

CHOICES

Issue 133

The newsletter of Carers' Resource

June 2026

How we celebrated Carers Week 2026

Carers Week always gives us a chance to stop and reflect on the incredible contribution unpaid carers make every day. It's a week to celebrate, to say thank you and to create spaces where carers can put themselves first for a change.

This year, across Bradford, Craven, Harrogate and Selby, we had the privilege of spending time with so many carers, hearing their stories and creating opportunities for them to take a break from the everyday pressures of caring. What stood out most wasn't the number of events we held but the conversations that took place and stayed with us.

Carers Week began at our Shipley office with our Carer Employment Event in partnership with DWP Bradford. Carers received support with CV writing, volunteering, and promoting themselves on social media, alongside presentations from Bradford College, DWP, Inclusive Volunteering, and Olivia Fitzgerald from BSI Social Media Agency.



It was lovely to see carers come together at Grange Park Surgery for a Carers Meet Up, giving them the chance to chat, share experiences and have some time for themselves while recognising the incredible role they play every day.

At our Harrogate office, carers joined us for a session with Jenny West from LCF Law, who offered guidance on wills, Lasting Powers of Attorney and care fee planning. These can often feel like difficult or overwhelming topics, but the session gave carers the chance to ask questions, gain advice and better understand the options available to them.

One of the most memorable moments of the week came at our Parent Carer Coffee and Cake Meet Up in Skipton. Six parent carers joined us, along with Janine Martin, Parent Participation Officer for Parent Carer Voice, who generously shared her knowledge and experience with the group.



Over coffee and cake, parents talked openly about the realities of caring for a child with additional needs. Practical advice was shared on a range of topics, including Deputyship applications, Disabled Children's Team referrals, Home-Start support, CEA and Access Cards, Blue Badge applications, National Insurance credits and special school placements. Everyone who attended left with more knowledge, a beautiful bunch of flowers, and, most importantly, the feeling of being listened to and understood.

Our Silsden Surgery drop-in provided another valuable opportunity for carers to come together, access information, and connect with others who understand the challenges of caring.

Amid a busy week of events, Care for a Brew in Skipton provided a quieter moment for carers to enjoy. There was no agenda, just brew and a sweet treat.

The Modality Thank You to Carers event was a simple but meaningful opportunity to recognise and celebrate unpaid carers. The event was all about saying a genuine thank you and making sure carers felt seen and valued.

At the South Craven Lunch Group, carers came together over lunch for some well-earned time away from their caring roles. The group provided a relaxed space to socialise.

Nine carers enjoyed a relaxing Farcliffe Coffee Morning, taking part in a creative cotton pad rose-making activity while enjoying cake, and coffee. Feedback highlighted how therapeutic and enjoyable the craft session was, with carers appreciating the opportunity to be creative. Comments included, *"It was therapeutic making flowers with cotton pads,"* and appreciation for *"talking to other carers"* and having *"someone to look after you."*



Carers in Bradford were also invited to enjoy a special Carers Afternoon Tea Party in partnership with Keighley Rotary. The event took place at the Midland Hotel providing carers with the opportunity to relax, enjoy afternoon tea in a supportive environment. It was a wonderful celebration, recognising and thanking carers for the vital role they play.

We had a fantastic time in Selby hosting two events for carers. Our Parent Carer Group enjoyed some well-deserved pampering, including relaxing hand massages from the wonderful Serenity Matters, a real treat and a chance to properly switch off for a while.



We also held our Selby drop-in, which gave carers the opportunity to pop in and have a chat with our team members. It was lovely to meet everyone who came along and be part of such a positive and supportive atmosphere.



A highlight of the week was launching our new Feel Good Fridays sessions in Skipton. We began with a Carers Crafternoon led by Roxan, who introduced everyone to clay, watercolours and card making. Due to the success of this fun afternoon, we are excited to announce that Feel Good Fridays will take place on the last Friday of every month, and we are already looking forward to Tai Chi and aromatherapy sessions.



We were also delighted to see families enjoying free train rides at Northcliffe Park in Shipley, kindly hosted by BMES. The event encouraged carers and their families to get outdoors, bring a picnic, and enjoy some sunny weather together.

Thank you to everyone who joined us during Carers Week and helped make it such a positive week. It was great to see so many familiar and new faces, and of course, a huge thank you to all the unpaid carers for the support you give every single day.

