gestures make the biggest difference, and Jen Foster, Executive Assistant has reminded us of that beautifully. Jen has been busy creating hand-painted pocket hugs for our staff and carers, tiny tokens filled with care and colour.

Each pocket hug is unique, lovingly painted, and designed to bring a smile to anyone who receives one. They're not just decorative; they're a little reminder that someone cares, and that the work we do every day is noticed.

Staff and carers who have received one have said how heart-warming it feels to hold a piece of Jen's creativity in their hands – a perfect pick-me-up when days are long, or moments feel tough. It's amazing how such a simple, thoughtful gift can lift spirits.

We're so grateful to Jen for taking the time to spread this kindness. It's a wonderful reminder that a bit of generosity, and thoughtfulness goes a long way – and that even the smallest hug can carry a huge amount of heart.



EASTER 2026

HOLIDAY CLUB PLUS

Reception to Year 6

www.denholmeducklings.com

FREE Places

HAF Funded Holiday Club

Available for children who receive benefit-related free school meals.

4 hours of FREE holiday club per day, includes lunch

Monday 30th March to

Thursday 2nd April

9.30am–2.00pm



Club held at Dance Factory Studios, 1st Floor, Denholme Mechanics Institute, Main Road, Denholme, BD13 4BL

MONDAY

- 👉 TEAM BUILDING GAMES
- 🏆 SPORTS COACH SESSION
- 🎨 BEAD PICTURES & CRAFTS

TUESDAY

- 👊 ASSAULT COURSE
- 🕒 CLOCK MAKING
- 🧩 PUZZLES & GAMES

WEDNESDAY

- 🏀 HOOPS GAMES
- 🎭 DRAMA & POETRY WORKSHOP
- 🖍️ MINDFUL COLOURING

THURSDAY

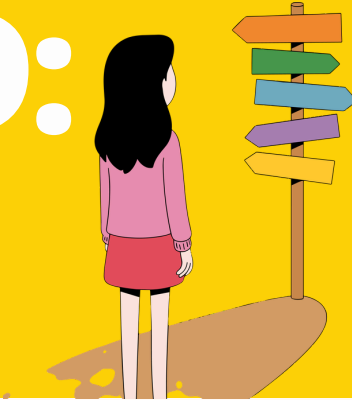
- 🏆 TEAM GAMES
- 🏰 BOUNCY CASTLE & FACE PAINTER
- 🥚 EASTER & SPRINGTIME CRAFTS



Email: info@carersresource.org

LOOKING AHEAD:

PLANNING FOR THE FUTURE AS A CARER



Thinking about the future might feel overwhelming, or even a little scary but taking small steps now can give you peace of mind, make decisions easier, and help you feel more in control of your life alongside your caring role.



Legal & Financial Planning

Knowing your finances and legal arrangements are in order can make a huge difference if things change unexpectedly. Consider writing or updating a Will, think about a Lasting Power of Attorney (LPA) so someone you trust can make decisions if you can't.

Health & Emergency Planning

Emergencies can happen at any time. Being prepared protects both you and the person you care for. Keep an emergency contact list of neighbours, support workers, GP, hospital and pharmacy. Write a short care summary with medications, routines, allergies, and important notes. Pack a small "care box" with essentials in case you need to leave home quickly.



Benefits & Practical Support

Many carers don't realise the support they're entitled to. Having the following in place can ease pressure and open options:

- Carers' Allowance
- Personal Independence Payment
- Attendance Allowance

Planning for Your Own Future

Think about your own personal goals, what matters to you in the next five, ten years? Explore training courses that interest you and build small routines that support your health and happiness.

Emotional & Peer Support

Feelings about the future are normal. You don't have to navigate them alone. Join carer support groups, explore talking therapies and counselling.

HERE ARE SOME USEFUL CONTACTS:

[Carers UK - guides on benefits, wills and managing finances](#)

☎ 0808 808 7777

[Age UK - free info on wills and later-life finances](#)

☎ 0800 169 6565

[Citizens Advice - guidance on benefits, debt and rights](#)

☎ 0800 144 8848

[Carers' Resource - carer support and emergency planning](#)

☎ 01274 449960

[Turn2us - benefit calculator and guidance](#)

☎ 0808 802 2000

[Mind - mental wellbeing support and resources](#)

☎ 0300 123 3393

[Red Cross Emergency Services - practical support in sudden emergencies](#)

☎ 0344 871 1111



One Small Thing to Try This Week!

The "Do Nothing Properly" Challenge

This week, give yourself full five minutes to do *nothing*, and we mean *properly nothing*. No multitasking, no scrolling, no "I'll just quickly..."

Sit somewhere comfortable. Stare out of the window. Watch the clouds. Breathe. Let your shoulders drop.

Why this works? Carers spend so much time being switched on that their nervous system rarely gets a break. Five minutes of intentional stillness can help your body reset and lower stress levels.



Afterwards, ask yourself one question, "What do I need a little less of this week?"

It's an invitation to notice what's quietly draining you, and see if you can ease it, just a tiny bit.

Exciting Creations from the March 2026 Wellbeing Workshop in Bradford

Something really special took place, at our Craft Group for carers! Held at Equality Together, carers got creative and designed their very own wellbeing boxes, packed with thoughtful touches, and self-care goodies.

Some carers made boxes for loved ones, others created one for themselves, and a few made them just in time for Mother's Day. It was amazing to see their ideas come to life, from mindful notes and calming treats to little surprises that truly celebrate wellbeing.

This wonderful activity showcased the carers' fantastic work, and we are pleased to share photos of the boxes for you to enjoy and celebrate their creativity.



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? Send in 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:



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BRADFORD
METROPOLITAN DISTRICT COUNCIL



**NORTH
YORKSHIRE
COUNCIL**

Bradford District and Craven
Health and Care Partnership



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.

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.

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you care for them, we care for you

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