Growing service brings peace of mind for more carers

More breaks for carers on the cards, as Carers’ Resource wins new contract

Support on offer is expanding after scooping the North Yorkshire Carers’ Sitting Service contract – and Carers’ Time Off in Harrogate has also joined us.

It creates a strong platform to boost tailor-made services for carers across our patch.

Delivered under our specialist care provider, care@carers’ resource, the service enables adult carers to have a temporary break, up to four hours a week, so they can focus on their own needs, health and wellbeing.

We merged with Crossroads Airedale and Bradford in 2013 and have since been developing care services in clients’ homes in those areas.

This new contract allows us to now mirror this in Craven and Harrogate.

Chris Whiley, Carers’ Resource Director, says: “Caring can be a demanding, isolating and all-consuming role and carers can often neglect their own needs and health.

“We’re delighted to pool all our combined skills and expertise into a more integrated service that will generate benefits for both Harrogate and Craven’s caring communities.

“It creates a strong platform to take sitting services into a new era and offers real potential to bring about improvements.

“Once we are up and running smoothly, we will be looking at the service people receive and exploring ways of enhancing it to ensure that it is meeting the needs of carers.

“This will include the development of initiatives that will pave the way for us to support more people who would benefit from it more quickly.”

The service can include accompanying people requiring care on leisure activities, such as trips to the cinema, the library or going for a walk.

It is open to anyone over 18 who is looking after someone with a physical, mental or learning disability; or suffers from substance misuse, dementia, or a life-limiting or terminal illness. All carers need to have had an assessment in order to be referred.

- Contact our offices for more details.
Max cards mean max fun

Parent carers of children or young people with special needs can snap up discounts at attractions and days out throughout the UK with a special card.

The Max Card gives money off or free entry – for up to two adults and two children – at venues such as Yorvik, Castle Howard and Eureka in Yorkshire, and hundreds more venues across the country.

* The Parents Forum Bradford and Airedale processes the cards for families within Bradford Council area. The child must be in receipt of DLA at any level. Cards cost £2.50 and are valid for two years. For more details visit www.pfba.org.uk
* For families in Craven and Harrogate, North Yorkshire PACT is providing the cards free to its members. Telephone: 01765 640552 or visit www.nypact.org.uk
* The cards are available nationally and different organisations administer them on behalf of local councils.

Dementia outdoors

People with dementia in Ilkley and their carers are being consulted on how to improve their experience of nature and the outdoors as part of a new study.

Dementia Outdoors is a project by Ilkley & District U3A, in partnership with The Yorkshire Dales Millennium Trust and Dementia Friendly Ilkley Action, to establish the challenges people with dementia face when accessing outdoor activities and travel in the Dales.

The first stage will assess the level of interest; any barriers Ilkley residents identify which prevent them from enjoying the outdoors, and their preferred outdoor activities. Organisers hope to apply for funding for their activities for summer 2017.

Questionnaires are available at: The Clarke Foley Centre, Cunliffe Road, Ilkley; Ilkley Library, and Ilkley, Burley and Addingham Medical Centres, online at www.surveymonkey.com/r/RBXNJSF For details contact dementiaoutdoors@gmail.com or phone Roger on 01943 839607.

Don’t be left in the dark – call 105

The easy-to-remember phone number 105 is the new line to call to report or get information about power cuts.

The Energy Networks Association has introduced 105 to give people a simple number to call which will put them through to local teams who can help. Launched in Spring 2016, the free phone number will not affect those on the Priority Services Register.

Visit www.powercut105.com

HELP SHAPE THE FUTURE

Carers can help future NHS leaders by sharing their healthcare stories.

NHS England invites people to take part in the professional leadership development programmes, which involve listening to patients, carers and anyone who has used services.

Volunteers are required to share their experiences with specific examples, to ask and answer any questions from participants, and take part in discussions.

To register your interest, visit: www.leadershipacademy.nhs.uk/impact/patient-carer-communities/volunteer-recruitment/

New later opening times

Carers will be able to access support in the evenings at our Bradford office.

Every Tuesday, from 14 June, we will be open until 8pm to enable carers who cannot visit during the day to attend one-to-one appointments, specific workshops or groups.

The first late-opening will include a workshop on DLA renewal form-filling for parent carers, from 6pm, with Natalie Baxter, parent carer caseworker.

On 21 June the new Shipley Book Group starts. If you are a keen reader and would like to discuss books with others, then please join us.

Members will read popular novels (not too high-brow) as chosen by the group and will meet once a month, 6.30pm to 8pm.

For those who find it difficult to get to the group there will be the option of e-mailing or posting comments which will be read out. A résumé of the discussion will be shared afterwards.

For more information email Director Chris Whiley cwhiley@carersresource.org or telephone the Bradford office.
Summer is on its way – at last!

It’s with great pleasure and pride that I look forward to my first Carers Week as Director at Carers’ Resource. It’s a wonderful opportunity for us to raise the profile of the challenges carers face, as well as recognising and celebrating their important contribution to our communities.

We hope to be able to offer our support to even more carers by highlighting our services at various community venues – reflecting this year’s theme of Building Carer Friendly Communities. We have a range of events organised (page 5) and many more will be confirmed and on our website in time for the special week, so please check it out.