A Message from our Chief Executive

It was lovely to hear that so many of our carers celebrated Carers Week with us and as you can see from this Edition of Choices, there were a lot of great activities to engage with. I was looking forward to meeting many of our carers as they joined our activities, but I was not able to be there in person, my apologies for this.

I have had to restrict myself to working from home recently following a fall where I partially detached my Achilles tendon and damaged my calf muscle – the “cyber-boot” like cast I’ve had to wear makes it very difficult to walk.

This injury has provided me with a real learning experience though.

As I live alone I have had to rely on support from neighbours and family in a way I have never needed before and it really brought home to me how crucial it is to be able to rely on unpaid carers, whomever they may be.

Even though my needs are temporary, there are simple tasks that I just cannot physically do at the moment and I have been so grateful for all the support I received.



I truly appreciate that we are lucky enough in this country to have healthcare which is free at the point of use and I am very grateful to all the loyal NHS workers I have met in my recovery journey.

However, navigating the raft of emergency and follow up NHS appointments, digitally and verbally, has really brought home to me how difficult and confusing this can be – particularly as unpaid carers are doing it on behalf of someone else.

As I do provide care, as needed, for my own parents, it has been worrying to be incapacitated in this way and to try to support them. This too has brought home to me how stressful it must be for unpaid carers who have their own health conditions and emergencies to navigate as well as providing dedicated unpaid care to others.

More than ever I feel very proud to lead a charity which is there to support unpaid carers who are so vital to the functioning of our lives and communities.

Therefore, my main message this edition is THANK YOU, to each and every unpaid carer who give up so much to support the people they care for. I could not have functioned during this time, without the kindness of others and your kindness is what leads you to do all of the wonderful things that you do

Heidi Watson



Welcome to the latest edition of Choices. In this issue you'll find updates from the organisation, carer support, opportunities to get involved, and a beautiful poem by Kathleen Goodchild. If you would like to contribute, please drop an email to info@carersresource.org.

Contributors: Tracy McGrory, Helen Farmery, Michelle Taylor, Dolly Dalton, Najma Mafuz, Julie Peacock, Lauren Harvey, Kate Vincent, Rachel Waddington, Natalie Baxter, Julie Morris, Carly Brunskill, Naelah Rehman, Sarah Wademan, Bethan Ratcliff, and Kathleen Goodchild.

*Asfa Aftab
Editor*

Why Peer Support Matters

The peer support group that took place in Bradford was a lovely reminder of why these spaces matter so much. Carers made scented cotton-pad roses with a bit of glitter, and although it was a simple activity, the impact was anything but small.

Several carers arrived with their children due to reduced school hours and illness, but they still made the effort to attend, a real sign of how important the group has become for their wellbeing. *"We made sure the session stayed calm, welcoming, and flexible so everyone could take part in a way that felt comfortable"* said our Bradford West Locality Worker, Tracy McGrory.



One carer in particular, who doesn't usually join in with craft activities, not only took part but thanked Tracy afterwards. She said she felt proud of what she'd made and was excited to take it home. Moments like that show how small, creative, tasks can build confidence and give carers a sense of achievement that they may not always get in their day-to-day caring role.



Sights & Sounds of Ripon

On Saturday 14th March, our Harrogate team were delighted to attend the Sights and Sounds of Ripon Festival held by North Yorkshire Council, Ripon Museums, Ripon Cathedral and Ripon Community House. The event was held at the Ripon Library and in Ripon Cathedral giving us a wonderful opportunity to come together and see some of the many inspiring things Ripon has to offer. Alongside meeting carers, we had the opportunity to showcase our work with the Rotary Club of Ripon Rowels, Mind in Harrogate and North Yorkshire Citizen's Advice. **We have a lovely Carers' Coffee and Chat group that meet in the Claro Lounge in the Market Square, Ripon, on the second Tuesday of the month at 2:30pm.** The event was a great way for us to highlight the importance and demonstrate the impact of our work supporting unpaid carers and a great way to promote this group.



Supporting Wellbeing at Selby College

As part of Mental Health Awareness Week, Gloria Wong, Carers' Time Off Volunteer Coordinator and Kate Vincent, Selby Team Lead & Young Carer Practitioner attended a Wellbeing Event at Selby College, joining a range of organisations dedicated to promoting positive mental health and wellbeing.

