

CHOICES

Issue 134

The newsletter of Carers' Resource

September 2026

Caring for a Loved One with Cancer? We're Here to Help

We're delighted to be working in partnership with Cancer Support Yorkshire to provide joined-up support for people caring for a family member or friend living with cancer.

It's important carers have somewhere to turn to for support, advice and a listening ear. By working together, we can make it easier for carers to find the help they need.

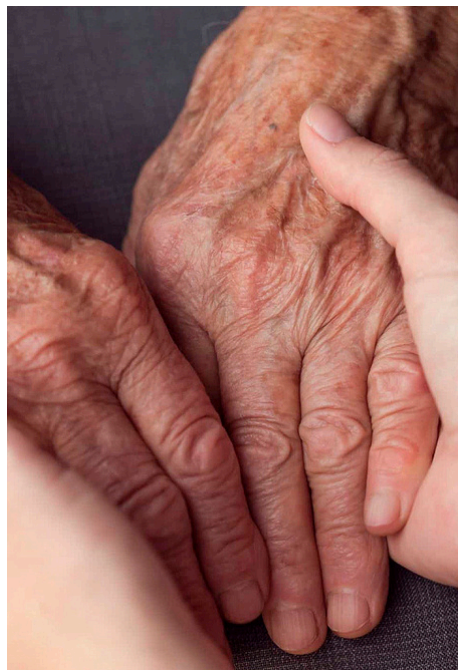
Olivia Bruce from Cancer Support Yorkshire said: *"Caring for someone with cancer can take a real emotional and physical toll. This partnership will help local carers access friendly, practical and emotional support close to home."*

Debi Hawkins, our Craven Locality Worker shared: *"We are seeing growing demand for carer support. By working together, we can reach more families and make it easier for carers to find the help they need."*

As part of our partnership, the Cancer Carer's Support Group offers a welcoming space where carers can meet others who understand what it's like to care for someone with cancer.

The group runs monthly on the last Tuesday of each month from 2:30pm to 4pm at the Skipton and Craven Cancer Support Yorkshire Hub, Navigation House, Belmont Bridge, Skipton, BD23 1RL.

There's no need to feel like you have to have all the answers. The group is a chance to chat, share experiences, ask questions and find out about support that could make a difference.



Did you know? You may be a carer even if you don't think of yourself as one.

If you regularly provide unpaid help or support to a family member, partner, friend or neighbour because of their illness or disability, you could be an unpaid carer. You don't have to wait until things become difficult before asking for support.

At Carers' Resource, we can help you understand your rights, explore the support available and talk through what might make things a little easier.

You're not alone. Whether you've been caring for someone with cancer for a while or your caring role is new, we're here to listen and help you find the right support.

If you'd like to find out more about the Cancer Carer's Support Group or the support available, contact Debi at Carers' Resource on 01756 700888 or Olivia at Cancer Support Yorkshire on 01274 776688.

You don't have to do it all on your own, support is available.

Inspiring Future Careers

Stephanie Frazer, our Young Carer Practitioner in Harrogate, recently attended a careers fair, where she had the opportunity to speak with students about working for a charity and the valuable caring skills that can be used across a wide range of roles.

It was a great opportunity to showcase the work of Carers' Resource and talk to young people about the skills and experiences that caring can bring. Stephanie also met a couple of students who shared that they were young carers and was able to provide them with information and flyers about the support available.



Celebrating 25 years of Rachel!

We're delighted to share that Rachel Waddington celebrated 25 years of working with Carers' Resource this July! We marked this wonderful milestone with a staff shared lunch, a lovely cake, and plenty of reminiscing and sharing of memories from throughout the charity's history.

Over her 25 years with Carers' Resource, Rachel has taken on a variety of roles, most recently as Service Manager for our North Yorkshire Carer's Service. Her dedication and loyalty to supporting unpaid carers have been truly remarkable.

Dolly Dalton, Head of Operations, Carer Services said *"Rachel is a key member of the Carers' Resource team and a real font of knowledge. Whenever we need to know where something might be kept, what we've done in the past, or a little of Carers' Resource history, Rachel is the perfect person to ask!"*

**Thank you, Rachel for 25 years of commitment, knowledge and support.
Congratulations on this fantastic milestone!**

Carers Week Special

A special Carers Week event in Harrogate was enabled when Jenny West from LCF Law in Harrogate approached Carers' Resource offering her professional expertise with an information event on the important subject of planning for later life.