This edition also features success stories. Our new sitting service contract means we can offer more breaks to carers (page 1), and hundreds have benefitted from the Carers Wellbeing Grant (page 8), and two carers have shared their stories about how the grant will help them.

And young carers have been partying to mark the 20th anniversary of their support – which is one of the longest-standing young carers’ services in the UK. See the brilliant photos of the fun they had (page 11).

Thanks to those carers who have signed up for our new Carers Panel. As a member you are invited to share your ideas and opinions with us, and your comments will help us shape services and affect decisions being made on your behalf. If you would like to join please email ccoyle@carersresource.org stating Carers Panel, or contact Carolyne Coyle on (01274) 449660. In our next edition we plan to launch our new Carers Forum so watch this space.

Wishing you all a sunny and healthy summer.

Chris Whiley, Director, Carers’ Resource

Take a break for carers

Can you brew up for others – or spare the cost of a cuppa – to help others take time out from caring?

Invite your friends, family or colleagues to a tea party or coffee morning and ask them to make a donation in aid of our annual Time out for Tea fundraising campaign.

Anne Wells, our Fundraising Coordinator, says: “People can arrange an all-office tea party, or just a small get-together at home, or even just donate the cost of a cup of tea – everything and anything can help so we can support more carers to enjoy a break themselves.

“And if carers and their families can also spread the word about Time Out for Tea among their friends, neighbours, social circles and networks, we hope to make this year a bumper one for carers.”

We are asking for people to support the drive during Carers Week (6 – 12 June), and submit your donation by Friday, 29 July, to be entered in our prize draw to win £50 Bettys vouchers.

Donations can be sent by cheque, payable to Carers’ Resource, to our Harrogate office (address opposite), or online at carersresource.org or text TOFT16£5 (or another amount) to 70070.

For a fundraising pack and more info contact Anne Wells at Harrogate office or email awells@carersresource.org
By helping carers and clients, and contributing to a range of services and support in and outside of our offices, their dedication deserves recognition all year round – and especially so during Volunteers’ Week (June 1-12).

Our volunteer team allows us to tap into a wide range of skills and experience that we would not be able to access normally. They also freely offer their time, which is a hugely valuable asset to any organisation. They spend time with our clients in groups, allowing carers who can feel very isolated to take part in an activity, such as knitting, or sit and chat over a cuppa or a meal.

They support individual clients by visiting them at home and helping them to overcome barriers which would otherwise restrict their access to the outside world or leave them feeling unable to cope. For example, our Home from Hospital volunteers help clients settle back into home after a stay in hospital, while others have helped a client to work out how to feed and care for a pet goat while the client was attending regular hospital appointments.

Other tasks taken on include:
- Regular phone calls to brighten an isolated carer’s day
- Helping at and organising information stands in the community
- Taking the cared-for out for a walk so the carer can have a break
- Help with office work to free up staff time
- Fundraising.

Volunteers are invaluable – a BIG THANK YOU to one and all – we couldn’t do it without you – from all the staff, trustees and supporters at Carers’ Resource.

A special afternoon tea is to be held in each office during Volunteers’ Week, organised by staff, to thank our volunteers for a job well done!

For information about our volunteering opportunities contact your local Carers’ Resource office and ask for Val Stewart or Jean Eames.

All hands on deck for mail-out

Volunteer co-ordinator Jean Eames reports:

For the past 20 years, the mailing out of our Choices magazine has been, and still is, done by our dedicated team of volunteers in Harrogate.

When I first started supporting the volunteers at mail-out about seven years ago we organised and completed the event in one morning, or about five hours, filling and sending between 4,000 to 5,000 envelopes.

For the last two years, because of rising client numbers, our volunteers now come in on two separate days, four times a year, to help make sure we get the newsletter to more than 10,000 clients – quite an achievement.

Room One at the Harrogate office is always buzzing when the volunteers get together for the task.

They enjoy the atmosphere, catching up with fellow colleagues and staff, listening and laughing to tales from the Dales from a very informative volunteer, who always keeps us up to date with local and national news, and there are often homemade cakes to tuck into at coffee break.

- If anyone is interested in joining the mail-out team for a couple of hours, four times a year, please contact Jean on (01423) 500555 or email jeames@carersresource.org

Celebration of dedication

Volunteers in Harrogate who have given more than two thousand hours to help carers get a break had their dedication recognised at a celebration.

Hosted by Harrogate and Ripon CVS, Harrogate Mayor Councillor Nigel Simms and Mayoress Lynn Simms presented certificates to some of the volunteers who provide our Carers’ Time Off service.

Last year the team gave 2,390 hours of support in 980 visits to more than 60 carers – an average of 199 hours a month.

Congratulations to all involved – this support is priceless and means so much to carers.

For details about CTO contact Christine on (01423) 500555 or email cboxall@carersresource.org
Carers Week is an annual campaign to help raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

It is brought to life by the individuals and organisations that come together to organise activities and events, drawing attention to just how important caring is.

Every week is ‘carers week’ for us at Carers’ Resource as carers are always at the forefront of our minds. This year’s national theme is Building Carer Friendly Communities – a theme we strongly uphold and one we aim to endorse as we build local, regional and national links to push for greater recognition of carers.