The event provided a fantastic opportunity to connect with students, staff and members of the local community, while raising awareness of the support available to unpaid carers. Throughout the day, Kate and Gloria spoke to attendees about the services offered by Carers' Resource and highlighted the importance of looking after mental wellbeing while caring for others.

A big thank you to Selby College for hosting such a positive and welcoming event. We were thrilled to be part of the day and to meet so many people committed to supporting wellbeing within the community.



Mental Health Bingo

Create bingo squares with activities such as:

- Took a break today
- Spoke to someone I trust
- Went outside
- Did something creative
- Practised relaxation
- Helped someone
- Read a book
- Had a shower
- Paused for 10 minutes

Did you know?

The **Hub of Hope**, provided by *Chasing the Stigma*, is the UK's largest mental health support database, bringing a wide range of help and services together in one easy-to-access place.

Available as both a free website and mobile app, it connects people to support including NHS services, charities, community groups, peer support, and private organisations. It was created by Jake Mills, inspired by his own lived experience and understanding of how difficult it can be to find the right support when it's needed most.

You can access the website here: **Hub of Hope**

The Hub of Hope app is free to download:

- Search "Hub of Hope" in the Apple App Store or Google Play Store
- Download and install it on your phone or tablet
- Enter your postcode to find local support services near you

A Relaxing Session of Aromatherapy with the Manningham Wellbeing Craft Group

At the Manningham Wellbeing Craft Group, Kathleen led an aromatherapy session that really stood out. She shared her knowledge around different essential oils and explained how they can be used for supporting sleep, easing pain, and reducing stress. It was really engaging, not just listening but learning in a very hands-on way. Kathleen also gave hand massages, which created a calm, and relaxed atmosphere. You could feel the room slow down a bit, in a nice way, along with relaxing music.



One of the best parts was carers being able to prepare their own blends. Everyone got to mix oils tailored for sleep, stress relief, or general wellbeing, and it felt quite personal and empowering to take something home that they had created themselves.

Michelle Taylor, Locality Worker in Bradford, said, *"It was one of those sessions that people were still talking about afterwards, simple but really effective, and the session left everyone feeling a bit more grounded."*

CARING FOR SOMEONE WITH AN ADDICTION

Carers' Resource partnered up with **North Yorkshire Connected Spaces** to deliver an event in Harrogate for carers supporting someone with an addiction or a mental health condition.

More than 30 people attended the session, which included an awareness presentation from the Drink and Drug Hub, a personal lived-experience story, a wellbeing choir performance, and a free lunch. Throughout the day, carers and attendees were encouraged to share their experiences of caring and discuss the types of support and resources that would be most helpful for them in the future.



"It was a great day with music, connection, learning and sharing!" said Dolly Dalton, Head of Operations - Carer Services at Carers' Resource.

Parent Carers and Financial Planning for the Future



On 18th May, Parent Carer Worker Najma Mafuz hosted a valuable financial planning session for parent carers at our Shipley office. Led by Michelle Harrison of Eccles Greenwood Financial Planning, the event explored the importance of planning ahead for families with additional needs and provided practical guidance on securing financial stability for the future. Attendees had the opportunity to learn about key considerations such as long-term financial planning, protecting family assets, and ensuring the right support is in place for their loved ones. We would like to thank Michelle Harrison and Eccles Greenwood Financial Planning for sharing their expertise with our families.

Coming Together in Keighley for Dementia Action Week

Dementia Action Week 2026 was a wonderful opportunity for organisations and communities across Keighley to come together to raise awareness of dementia and show support for those living with dementia, their families and carers.

In the UK, **more than 900,000** people are currently living with dementia, and this number is expected to increase as our population grows older. Behind every person living with dementia is a network of family members, friends and carers who provide invaluable support every day.

Research shows that staying connected and being part of a supportive community can have a positive impact on wellbeing for people living with dementia and their carers. This is why partnership working is so important. By bringing organisations together, we can share resources, improve access to support and create stronger support networks for families.

Did you know? Dementia is not just about memory loss. It can also affect communication, thinking, emotions, and the ability to carry out everyday activities. Every person's experience of dementia is different.

Throughout the week, Sarah Wademan, Keighley Team Lead and Emily Wallhead, Student Social Worker at Carers' Resource worked alongside Dementia Friendly Keighley and other local partners to promote dementia awareness, share information about the support available and help make sure that people affected by dementia know they are not alone.