Jenny is a carer herself and was very keen to share her knowledge and experience to help guide carers through the key legal and financial considerations of caring for someone. An Associate solicitor with the additional professional STEP qualification *Society of Trust & Estate Practitioners Jenny was perfectly placed to steer the group through this subject matter.

Seventeen attendees were welcomed to the Harrogate office with tea, coffee, cake and biscuits for an informative 90 minutes on a number of important topics. Lots of questions came from across the room which Jenny handled with sensitivity and clear and careful explanations and as the presentation moved into its final subject area there was much discussion in the room as well as some relief at being able to share their concerns aloud.

A snapshot of carer comments from the day were:

'A really clear overview and excellent presentation, it was extremely helpful, well organised and a very informative session. A most valuable and instructive session delivered in a very collaborative way.'

Harrogate Locality Worker, Jillian Miller added, *'Many thanks to Jenny herself, LCF Law for producing flyers to promote the event and those staff assisting on the day itself.'*



Jenny West

'It was a real privilege to be invited to speak at Carers' Resource in Harrogate during Carers Week. As a carer myself, I understand first-hand how important it is to have access to clear, practical guidance and how overwhelming the legal and financial side of caring for someone can feel without the right support.'

'On the day, we covered some really important ground, making a will, the differences between an Enduring and a Lasting Power of Attorney, and planning ahead for care fees. The group had brilliant questions throughout, and it was wonderful to be able to address questions from carers who couldn't attend in person too.'

'I'm grateful to Carers' Resource for the vital work they do supporting people across Yorkshire, and to everyone who came along and made it such a warm occasion. I very much look forward to working together again at future events.'



Finding the Good in Everyday

Sometimes, as a carer, it can be hard to find time for yourself. There's always something else that needs doing, or another appointment to get to. That's why it was lovely to see carers in Bradford coming together recently for a wellbeing and gratitude journaling session with our Locality Worker, Tracy McGrory.

The session was planned to include Tracy's daughter, who is a Solution-Focused Hypnotherapist, but unfortunately she was unable to attend due to ill health. Instead, Tracy read out the words her daughter had prepared for the group and they really touched everyone who was there.

"Thank you for being here today. This space is for you - not as carers, but as people who deserve a moment to breathe. We're doing gratitude journaling because it's a simple, gentle way to shift your attention toward what helps you cope. Not by ignoring the hard stuff, you live with enough of that - but by noticing the small moments that make things even slightly lighter. In Solution-Focused therapy, we say: 'what you pay attention to grows.'



When life is full of appointments, crises, and responsibility, your mind naturally scans for problems. It's not a flaw; it's survival. But it means the good moments can slip past unnoticed. Gratitude journaling helps you catch them. Maybe it's a neighbour who smiles. Maybe it's five quiet minutes with a cup of tea. Maybe it's the fact you got through a difficult morning. These aren't small things; they're signs of your strength, your resourcefulness, and the parts of life that support you.



*By writing them down, you're training your brain to recognise what's working, and when you notice what's working, you feel a little more hopeful, a little more steady, and a little more able to cope. That's the heart of Solution-Focused practice: **finding the exceptions, the glimmers, the moments where things are even slightly better and building from there.** So today isn't about perfect gratitude or pretending everything is fine. It's about giving yourself permission to notice the moments that help you keep going. And you deserve that."*



The session gave carers the chance to slow down, and take some much-needed time for themselves. One carer summed up the day beautifully:

"As a carer, I never get out and I spend a lot of my time crying and feeling upset. But today I spent the day feeling happy - not just during the event but after it finished. Thank you to my Locality Worker Sadia Malik. She has given me hope, and I wrote this in my new gratitude journal."

Did you know? More than half (57%) of carers say they often or always feel overwhelmed, and 65% say they feel this way because they haven't been able to take a break from caring.





THE DIGITAL SWITCHOVER DEADLINE IS APPROACHING – ARE YOU READY?

*The digital switchover is currently taking place with a deadline of completion for the end of January 2027. Information about this can be found here: **Digital Switchover | Bradford Council** and what actions you might need to take. This is the national information site for the **Digital Phone Switchover**.*

If you care for someone who is deaf or has hearing loss, please share this video with them: **Openreach video**. It provides information to help explain the digital switchover.

Communication providers are advising that some of their customers have self-identified as needing additional support to help navigate the digital switchover. This could be due to them being telecare users, having physical or mental health impairment / disability or that they are worried about their service in the event of an emergency. However, some of these people are not responding to phone calls, phone messages, or letters and might miss out on getting support.