**Carers Week report 2015**

Research was carried out during Carers Week 2015 which looked at how ‘carer friendly’ different community services were and the impact they had on carers’ lives. The research was based on responses from almost 5,000 carers from across the UK.

Overall, it found there was huge variation in the support received by carers in their local community across a range of different services, from their local GP through to shops on the high street.

There were various examples of services not being carer friendly, damaging carers’ health and negatively affecting their ability to look after the person they care for.

Two-thirds (65 per cent) of carers providing more substantial care to a friend or loved one said one or more of their local services was not carer friendly.

The aim of this year’s dedicated week is to build and improve carer friendly communities – giving all carers stronger recognition and support.

The full report is available on the Carers Week website: www.carersweek.org

**Local celebrations for carers**

Staff across our large patch have been organising events and drop-ins for carers to join during Carers Week.

These are over and above the ‘regular’ sessions we hold to enable us to reach out to even more of the growing number of carers during the special week.

If you know someone who is a carer and has not yet been in touch with us for help or support, please let them know about numerous events taking place.

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**Special Carers Week calendar of events**

All events marked with* are drop-ins, free information and chat with Carers’ Resource staff.

**Monday, 6 June 9am-noon,**
- Cottingley Surgery, Littlelands, Bingley BD16 1AQ • Carer health checks • Meet the Patient Participation Group

**Monday, 6 June 2pm-4pm,**
- Moor Park Medical Practice, Bluebell Building, Barkerend Health Centre, Barkerend Rd, Bradford BD3 8QH

**Tuesday, 7 June, 8.30am-noon,**
- Sunnybank Medical Centre, Town Gate, Wyke, Bradford BD12 9NG • Meet the Patient Participation Group

**Tuesday, 7 June, 2pm-4.30pm,**
- Harrogate Carers’ Resource office

**Wednesday, 8 June 9am-noon,**
- Saltaire Medical Practice Richard Rd, Shipley BD18 4RX • Carer health checks • Meet the Patient Participation Group

**Wednesday, 8 June, 10am-noon,**
- Coffee morning and Open Day for carers, Lord Mayor of Bradford visiting, Carers’ Resource office, Shipley, BD18 3DZ

**Wednesday, 8 June,**
- Dyneley House Surgery, Newmarket St, Skipton BD23 2HZ (details to be confirmed – please check our website)

**Thursday, 9 June, 8.30am-11am,**
- Windhill Green Medical Practice, Thackley Old Rd, Shipley BD18 1QB • Meet the Patient Participation Group

**Thursday, 9 June, 11.30am-2pm,**
- Information stand for staff only at Skipton Financial Services, Skipton

**Thursday, 9 June, 2pm-4pm,**
- Carers Dance, organised by Carers’ Time Off, St Paul’s Church Hall, Harrogate – booking essential – a special tea dance for carers and cared-for, led by dance instructor Sam Lawrence, kindly funded by Harrogate Lions. Contact Christine Boxall, Carers’ Time Off, at Harrogate office – places limited

**Thursday, 9 June, 2pm-4pm**
- Thornton Medical Practice, Craven Ave, Thornton, Bradford BD13 3LG

**Friday, 10 June, 8.30am-10.30am**
- Westcliffe Medical Centre, Westcliffe Road, Shipley, BD18 3EE

**Friday, 10 June, 10am to 12.30pm,**
- Harrogate Carers’ Resource office

**Friday, 10 June, 3.30pm – 5pm**
- Cowgill Surgery, Thornaby Drive, Clayton, Bradford BD14 6ES

**EXTRA: Friday, 17 June, 12.30 – 3pm,**
- Farfield Surgery, West Lane, Keighley BD21 2LD (for patients at this surgery)
**Supper Club**

**Airedale and Skipton Supper Club**

**Dates:** Approximately every 6 weeks  
**Time:** Early evening  
**Where:** Various venues across Skipton and Airedale. Carers, cared-for and former carers – early evening meal out.  
Contact volunteer Tracey on 07497 4574687.

**Bingley Drop-In**

**Dates:** 1st Wednesday of the month (1 June, 6 July, 3 August)  
**Time:** 10.30am – noon  
**Where:** The Coffee Lounge, Queen Street, Bingley, BD16 2JS. For carers.

**Clayton Men’s Group, Clayton, Bradford**

**Dates:** Every Friday  
**Time:** 1.30pm – 3.30pm  
**Where:** Clayton Village Hall, Reva Syke Road, Clayton, Bradford, BD14 6QN. Dominoes, cards, pool table and more. £1 for refreshments. Transport can be arranged.  
Contact Carol on 07846 344071.

**Happy Memories, Undercliffe, Bradford**

**Dates:** Every Thursday  
**Time:** 1.30pm – 2.45pm  
**Where:** St Andrew’s Church, Otley Road, Undercliffe, Bradford, BD2 4QO. Relaxed singing group run by Alzheimer’s Society for people with dementia/memory loss and their carers, led by trained leader.  
Contact Stephanie Crabtree on (01274) 586008.

