



**01723 850155**



**or email**

**staff@carersresource.net**

**www.carersresource.net**



### **Who Are 'Carers Resource' ?**

Scarborough & Ryedale Carers Resource are the 'go to' organisation offering support to carers & the wider community, across the coast & vale.

### **What Do You Do For Carers?**

We help in lots of different ways, including:

- \* Offer FREE support, information & advice
- \* Provide a listening ear
- \* Help to reduce the stress of caring
- \* Assist to maximise your income
- \* Signpost & refer to others for useful support
- \* Guide you through the red tape of authority
- \* Support carer voices
- \* Focus on wellbeing
- \* Provide information on volunteering, training & employment
- \* Help with your Carers Assessment

**For further details please do contact us.**

## **Scarborough & Ryedale Carers Resource**

### **New for 2019 'Caring with Active Confidence'**

**Fortnightly Sessions running  
from 27th of June onwards**

**Free carer sessions  
Attend one or all**

**Places are limited  
so please do contact us to book**



**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, disability or are elderly. This also includes mental illness & issues arising from substance misuse.

### **What is Caring with Active Confidence?**

A series of fortnightly sessions in Scarborough for unpaid adult carers. Funded by The Peoples Postcode Lottery.

The sessions are intended for family carers to have some much needed time out of their caring role to focus on themselves. The fortnightly sessions are a real mixture of interests, exploration, as well as focusing on bringing carers together & trying out new experiences. It would be great for carers to come to all the sessions but we understand time can be tight, so you are welcome to attend one or all depending on your interest.

**Places are limited & do need to be booked.**

**Caring in the Moment / Thurs 27th June from  
12noon**

**Light Lunch, followed by a matinee performance  
at the Stephen Joseph Theatre to help calm our  
minds & build a social network with other carers.**

**Caring about Communication / Thurs 11th July  
10-12:30 The Summit, Scarborough**

**The opportunity to explore the best ways to  
communicate our needs as carers & to learn from  
each other. Followed by a light lunch.**

**Caring for our body & Soul / Thurs 25<sup>th</sup> July**

**Introduce different relaxation technics that can  
support alongside your caring role, with a  
variety of tasters that can help carers try out  
new experiences.**

**Caring when we need to keep calm & respond /  
Thurs 8<sup>th</sup> Aug**

**Introduction to some basic 'first responder' first  
aid training. Learn how to keep everyone calm  
when faced with an emergency situation.**

**Caring in the Wild / Thurs 22nd Aug 1-3pm**

**Hidden Horizons will help us explore what  
wonders our geographical area has to offer on  
the South Bay. Followed by refreshments.**

**Caring about our healthy intake / Thurs 5<sup>th</sup> Sept**

**5 ingredients.....5 dishes. Lets combine all our  
culinary experience (or not) to look at how we  
can easily create something healthy.**

**Caring about our future / Thurs 19<sup>th</sup> Sept**

**lunchtime Now we all know each other, let's  
have a social meal & a talk about the future of  
our carers group.**

**The Sessions will continue fortnightly & topics  
to be decided by the carers who attend.**

**There is a small pot of funding for transport  
support from outlying areas, please do enquire.**