As carers and professionals, we would ask you to make sure the people you support are taking the necessary action they need to keep safe. Please check for any messages or letters about the digital switchover and make sure you or the person you support acts straight away and speaks with their telephone provider.

Note - any appointment letters about an engineer's visit will need to be confirmed with the provider.

Not acting creates a risk of:

- Disruption to telephone lines and losing broadband services
- Disruption / failure of telecare services
- Increased costs
- Reduced service
- Not receiving free equipment (as identified as needed by the communication provider)

Please act to ensure you stay informed, remain in control of the process, and access available support.

We know there are some scams related to the digital switchover. Things you need to know to keep you safe:

- You should only respond to messages or letters from the telephone company that the bill is paid to or Openreach.
- If you or the person you care about gets a phone call or message that you are unsure of - get the phone number from the bill and ring your telephone company and speak to someone in person to check.
- No one should be asked to pay regarding the move to digital, including increased charges for your telephone line or call costs or for new or additional equipment.
- Check Telecare scam warning section on **Digital Switchover | Bradford Council** for further information and on how to report a scam.

More Than Just a Tool: Enjoying Your Digital World!

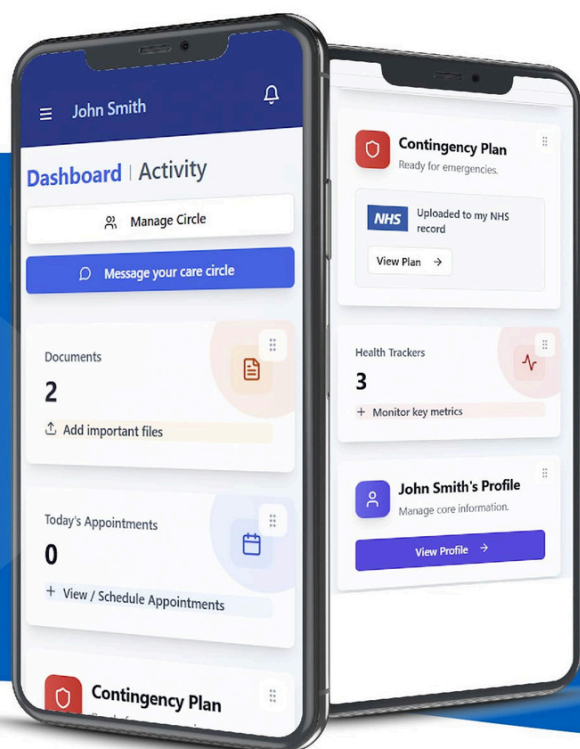
Computers and mobile devices are a useful tool when it comes to connecting with others, filling out forms and managing finances but we can also get overwhelmed and bogged down with these tasks.

It's good to remember that your device is also a good tool to have some fun! They can be used for playing games: doing a crossword, or playing chess or solitaire. They are also really useful for supporting your hobbies and interests such as listening to music and podcasts, playing the radio, watching TV or films and researching support for your own health and wellbeing.

Scan these QR codes (turn on your camera, point it at the QR code, then press the link that pops up) to check out some of the local services available to support your health and wellbeing.



If you would like to learn more about using your device then please get in touch with the Digital Inclusion Team on 01274 449660 or get in touch via email: digital.inclusion@carersresource.org



Share2Care

A new free app to support unpaid carers in West Yorkshire

One simple, secure app: Keep everything in one place – appointments, documents, care plans – and share with the people who matter most.

Search for share2care-wyicb on App stores or iPhone/Android

How this **free app** helps you



Shared Calendar

Track appointments and important dates with your care circle.



All Your Documents

Store care letters, plans and notes in one place.



Contingency Planning

Create an emergency plan for unexpected situations. Your contingency plan is securely linked to your NHS record and flags you as a carer, ensuring faster response times when it matters most. Include vital information of emergency contacts, so others can step in and provide the right care immediately.



Invite People Who Care

Invite family and friends to join your care circle, share information, stay updated, and help coordinate care.



I finally feel organised and supported – it's like having an extra pair of hands.



How it works

Get set up in minutes – it's simple.



You

Download the app and set up your profile as a carer.



Cared-for Person

Add the person you care for and manage their information.



Family Members

Invite family and friends to your care circle to share the load.

Easy to set up

Support is available from your local carers services.



Scan the QR code to download the app



Scan Me



Available to unpaid carers living in West Yorkshire.