**Parklands Epilepsy Support Group, Undercliffe, Bradford**

**Dates:** 4th Tuesday of the month (28 June, 26 July, 23 August)  
**Time:** 1pm – 3pm  
**Where:** Parklands Medical Practice, Park Road, Bradford, BD5 0SG.  
Contact: Stephen Greenwood (01274) 675721 email sgreenwood52@yahoo.co.uk

**Art Group, Broughton Hall**

**Dates:** Tuesdays in 4-week blocks: June 14, 21 and 28, July 5; next block – August 23 and 30, September 6 and 13.  
**Time:** 10am – noon

**Where:** Carers’ Resource Skipton Office, BD23 3AN. Carers only. Art work produced of your own choice, no experience needed. All materials/refreshments supplied. We do not work in oils but most other media catered for. Small, friendly group.  
Cost: £28 per 4-week block, full cash payment required on first day of the block.  
Contact Anne Brennand 01756 700888

**Utopia Lunch Group, Broughton Hall**

**Dates:** 2nd Tuesday of the month (14 June, 12 July, 9 August)  
**Time:** 10am – 11.30am  
**Where:** Utopia, Broughton Hall Business Park, BD23 3AN. Carers, cared-for, former carers and vulnerable adults coffee morning.

**Cedar Court Coffee Morning, Harrogate**

**Dates:** 3rd Wednesday of the month (15 June, 20 July, 17 August)  
**Time:** 11am – Noon  
**Where:** Cedar Court Hotel, Park Parade, Harrogate, HG1 5AH. Carers and former carers.

**Dales Diners Lunch, Darley**

**Dates:** 1st Thursday of the month (2 June, 7 July, 4 August)  
**Time:** 1pm – 3pm  
**Where:** Christ Church Hall, Main Street, Darley, Harrogate, HG3 2QF. Carers and those they care for who have memory problems. Social get-together. £4.50 for two courses. Booking required.  
Contact Carol Lancaster on 01423 500555.

**Allsorts at Winkies, Harrogate**

**Dates:** Every Monday including school holidays, except Bank Holidays  
**Time:** 3.45pm – 5.15pm  
**Where:** Unit 9 Provincial Works, The Avenue, Starbeck, Harrogate, HG1 4QF  
Free for children with special needs aged 0 – 11 years. Siblings welcome at £2. Refreshments, books, information and support for parents and carers.  
Contact – 01423 886886.

**Friendship Group, Harrogate**

**Dates:** Last Thursday of the month (30 June, 28 July, 25 August)  
**Time:** 2pm – 4pm  
**Where:** Carers’ Resource Harrogate Office, HG1 5PD. Carers and former carers.

**Pins and Needles, Harrogate**

**Dates:** 1st Tuesday of the month (7 June, 5 July, 2 August)  
**Time:** 10.30am – 12.30pm  
**Where:** Carers’ Resource Harrogate Office, HG1 5PD. Support group for parents and carers of people with autism.

**Supper Club, Harrogate**

**Dates:** Every 4 – 6 weeks  
**Time:** Early evening  
**Where:** Various venues in Harrogate area. Carers, former carers, and cared-for. An opportunity to socialise with other carers.  
Cost: Variable – we try to take advantage of early bird/special offers.  
Contact Sheila Constable on 01423 500555.

**Get Together, Ilkley**

**Dates:** Thursday, 30 June; Thurs, 28 July; Friday, 19 August  
**Time:** 2pm  
**Where:** Abbeyfield, 12 Riddings Road, Ilkley, LS29 9BF. Carers, cared for and former carers get together.

**Let’s Sing Together, Ilkley**

**Dates:** First Tuesday of the month (7 June, 5 July, 2 Aug)  
**Time:** 2pm – 4pm  
**Where:** Clarke Foley Centre, Cunliffe Rd, Ilkley LS29 9DZ. Singing group for people with memory problems and their carers.  
Contact Janet Austin 01943 430207.

**Lunch Group, Ingleton**

**Dates:** Last Mon/Tues (alternate) of the month (Tuesday 28 June, Monday 25 July, Tuesday 23 August)
**Craven, Harrogate, Ripon and districts**

**Time:** Noon  
**Where:** Three Horse Shoes, 41 Main St, Ingleton, LA6 3EH  
Carers, cared-for and former carers.

**COFFEE MORNING, KEIGHLEY**  
**Dates:** 1st Friday of the month (3 June, 1 July, 5 August)  
**Time:** 10am – 11.30am  
**Where:** Poppy Field Tea Rooms, Cavendish Court, Keighley BD21 3DY.  
Carers, cared-for and former carers.

**CHATTERBOX, SILSDEN, NEAR KEIGHLEY**  
**Dates:** 1st Thursday of the month (2 June, 7 July, 4 August)  
**Time:** 10am – 11.30am  
**Where:** Silsden Methodist Church, Kirkgate, Silsden, BD20 0PA.  
Carers and cared-for welcome. Contact Grace on 07932 848900 for details.