Carers play an important role in supporting people living with dementia. Whether it's providing practical help, emotional support, attending appointments, or simply being there day-to-day, carers make an enormous difference to the lives of their loved ones. It is vital that carers have access to information, advice and opportunities to connect with others who understand their experiences.

Dementia Action Week reminds carers that they don't have to navigate their caring journey alone.



Carer's Allowance Review

AND WHAT IT MEANS FOR YOU

You might have seen headlines recently about Carer's Allowance overpayments and a new "reassessment exercise" by the Department for Work and Pensions (DWP). The good news is that for most carers, there's nothing you need to do right now and this process is actually about putting things right.

What's changed? An independent review last year found that the rules around Carer's Allowance, particularly how earnings are worked out when they changed from week to week, weren't always clearly explained between 2015 and 2025.

That meant some carers may have been told later on that they'd been overpaid, even though they'd done their best to follow the guidance. In response, the DWP has started going back over those cases to check whether those overpayments were calculated fairly.

What is the reassessment exercise? In simple terms, it's a large-scale review of past cases. Around 200,000 claims are being looked at and some carers could benefit if mistakes are found.



What could this mean for you? If you've previously been told you were overpaid Carer's Allowance, the review could lead to: a reduced amount to repay, the debt being written off altogether, or a refund if you've already paid money back.

For some carers, penalties linked to those overpayments may also be removed.

Do you need to do anything?

No, not unless you hear from the DWP. That's really the key takeaway. There's no need to contact them or try to start the process yourself. If your case is part of the review, they'll be in touch.

What if you're already repaying money? If you're currently paying back an overpayment, those arrangements will usually stay the same for now. If anything changes as a result of the review, the DWP will let you know.

Where can you find out more? For a clear and detailed explanation, take a look at the information from Carers Trust by clicking on the link below:

<https://carers.org/campaigning-for-change/carers-allowance-overpayments-reassessment-exercise-an-explainer-for-carers>

We know anything involving benefits and repayments can feel stressful but this review is intended **to support carers and correct past issues.**

So, if you've seen the news and felt concerned, hopefully this reassures you: you don't need to take action unless you're contacted and this process could work in your favour.

<https://carers.org/>



CELEBRATING OUR AMAZING YOUNG CARERS!

It's been a busy few months for our Young Carers across Bradford and North Yorkshire, with plenty of opportunities to get creative, try new things and have fun together. Back in April, we challenged our Young Carers to draw their dreams for the future as part of our Art Competition. We were blown away by the imagination and creativity that went into the entries. A huge congratulations to our winners, and a big thank you to everyone who took part—you should be very proud of your artwork.



MAY HALF TERM ICE SKATING



During the May half-term holidays, our Young Carers enjoyed trips to Insane Air and the ice-skating rink. It was wonderful to see everyone having fun, building confidence and encouraging one another to try something new.



In North Yorkshire, some of our Young Carers took their time to think about others during an after-school group session. They created beautiful thank you cards for a kind supporter who regularly donates to our service. They put a lot of care into their messages and enjoyed having the chance to show their appreciation.

Our mentoring sessions have also been filled with creativity. Some of the Young Carers made their own treasure chests, which they have been using to store positive affirmations and encouraging messages. These special keepsakes can be a helpful reminder of their own strengths and achievements, particularly when they are feeling worried or overwhelmed.



Thank you so much
for everything
you have done
for us!

We love seeing our Young Carers express themselves, and making new memories, and we can't wait to see what the next few months are going to bring. Check out our Young Carer service on Instagram and Facebook:



https://www.instagram.com/youngcarers_carersresource/



<https://www.facebook.com/BradfordYoungCarers/>



THANK YOU TO OUR VOLUNTEERS!

There are currently 75 volunteers who support the work of Carers' Resource, helping with groups for young carers, hosting drop ins, creating posters and information packs, as well as being an integral part of our Carers' Time Off service. Each of them play a valuable role in supporting carers, and we are grateful for each and every one.

Pictured are the volunteers connected to our Skipton office at an afternoon tea during Volunteers' Week, to say thank you for the important role they play in the Craven area.

If you are interested in finding out more about volunteering in your area, please email volunteering@carersresource.org

It is rewarding to know that someone who is a full-time carer has the opportunity to have a few hours to go out and meet friends or even just to stay home and relax without the constant pressure of a dependent loved one.