Meet our Bradford

Home from Hospital Team

Our Home from Hospital Team in Bradford have been busy supporting clients after their discharge from Hospital. They aim to contact clients within 48 hours of being referred and check they are managing with their immediate needs like shopping, prescriptions, getting washed and dressed and if they're able to make their own meals.

Where clients require in-depth support the Home from Hospital team can arrange private services or refer to Adult Social Care for equipment or a care needs assessment.

Patricia Higgins, Team Lead shares: *"We want to make sure our clients feel safe and supported at home. We check that they have Safe and Well services in place, as well as working smoke alarms. We also want to make sure our clients don't feel lonely or isolated, so we can signpost them to befriending services and local groups. We also check that they are receiving everything they are entitled to and, where needed, signpost them to support with benefits."*



from left to right back row: Nichola, Trish, Sophie and from left: Amy and centre: Sarah

Is there anything else they need help with? ... a holiday to the Bahama's would be nice, we hear them say! But realistically it comes down to needing a Podiatrist, arranging a cleaner, or their eyes testing so the team will support to get these things in place.

Julie Duerden, Head of Hospital Services said: *"The Bradford Home from Hospital Team have done so well adjusting the service to meet current needs and I am so proud of each one of them. Well done everyone and thank you for all your compassionate support and commitment to helping our vulnerable clients. You are making such a positive difference."*

In Quarter 1 our Home from Hospital Team supported

257 clients

Here's what their lovely clients have to say:

"Everything you have said you are going to do, you have done and it's come right, which I have really appreciated as I have felt let down by people in the hospital who promised me a lot of things. You've been a big help to me, thank you Amy."

"Thank you so much for all your help Sarah, at a desperate time. I am extremely grateful for your help and support with setting up my care, I feel more reassured getting the support I should have received in the beginning when being discharged."

"This is a great service, if it wasn't for Nichola, I wouldn't know what to do. Thanks for all your help."

"Sophie is a lovely lady and has looked after me. I liked that she continued to check in, offer shopping support and even went to the chemist."

"Thanks for all your information and calls over the last few weeks, it has been really helpful and I am very grateful Trish."



**you
said**

**we
did**



1 You wanted a Voice

We have started the Carer Voice Collective where carers can influence and feedback on our services. Your voice can help shape our district and the service development for all unpaid carers.



2 Carer Voice Meetings

You wanted to hold face to face and online meetings (hybrid) in the different Carers' Resource' offices. This is happening! Contact Natalie Kershaw if you are interested in joining the Carer Voice and attending these meetings.

nkershaw@carersresource.org



3 Counselling

You told us the waiting lists for mental health support were too long. We have created our own counselling service to support you. These sessions have been extremely popular.



4 Events

We are creating more events that you want. Your feedback has told us what you wanted and we are reacting. The calendar of events will be accessible through our website.

www.carersresource.org/whats-on/

Facebook: @carersresource

www.carersresource.org

Email: info@carersresource.org

HELP SHAPE A **NEW** SERVICE FOR CARERS

Are you an unpaid carer for an adult and interested in helping improve local services? Bradford Council is looking for **carer representatives** to support the evaluation of supplier bids to deliver an **Alternative to Respite Service**. The service will be designed to help carers improve access to social and leisure opportunities, day trips, and information and advice aimed at helping carers plan their own short breaks.

Involvement will include:

- Reviewing and scoring tender bids from home
- Attending a session with other carers and Council representatives to agree a consensus score.

Participation is recognised through **One4all e-vouchers at £12.50 per hour**.

To find out more, an **online information session on Wednesday 30th September at 11am** is being held to explain what participation involves and to answer any questions.

If you would like to attend the session, receive the joining link, or express an interest in becoming a carer representative, please contact **Charlotte Foster** via email: charlotte.foster@bradford.gov.uk

MEET **LOUISE CLAY!**



I'm delighted to have joined Carers' Resource as the Volunteer Service Manager, based at the Shipley office.

I'm really looking forward to developing and growing our volunteer offer, enhancing not only the support and opportunities we can provide to our service users, but also the experiences we can offer our amazing volunteers. I'm passionate about supporting volunteers to develop their skills, build confidence and have opportunities that help them grow personally as well as professionally.

I truly believe volunteering can be a hugely rewarding experience, and I'm excited to help create opportunities where our volunteers can thrive. The team at Carers' Resource have been incredibly welcoming, and I've already felt very much part of the organisation. I'm excited about what the future holds and can't wait to see our volunteer service continue to grow and make a positive difference to the people and communities we support.