**TIME FOR ME, STEETON, NEAR KEIGHLEY**  
**Dates:** 2nd Tuesday of the month (14 June, 12 July, 9 August)  
**Time:** 10am – Noon  
**Where:** The Hub, Stone Grove, Steeton BD20 6TQ.  
For carers and over 50s. Activities, speakers and company.  
Cost: £2, including refreshments. Contact Carolyne Coyle (01274) 449660. cc Doyle@carersresource.org

**AFTERNOON TEA/COFFEE, KNARESBOROUGH**  
**Dates:** 1st Monday of the month (6 June, 4 July, 1 August).  
**Time:** 2pm – 4pm  
**Where:** Hewitson Court, Stockwell Road, Knaresborough HG5 0QE.  
Carers and former carers.

**BRUNCH GROUP, PATELEY BRIDGE**  
**Dates:** 1st Friday of the month (3 June, 1 July, 5 August)  
**Time:** 1pm – 2pm  
**Where:** The Willow, Park Road, Pateley Bridge HG3 5JS.  
Booking required.  
Carers and former carers. Contact Carol Lancaster on (01423) 500555.

**RIPON TEAS**  
**Dates:** 2nd Tuesday of the month (14 June, 12 July, 9 August)  
**Time:** 2.30pm  
**Where:** Ripon Community House, Sharrow View, Allhallowgate, Ripon HG4 1LE.  
Carers support group.  
Confirmation of attendance required one week ahead of the date.  
Cost: £2  
Contact Carol Lancaster or Jean Eames on 01423 500555, cl lancaster@carersresource.org, jea mes@carersresource.org

**LUNCH GROUP, SETTLE**  
**Dates:** 2nd Monday of the month (13 June, 11 July, 12 August)  
**Time:** Noon  
**Where:** The Lion Hotel, Duke St, Settle BD24 9DU.  
Carers, cared-for and former carers.

**CARERS CAFÉ, SHIPLEY**  
**Dates:** 2nd Wednesday of the month (on 8 June only) group will be meeting at Carers’ Resource office, Shipley, for Carers Week event, then 13 July, 10 August)  
**Time:** 10.30am – Noon  
**Where:** Interlude Tea Room & Café, 27 Westgate, Shipley BD18 3QX.

**CREATE WORKSHOP: MANAGING STRESS, SHIPLEY**  
**Dates:** Thursday, 9 June  
**Time:** 1pm – 3pm  
**Where:** Carers’ Resource, Shipley Office, BD18 3DZ.  
An interactive workshop for carers to help you identify symptoms of stress, how to manage it and coping mechanisms.  
Cost: FREE. Contact Dan or Jenny on:01423 500555, email dmar sen@carersresource.org

**EPILEPSY SUPPORT GROUP, SHIPLEY**  
**Dates:** Normally 2nd Wednesday of the month but June meeting on  
**Time:** 6.30pm  
**Where:** Matrix Superbowl, Skipton,BD23 2AA.  
All abilities welcome.  
For disabled adults with/without their companions.  
Cost: £7.50 for 3 games. Contact 07795 388807

**LUNCH GROUP, THRESHFIELD**  
**Dates:** 3rd Friday of the month (17 June, 15 July, 19 August)  
**Time:** Noon  
**Where:** Gamekeepers, Long Ashes Park, Threshfield, Skipton BD23 5PN.  
Carers, cared-for and former carers.

**AFTERNOON TEA/COFFEE, WETHERBY**  
**Dates:** 3rd Monday of the month (20 June, 18 July, 15 August)  
**Time:** 2pm – 3pm  
**Where:** Sant’ Angelo Restaurant, High Street, Wetherby LS22 6LT  
Carers and former carers.

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**Choices: Carers’ Resource – Harrogate | Craven | Bradford | Airedale**

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**All groups attached to Carers’ Resource are being allocated a named member of staff who will liaise with the group volunteer, and will occasionally attend meetings.**

The staff member will be the conduit for feeding any issues or concerns expressed by carers back to the organisation, and for sharing news with the group. The staff member will not be responsible for organising or running the group and will pass any issues of this nature back to the volunteer co-ordinators. Thank you.

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**MONDAY, 6 June, then 13 July, 10 August.**

**Time:** 1.30pm – 2.30pm  
**Where:** Carers’ Resource Shipley Office, BD18 3DZ.  

**LUNCH GROUP, SETTLE**

**Time:** Noon  
**Where:** The Lion Hotel, Duke St, Settle BD24 9DU.  
Carers, cared-for and former carers.

**CARERS CAFÉ, SHIPLEY**

**Time:** 10.30am – Noon  
**Where:** Interlude Tea Room & Café, 27 Westgate, Shipley BD18 3QX.  

**CREATE WORKSHOP: MANAGING STRESS, SHIPLEY**

**Time:** 1pm – 3pm  
**Where:** Carers’ Resource, Shipley Office, BD18 3DZ.  
An interactive workshop for carers to help you identify symptoms of stress, how to manage it and coping mechanisms.  
Cost: FREE. Contact Dan or Jenny on:01423 500555, email dmar sen@carersresource.org

**EPILEPSY SUPPORT GROUP, SHIPLEY**

**Time:** 6.30pm  
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All abilities welcome.  
For disabled adults with/without their companions.  
Cost: £7.50 for 3 games. Contact 07795 388807
GRANT ENRICHES CARERS’ LIVES

From spa days to days out – carers are treating themselves to some time off, thanks to a special grant.

