

*Please come to the
Informal Introductory
drop in session and meet
our*

*Caring with
Confidence Team.*

Pickering Memorial Hall

The Whistle Hall

*11th July Between 2.30-
4pm*



Call to book your place

01723 850155

Caring & Resources:15th August

Local and national support for carers, available equipment and aids, financial issues and welfare benefit advice ... and how to make the most of Carers Assessments .

Caring, Coping & Life:22nd August

The role of stress in our lives and the impact of stress on health and behaviour. Balancing caring demands and your personal needs.

Caring & Creativity:29th August

Ideas to help you balance your caring role and how its important to take time to be creative.

Carers health & wellbeing:4th Sept

How to look after your own health by building on existing skills and learning new ones.

Caring Day-to-Day:12th Sept

The physical impact of caring, coping with falls, and basic first aid skills.

Caring & Communication:19th Sept

Effective communication - practical ways to improve communication with professionals, family members and the person you care for.

Caring for you:26th Sept

Taster session of complementary therapies and ways to help you cope with stress. Mindful movement such as Yoga and Tai Chi and a chance to see what is available locally.

Scarborough & Ryedale

Carers Resource

'Caring with Confidence'

**For all Carers at
Pickering Memorial Hall**

Attend one or all

Free

2.5 hour sessions

10.00 to 12.30 on

**15th, 22nd, 29th August
4th, 12th, 19th, 26th
September**

TO BOOK PLEASE RING

01723 850155

**Looking after
someone?
Ever thought you
may be a carer?**

Who Is A Carer?

Many people do not recognise themselves as a carer.

A carer is someone who looks after a member of their family or a friend when they have an illness, condition, a disability or are elderly. This also includes mental illness and issues arising from substance misuse.

Who Are We?

'Carers Resource'

We are a voluntary organisation which provides confidential support, advice and information.

We are a registered charity and our services are free.

We cover all areas around Scarborough, Whitby and Ryedale.

How We Can Help

Work with you on a one to one basis, in group sessions or by providing information through our website and newsletter.

Find us by any of the options below



01723 850155

What We Can Do

- Offer support & advice
- Provide a listening ear
- Provide information on training and employment
- Help reduce the stress of caring
- Look at volunteering opportunities
- Check and apply for some benefits
- Signpost and refer to others
- Offer opportunities to speak up
- Run wellbeing and cuppa clubs
- Offer Mindfulness groups
- Run training sessions

Visit our website at:

www.carersresource.net

Email us at:

staff@carersresource.net