-Howard

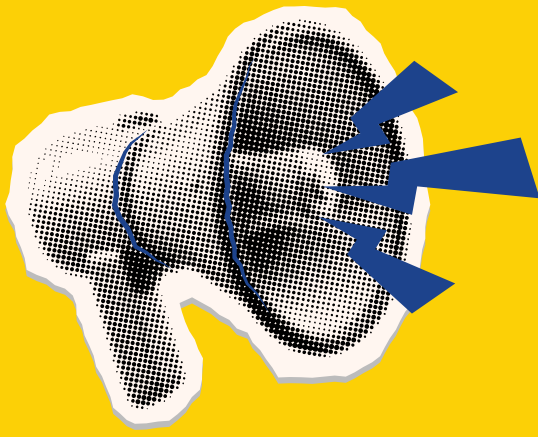
Volunteering has helped me develop my listening and communication skills and made me more thoughtful about the struggles that might be going on in people's lives.

-Helen

The amazing variety of people making other people's lives better by just offering a sliver of time, a caring act or two to make some lives easier and thought "I can do that."

-Clive





Supported Internship Information Session

Do you know a young person aged 16-24 in North Yorkshire who has an EHCP and is looking for support to take the next steps towards their future and paid employment?

The Shaw Trust offers Supported Internships that help young people gain a qualification in Progression Towards Work. Interns spend one day a week studying and up to four days a week in a work placement matched to their skills, interests, and career goals.

Join Pat Emerson from Shaw Trust for an information session to learn more about this valuable opportunity:



**Monday 6th July
1:00pm – 2:00pm**

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

To book a place, please contact Natalie Baxter, Parent Carer Locality Worker:
nbaxter@carersresource.org

A little kindness goes a long way...

One of our carers shared this heart-warming story about a recent trip to Blackpool with her brother, Sonny (name changed for privacy). Sonny finds comfort and enjoyment in familiar activities, and during their visit they discovered something he really loved.

When they returned to the activity the following day, the lady running it recognised them and understood the situation. Rather than asking them to pay again, she kindly waved them through.

The simple act of kindness showed patience, understanding and compassion. For Sonny, being able to return to a familiar and enjoyable activity helped make the experience even more special.

Thank you to this kind stranger for showing Sonny and his sister that compassion and kindness can make someone's day.



Your Wellbeing Matters: Counselling Support in Bradford

Being a carer can bring many different emotions, and sometimes it helps to have someone to talk to. Our counselling service in Bradford offers a safe, confidential space where carers can share their thoughts, feelings and experiences. 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.

MEET CARLY

OUR NEW DIGITAL INCLUSION WORKER!



Carly's role is all about helping carers feel more confident using technology and ensuring they can access the digital tools, information and support available to them. Whether you need help using a smartphone, tablet, or laptop, want to learn how to access online services, or simply have a question about technology, Carly is here to help.

COME & SAY HELLO!

Carly will be running Digital Inclusion drop-in sessions where carers can receive free, friendly support with all things digital.

 **HIGHFIELD COMMUNITY ASSOCIATION**
21 Drewry Road, Keighley, BD21 1QG

 **1pm - 2:30pm**

Tuesday 14th July
Tuesday 15th September
Tuesday 13th October
Tuesday 17th November
Tuesday 15th December

 **CARERS' RESOURCE**
15 Park View Court, St Paul's Road,
Shipley, BD18 3DZ

 **10:30am - 12:30pm**

Friday 31st July

FREE SIM CARDS AVAILABLE!

You may be eligible for a free SIM card if you:

-  Are aged 18 or over
-  Live in a low-income household



And meet at least one of the following:

-  Have no access or insufficient access to the internet at home
-  Have no or insufficient access to the internet when away from the home
-  Cannot afford your existing monthly contract or top up

FOR MORE INFORMATION, EMAIL:
DIGITAL.INCLUSION@CARERSRESOURCE.ORG

**DISCOVER
FREE DIGITAL
RESOURCES!**

Scan the QR code to access free digital resources, training, and support available through Carers UK!



EMERGENCY PLANNING & THE CARER'S EMERGENCY CARD

For many unpaid carers, one of the biggest worries is what would happen if they suddenly became ill, had an accident, or were unexpectedly unable to continue caring. Having an emergency plan in place can provide reassurance for both carers and the people they support. Thankfully, carers living in North Yorkshire and Bradford can access free emergency support schemes designed to help in exactly these situations.