Co-ordinated by Carers’ Resource, some 1,414 people in Bradford District who look after a loved one have been successful in gaining the Carer’s Wellbeing Grant for 2015/2016. Formerly known as the Carer’s Small Grant, eligible applicants could request up to £200 to give them a much-needed break.

The money was intended for a personal treat, such as enjoying a hobby or leisure activity, or an educational course to help make their lives easier.

The annual scheme is funded by Bradford District Council with additional support from the three local NHS Clinical Commissioning Groups.

The Carer’s Wellbeing Grant fund was oversubscribed this year. However, Bradford Council was able to source some additional funding, increasing the amount paid out to £273,221.78.

The most popular requests were for short breaks and pamper/treats, followed by computers and IT, fitness and hobbies.

We received 1,696 applications. Each application was considered individually. (1,124 applications were from women and 290 from men.)

The grant will run again later this year. Information will be advertised in due course.

Helen Tawn feels life is on hold as full-time carer for her teenage daughter who is battling anorexia nervosa.

Lucy, 16, spent most of last year in and out of hospital and specialist units being treated for the eating disorder and her ‘rock-bottom’ self esteem, which at worst made her actively suicidal.

“She’s been sectioned several times; she’s had to be fed through a tube into her nose, and she’s totally obsessed with her weight. The disorder makes her constantly count calories and exercise to lose weight,” says Helen, 49.

“With a physical illness at least there can be an acknowledged timescale as to when someone will get better but with a mental illness it’s not like that. “Anorexia has such a hold on Lucy. As long as it’s in control it will never let her recover.”

Lucy’s illness started early 2014 after a friendship breakdown. She began missing meals and snacks, and refusing seconds or left-over desserts at home – which she used to love. She began self harming.

In October 2014, Helen, a former librarian at Leeds City College, found it difficult to work as Lucy was too unwell to be in school.

On the advice of HR, Helen, of East Morton, Keighley, applied for a career break in May 2015, which was cut short by redundancy in December.

“It’s a round-the-clock job looking after her and supporting her to eat; planning meals and trying to keep her occupied with games and activities; trying to make sure she’s not self-harming or over-exercising.

“The impact of anorexia on her physical and mental health has meant, at its worst, that she feels constantly cold, tired, irritable, irrational and unable to concentrate. It occupies her thoughts constantly.”

A Skipton Girls High School pupil, Lucy managed to achieve ten GCSEs last summer, and intends to resume her studies in September and do A levels, depending on her health.

Helen, whose husband Andrew works long hours as Director of Ministry for the Diocese of Leeds, first heard about Carers’ Resource from a friend, and says she is grateful for the emotional and practical support. She will be using her Carer’s Wellbeing Grant towards a music summer school.

“My music-making activities have been almost entirely put on hold since Lucy’s illness,” says Helen who plays various wind instruments. “I know it will do me much good, both in terms of playing and performing again, but also giving me a break from my caring role and building a bit of resilience for the next phase of this long and stressful journey towards recovery.”

Paul Ferrey cares full-time for dad Maurice, 91, who has dementia.

His Carer’s Wellbeing Grant is going towards two short breaks. Paul heard about the grant when he took dad to a memory clinic at Shipley Health Centre, where he met a Carers’ Resource caseworker.

The 55-year-old will be visiting family in Aylesbury, and having week’s holiday in Torquay.

“It’s a great treat and it will be lovely to get away and get some sea air,” says Paul, of Shipley.

“Dad will be coming, too, as I know I don’t have much time left with him and the breaks will do us both good, otherwise I wouldn’t get away at all.”

Paul, who also cared for mum Joan who died in October 2007 at 83 after a series of mini heart attacks, took voluntary retirement last summer from his 33-year role in the postroom at Bradford College.

“It was the right time to retire as dad couldn’t be left for too long. He’s unsteady on his feet, gets out of breath and has panic attacks,” says Paul.
Warm and well

The Warm Homes Healthy People Partnership (WHHP) helps vulnerable people stay warm and well at home. Supported by Carers’ Resource, it includes:

- Fuel debt advice
- Home energy efficiency checks
- Practical support
- Home fire safety checks.

Bradford and Airedale residents could be saving money on their fuel bills

To make the most of a Home Energy Efficiency Check it is recommended it is carried out before autumn/winter. Eligibility criteria applies.

A WHHP spokesman told us: “One of our clients recently receiving this support has been able to save £800 on their current fuel bills.”

For details visit www.first4contact.org or contact Carers’ Resource Shipley office on (01274) 449660.

Anything can happen

“Making things possible” – that’s the strapline for Remap, a charity which provides tailor-made equipment to allow people with disabilities to carry out daily tasks and enjoy life.

Whether it’s a special control for a Scalextric set for a child with cerebral palsy, or a chunky key-holder for an elderly person with arthritis – skilled volunteer engineers will find a solution, no matter what.

Knaresborough youngster Oscar, who has cerebral palsy, is all smiles thanks to Ian Midgley working his magic on his toys.

Many toys for small children have an electronic component requiring the child to operate a switch, which can be tricky for those with cerebral palsy. Ian fitted some disability-friendly switches to Oscar’s toys, as well as special control adaptations for his junior Scalextric, allowing him to enjoy his toys to the full.