One Stop Health Event

A couple of weeks ago, Locality Worker Eileen and Young Carer Practitioner Amy, were out and about at Oastlers School's One Stop Health Event.

It was a lovely opportunity to meet families, have a cuppa and a chat, and let people know more about the support available through Carers' Resource. Sometimes, a friendly conversation is all it takes to start a connection and we were really pleased to be part of such a welcoming event!

SPEAK UP

Carers' Resource has been successful in receiving a 'Speak Up' grant from North Yorkshire Council. We know that as a carer it's easy to put your own needs aside, but **your voice and your rights matter.**

Over the next few months we are arranging a series of practical workshops with experienced local speakers in the Craven, Harrogate and Selby areas for carers to help them speak up with confidence, to communicate clearly and gain the tools to know that both you and the person you care for are fully supported.



Skipton: **The Confident Carer**

Thursday 8th and Thursday 22nd October 2026 from 10.30am to 12.30pm
Venue: Carers' Resource, Ronaldsway House, 36 Brook Street, Skipton BD23 1PP
Email Debi Hawkins: dhawkins@carersresource.org

Selby:

Thursday 5th November from 1-3pm: **Confidence and Self-Advocacy**
Tuesday 1st December from 1-3pm: **Managing Conflict and Difficult Conversations**
Thursday 10th December from 1-3pm: **Positive Self Care**
Venue: Community House, Portholme Road, Selby, YO8 4QQ
Email Kate Vincent: kvincent@carersresource.org

Harrogate: **The Resilient Carer**

Dates and venues to be confirmed, but for more information and to register your interest, please contact Helen Turner: hturner@carersresource.org

The Confident Carer... Getting Your Voice Heard!

Are you caring for a family member,
partner, or friend?

Are you ever in a situation where
you wish you knew how to get your
point across?

Is everything a “fight”?



It's easy to put your own needs aside, but your voice and your rights matter!

Join our supportive, practical workshops designed specifically for carers to help you speak up with confidence. You will learn how to communicate your needs clearly without guilt. Gain the tools, knowledge, and confidence you deserve to ensure both you and the person you care for are fully supported. Delivered by two very experienced facilitators Candy Squire-Watt and Alex Beaumont, this short programme, of two friendly and informal workshops will cover; Confidence and Self-Care, Self- Advocacy and overcoming the fear of conflict. **Booking is essential.**

Thursday 8th and Thursday 22nd
October 2026 from 10:30am to
12:30pm

*Carers' Resource,
Ronaldsway House, 36 Brook Street,
Skipton, BD23 1PP*

**For more information and to book a place, get in touch with Debi Hawkins
at Carers' Resource on 01756 700888 or email
dhawkins@carersresource.org**

*These sessions are funded by the “Speak Up” grant from North Yorkshire Council,
which aims to help carers speak up about things that matter to them.*

A SUMMER TO REMEMBER!

Young carers in Selby have had a great summer, we kicked off by having a visit from Harrogate Birds of Prey and met some interesting species! We then had a great time at Flip Out in Leeds.

The following week saw a lovely joint trip with Harrogate Young Carers to Lotherton Hall. We had a great time exploring the house and the wildlife garden and finished off with an ice cream and play in the park.

To finish, we were lucky enough to be invited to a Tie-Dye workshop where young carers got to tie – dye their own t shirt and take it home. Drop-In's were also held for Young Carers to come along to at Selby and Sherburn Libraries.



Kate Vincent, Young Carer Team Lead for Selby

A Listening Ear When You Need It Most

Being a carer can bring so many different emotions. There will be good days, difficult days and times when everything feels a little overwhelming. Sometimes, having someone outside of your family and friends to talk to can make a real difference.

Our Counselling Service in Bradford offers carers a safe and confidential space to talk about whatever is on their mind, without judgement.

Since January, we've received a whopping 250 referrals to our counselling service, showing just how important emotional support is to the carers we work with.

Sometimes, you don't need someone to fix things - you just need someone to really listen.

Our Student Counsellors can give you that space. Whether you're struggling with the pressures of caring, feeling overwhelmed, dealing with changes in your life or simply finding things difficult, counselling gives you an opportunity to talk about what's going on for you.

And because our Student Counsellors are fresh from their training and learning, they bring enthusiasm and a willingness to understand each carer as an individual.

Talking to someone can help you make sense of how you're feeling and give you a chance to put your own needs back on the agenda.

We're incredibly grateful to the Student Counsellors who give their time, energy and care to supporting our carers.