Bradford Emergency Planning Scheme: For carers supporting someone who lives within the Bradford Metropolitan District, an Emergency Planning scheme is available through Carers' Resource in partnership with Bradford Council and Safe and Sound Community Alarm Services. The scheme helps carers create a personalised emergency plan so that support arrangements are in place should an emergency happen.

As part of the scheme, carers receive:

- a wallet-sized emergency card
- a keyring for easy identification
- a personalised emergency response plan

The card contains a unique identification number and a 24-hour emergency contact number.

North Yorkshire Carer's Emergency Card: The North Yorkshire Council offers a free Carer's Emergency Card scheme for unpaid carers aged 18 and over who care for someone living in North Yorkshire.

The card is small enough to carry in a purse or wallet and contains a unique identification number along with a 24-hour emergency contact number. If a carer becomes ill or is involved in an accident and cannot communicate, emergency services can use the card to alert the emergency support team.

When registering, carers provide details about:

- themselves
- the person they care for
- emergency contacts who could step in temporarily

Many carers provide support every day without stopping to think about what might happen in a crisis. Having an emergency plan in place can: reduce stress and anxiety, ensure continuity of care, help emergency services identify caring responsibilities quickly, and can provide reassurance for families and loved ones.

Even simple steps such as carrying an emergency card, keeping important contact details updated, or creating an emergency information pack can make a significant difference during unexpected situations.

We understand that planning for emergencies can feel overwhelming, but you don't have to do it alone. Our team is here to support unpaid carers across Bradford, Harrogate, Craven, and Selby with advice, information, and practical support. If you would like support in setting up an emergency plan, contact Carers' Resource today.



Carer's Resource by Kathleen Goodchild

After lockdown, I needed and wanted somewhere to go—
An outlet, a handhold.
Carers' Resource groups became my lifeline,
A place of safety.

A cuppa shared,
A hug when words were thin,
A chat that made the day feel lighter.

Locality Workers with lived experience,
Not those who only thought they understood.
Slowly, my happiness returned;
Friendships formed, connections grew.

And when worries rise and crowd my mind,
I reach for the tools I've learned to trust.
You cannot pour from an empty cup.
Breathe. Pause.
Remember SMART.

We'd like to say a huge thank you to Kathleen Goodchild for sharing her wonderful poem with us. Kathleen's words beautifully reflect the kindness and support that so many carers find through our organisation, and we feel privileged that she's chosen to share them in Choices. We hope our readers enjoy her poem as much as we have.

Take Some Time for You This Summer! West Yorkshire Share and Learn Session

As carers, it's easy to put everyone else's wellbeing before your own. That's why we're pleased to share a free online session from Carers UK, designed to help unpaid carers in West Yorkshire enjoy some gentle movement and take a well-deserved hour for themselves.

This friendly, accessible session will be led by personal trainer Sophie Tosone, who has supported many carers through the Carers Active Programme.

Sophie will guide participants through gentle exercises while sharing practical tips, including safe bending and lifting techniques that can help with everyday caring tasks.

The session has been designed with carers in mind and welcomes people of all abilities and fitness levels. Adaptations will be provided throughout, including seated exercise options, so everyone can take part comfortably.

Whether you're looking to improve your wellbeing, learn new techniques or simply enjoy an hour focused on yourself, this is a great opportunity to connect with other carers and get moving.

Join the West Yorkshire Share and Learn Session!

 **Tuesday 21st July 2026**

 **11am - 12pm**

 **Online via Zoom**

To register, visit:

<https://us02web.zoom.us/j/7Y059XVTb2bDrMoB5sCnQ#/registration>



Behind the Curtain at Harrogate Theatre



We had the pleasure of taking a group of carers on a special private tour of Harrogate Theatre, and what a fantastic event it was.

"From the heights of the fly floor to the rich history of the stage, we learnt so much! It was such a treat to explore this local gem together", said Bethan Ratcliff, our Health & Wellbeing Coordinator.

Is your local area a friendly place?

Whatever your answer is, please help us by taking part in our survey and work with us to make things happen, whether that's:

- Make a positive difference to your local area.
- Enjoy activities and meet new people.
- Make sure everyone feels valued and welcome.



If you have any ideas about starting a community group or event in your area then again please let us know by completing the survey.



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL

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:



City of
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.

E: info@carersresource.org

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Shipley BD18 3DZ


carers'
resource

you care for them, we care for you

Website: www.carersresource.org