Ian Midgley, Chairman of Remap Harrogate and Ripon Group, is an IT manager for BT and began his career as an engineering apprentice 30 years ago. And his ‘hands-on’ involvement with Remap helps to keep his ‘engineering and fabrication skills sharp’.

“We concentrate on challenges where there is no commercially-available solution, though sometimes we are also called upon to modify standard products so they are better-suited to the needs of the individual,” says Ian.

A recent case was a bespoke stand to hold a tenor horn to enable a young girl, who only has use of one hand, to play in a band with her dad.

Some 800 engineers across the country, of all disciplines, give their time free – and many are retired – to create or modify equipment for people with disabilities and those who are struggling through age-related conditions.

The national charity was set up 50 years ago. Referrals come from healthcare professionals, individuals and their carers, and people can also self refer.

Bespoke equipment includes:

- An iPad stand for a young boy’s special buggy
- Fitting additional side supports to a bath chair for a client with limited mobility
- An adapted stool to allow an injured ex-serviceman compete in archery
- Modifying a rollator – walking frame on wheels – to allow both brakes to be applied using one stronger hand
- Enhanced cooker knobs and key holders – a couple of simple devices for a lady with arthritis, as standard gripping tools for controls were not adequate – she needed chunkier versions.

Remap contacts:
Ian Midgley, Harrogate and Ripon, 01423 867000
Alan Parker, Leeds and Bradford, 0113 268 5764
Vaughan Stell, Airedale and Craven, 01756 710395

All equipment is given free to the person it helps. For more information visit www.remap.org.uk
Every day is different – it’s a mixed bag

Alan Robinson is carer for wife Alison who has bipolar. Their eight-year-old son Riddick has autism.

“We can’t be spontaneous. Everything has to be planned, and even then it depends if Alison’s having a good day and a lot is determined by Riddick’s behaviour. He needs structure,” says Alan.

Riddick also has PDA (Pathological Demand Avoidance) and extreme anxiety. “Life for Riddick is very hard, especially dealing with noisy situations and changes in routine,” says Alan.

“He struggles with understanding feelings and empathy with others. When he doesn’t cope, this results in meltdowns and refusals to carry out small demands. Life is often spent treading on eggshells with Riddick as his anxiety is so high.”

Alan worked in IT for 20 years before life changed dramatically four years ago when Alison, a former cook, had a breakdown. “We call it her ‘Britney Spears’ – she just shaved her hair off. And she wanted to sleep in the garden,” recalls the 39-year-old. Alison’s illness causes extreme highs when she becomes overconfident and outgoing, to deep depressions when she can’t look after herself or the family.

“The challenges of Riddick’s autism also cause such a strain on mine and Ali’s relationship, as well as the stress it causes the family,” says Alan. “It’s really, really hard but being a carer has helped me grow as a person.

“Life can be quite refreshing – it’s definitely not run of the mill. But you do feel like you’re living in a bubble, on the fringes of society. It took something like this to wake me up from life really – I’m no longer part of the 9 to 5; our lives are so different but I’m much more involved in my family now.” Alison’s condition is gradually improving and Alan says she hopes to start volunteering. “We’re taking little steps so she doesn’t get too hyper,” he says.

A part-time support worker at Henshaws College, in Harrogate, Alan helps young adults with disabilities to learn new skills and fulfil their potential. “I love my job. It gives me the positivity that I need,” he says.

An outreach worker, who supports the family with Riddick’s autism, encouraged Alan to contact Carers’ Resource. He’s submitted a Carers Assessment and found out about various autism support groups.

“They just get it at Carers’ Resource and know exactly we’re going through,” he says.

As a family, with youngest son six-year-old Brennick, they enjoy movie afternoons and popcorn together.

“What keeps me going is my hobby restoring computers. I get on Ebay and look for ‘some dust’ – old computers and parts to buy,” says Alan.
Two decades of support for young carers – and still going strong

WHEN our popular young carers’ service first opened its doors in 1996, Madonna and the Spice Girls were topping the charts, and John Major was Prime Minister. Now the service, which has supported many thousands of young people in Harrogate and Craven as they juggle school with home life, is marking its 20th anniversary.

Celebrations have included a party at the young carers’ Budz club at St John’s Church Hall in Bilton, Harrogate. Attractions included a bouncy castle, face painter and popcorn machine. A birthday cake and pizza were kindly provided by Daniella Luxford at La Bella Bottega, in Harrogate.

Young Carers’ Resource supports young carers, aged seven to 18, and young adult carers. A young carer helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem. Most young carers look after one of their parents, or a sibling.

Some eight per cent of school children are young carers – that’s two in every class.

Being a young carer can be tough, but having a fun break and making friends with other young carers makes a real difference.

We run activities and trips during school holidays, and regular support during term time – one-to-one mentoring with young carer team members, or after-school and youth clubs. For details contact our Craven or Harrogate offices.

Young carers aiming high

A group of young carers is gearing up for a formidable feat – to take on the Three Peaks Challenge. Aged 13 to 16, the six-strong team from Harrogate will be walking and climbing three of Yorkshire’s highest mountain peaks – a distance of 25 miles, and total climb of 7,000ft.