If you're a carer and feel you could benefit from having someone to talk to, our counselling service could be a space for you.

Speak to a member of our team or your Locality Worker to find out more about the counselling support available.





Vegan Skincare EVENT

Discover natural, ethical skincare that's kind to your skin and the planet

Thursday 12th November
11am – 2pm

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

Wonder Organic Skincare offers organic, vegan and cruelty free skincare, handcrafted in small batches in Shipley, West Yorkshire.

Founder, Formulator and Skinthusiast, Shy, wanted to eliminate synthetic and endocrine-disruptive ingredients from her skincare routine, and studied how to make luxurious skincare formulations with very sensitive skin as the starting point.

She offers an all natural and gentle skincare range that all skin types can enjoy, and takes pride in her handcrafted, organic, vegan and affordable credentials.

WONDER
ORGANIC SKINCARE

*Real ingredients.
Kind to your skin.
Better for the planet.*

ORGANIC INGREDIENTS | CRUELTY FREE | VEGAN FRIENDLY | HANDCRAFTED IN SHIPLEY | SUITABLE FOR ALL SKIN TYPES

Look good. Feel good. Do good.



Tear Drop Candles

LUXURY HOME FRAGRANCE

Beautiful scents, little moments of joy...

Join us for a Pamper & Browse Event

A relaxed and friendly get-together for our Parent Carer group, with a little something special just for you!

Thursday 26th November
11am – 1pm

Carers' Resource, Shipley
Unit 15, BD18 3DZ
(Next to the swimming pool)

Handcrafted candles | Wax melts | Diffusers | Small gift items

Tea, coffee and biscuits will be provided!

A chance to relax, explore and treat yourself...

We're so pleased to be joined by a local business, bringing a little luxury, a few festive ideas and something different to enjoy. Everyone is welcome – parents, carers and staff!

We look forward to seeing you!

— TEARDROP CANDLES —
SUPPORTING LOCAL • CREATING BEAUTIFUL SPACES





THE BIG CONVERSATION ON CARE

Help shape a fairer future

THE SUPPORT TO LIVE INDEPENDENTLY

How should we support older
people, people living with
disabilities or serious illness?

HAVE YOUR SAY

EVERYONE HAS A SAY ON THE FUTURE OF CARE

How can we make sure
good care is there
when people need it most?

JOIN THE CONVERSATION

CARE AFFECTS US ALL

How can we make sure
nobody has to face caring
responsibilities alone?

JOIN THE CONVERSATION

BUILDING A FAIRER ADULT SOCIAL CARE SYSTEM

Who should support us when
we might need it?

SHARE YOUR VIEWS



Part of the

**Casey
Commission**

Independent Commission
on Adult Social Care

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

Supporting those
affected by young
onset dementia

FASHION SHOW

Try before you buy



**Saturday
7 November**



2pm to 4pm



**St Peter's Church,
Saltaire**
Moorhead Lane, Saltaire,
BD18 4JH



**£5 on the door
£4 booked in advance**
Advance price includes
entry into the prize draw



Ticket price includes
a free drink
and biscuits



Book by email
pathwaysdementia@gmail.com



Or text 07917 751478

Include your name and number of tickets



*Complete Clothing
Company*

*Raising funds for people with
young onset dementia* ♥



Did you feel ready to be discharged from the hospital?

Healthwatch Bradford and District is asking local people to share their experiences of delayed or difficult hospital discharge. The survey is for people aged 16 and over who have experienced a delayed or difficult discharge from an NHS hospital in England within the last 12 months. Carers, relatives and friends can also complete the survey about someone they support.

Experiences may include staying in hospital longer than expected, leaving before feeling ready, or leaving without the right care, support, equipment, medication, transport, housing, follow-up arrangements or clear information in place.

healthwatch
Bradford and District

What was your
hospital discharge
experience like?



Take the Bradford survey: www.smartsurvey.co.uk/s/hwbradford/

Find out more: www.healthwatchbradford.co.uk/



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?

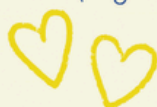
We want you to share your experiences, provide feedback on services, influence policy and provide direction on the available, and future, services of Carers' Resource

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

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



*Thank you to our wonderful contributors:
Debi Hawkins, Jillian Miller, Jenny West,
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Kate Vincent, Louise Clay, Charlotte Foster,
Eileen McAlonan, Rachel Waddington and
Carly Brunskill.*

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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Website: www.carersresource.org