Accompanied by young carer workers, they aim to complete the trek within 12 hours on July 27, earning membership in the Yorkshire Three Peaks Official Club.

Young Carer worker James Woodhead-Dixon says the adventure also marks the service’s 20th anniversary and will raise funds for young carers.

“Please spread the word of our challenge and how heroic our young carers truly are,” he says.

To show your support please donate online at www.justgiving.com/youngcarersharrogate and follow their progress at www.youngcarersresource.org

For details contact James at the Harrogate office.

Ten out of ten

Young carers have thanked a recruitment company as it celebrates ten unbroken years of charity support.

Si Recruitment, in Cornwall Road, Harrogate, first started to back Carers’ Resource when it bought our charity Christmas cards in 2005.

Since then, the agency has helped young carers across North Yorkshire, from funding activities and outings to providing annual festive hampers and presents.

Joint founding director Mark Sanderson also ran the inaugural Yorkshire Marathon in support.

Mark says: “Young carers first appealed to us as a deserving cause as they were ‘under the radar’ – they were very much hidden and carried out their vital role away from the public gaze. Yet their needs were, and still are, very real.”

Two of the young carers to have benefited from Si Recruitment’s involvement are Rossett School pupils Stephen Kirk and Freya Prince, who presented a home-made cake to mark the milestone.

“This company has put a lot of smiles on the faces of young people over the years. It would be wonderful if other organisations across North Yorkshire feel inspired by Si’s efforts and follow in their footsteps by supporting these young carers in whatever way they can,” says Carers’ Resource Fundraising Co-ordinator Anne Wells.
Mud, sweat and grit for carers

Two Skipton daredevils will be taking on the Tough Mudder challenge to raise money for Carers’ Resource.

Andy Conally, 33, (pictured left) and Kevin Preston, 34, (right) will have their strength and stamina put to the test in the ten to 12-mile course at Broughton Hall Estate (home to our Craven office), near Skipton, on 7 August.

The gruelling course features 20 obstacles, rolling hills, dark woodlands, ice, deep bogs and thick, swamp-like mud.

Andy, of Haworth, a keen cyclist and runner with Keighley and Craven Club, said his decision to take part confirms he’s ‘as mad as a box of frogs’.

“I’ve had a quick look on YouTube and immediately regretted it. I think I would have been better going into it not knowing,” he says.

Andy, Direct Business Centre Consultant at Skipton Financial Services, has previously completed a Half Iron Man (1.9km swim, 55-mile bike and a 13-mile run), a marathon, and fell and road races over various distances, but never an assault course.

And Kevin, Business Standards Manager at SFS, says football training has been keeping him fit.

“I’ll have to look at the obstacles and consider what training is needed, and I’ve also entered a 10K in June so will be doing running for that,” says Kevin, who took part in a 120-mile charity cycle in 2014.

“It was very challenging, so I have a vague idea of what I’m letting myself in for.”

To sponsor Andy please visit www.uk.virginmoneygiving.com/ajconally
To sponsor Kevin visit www.justgiving.com/Kevin-Preston1

Thanks – and keep up the good work

A BIG thank you to all our generous and hard-working supporters.

Your commitment and help is gratefully received and goes a long way in helping the growing number of carers right across our patch.

Hats off to:

- Volunteers who helped knit, decorate, stuff, transport, sell, and buy our Easter chicks, and colleagues for finding new outlets this year – we raised a cracking £2,532.
- Rotary Club of Keighley for once again hosting a marvellous tea party for carers at Keighley Rugby Club in Utley. A wonderful time was had by all, thanks to everyone who helped make it happen.

Feeling inspired by the London Marathon? Runners are being urged to sign up for:

- Yorkshire Marathon, Sunday, 9 October, York – FOUR places available £45 non-refundable registration fee, plus a commitment to raise a minimum £200 sponsorship.
- Leeds 10k, Sunday, 10 July – FIVE places available, £20 non-refundable registration fee and no minimum sponsorship – please raise as much as you can for carers.

For info contact our Fundraising Coordinator Anne Wells on (01423) 500555 email awells@carersresource.org

Memory Walk

Carers and their loved ones are invited to join a Memory Walk in Bradford.

Organised by a group of carers, and those they care for, the 5k walk on September 18, 11am, at Lister Park, Manningham, will be in aid of the Alzheimer’s Society.

For details contact Pat Smith on 07881 827230, or email jeffandpatsmith1@hotmail.co.uk

Holiday help on offer

Do you have caring responsibility for an adult friend or relative (not necessarily living with you) and worry about caring cover when you are away on holiday?

Available for carers in Harrogate district, the Carers’ Time Off service can help out. Contact CTO ahead of your holiday dates to arrange a preliminary meeting to organise visits and calls to be made for the duration of your holiday – giving you peace of mind while you’re away.

For details call Christine Boxall at our Harrogate office or email cboxall@carersresource.org

New service for young adult carers

The Young Adult Carer project in Bradford has been launched.

For carers aged 16 to 25, support includes employment and education guidance, finance and benefit advice, health and social activities, respite breaks, campaigning and one-to-one mentoring.

For information or to sign up contact Samantha Bland at the Shipley office or email sbland@carersresource.org

More details about the service will be featured in the September edition of Choices.