



“I was swamped in caring and I felt completely isolated. I was in a state when I eventually called in and found out about all the options available for me. It's been a real life-saver.”



“I didn't realise I was a carer, I'm just her mum.”



“When I was at my lowest they listened to me for an hour, and for that hour they listened to just me.”

A Network Partner of  
**CARERS TRUST**



## Contact us

You might want a quick chat over the phone or a face to face meeting.

Get in touch at:

### Bradford

15 Park View Court  
St Paul's Road  
ShIPLEY  
BD18 3DZ  
Tel: 01274 449660

### Harrogate

11 North Park Road  
Harrogate  
HG1 5PD  
Tel: 01423 500555

### Skipton

Ronaldsway House  
36 Brook Street  
Skipton  
BD23 1PP  
Tel: 01756 700888

Email: [info@carersresource.org](mailto:info@carersresource.org)  
Web: [www.carersresource.org](http://www.carersresource.org)

Follow us on social media to find out more about events and other resources:

/carersresource

@CarersResource



Carers' Resource is a charitable company limited by guarantee. Registered charity no. 1049278. Company registered in England no. 3054273.

Welcome to

# carers' resource

*you care for them, we care for you*

What support is there for me?

How am I going to cope?

New to caring?



# Are you a carer?

A carer is someone who provides unpaid help and support to a family member or friend who could not otherwise manage, because they are frail, disabled or ill.

**Do you look after someone who couldn't cope without you? Are you new to caring?**

**We understand the impact that looking after someone can have on your health and well being and are keen to support you.**

Carers' Resource is an independent charity supporting adults, children and families who care for someone in Bradford, Craven or Harrogate.

Our services are free, confidential and non-judgmental, helping you find ways to make your caring situation easier.

All our staff understand the emotional and physical strain which looking after someone can involve. We are here to listen, in confidence, to whatever may be troubling you and to offer information and advice on just about every issue you may face – from taking time off to finding out about financial assistance.

**"I felt really positive after the session. I really enjoyed it. It was nice to get other carers' perspectives on the scenarios that carers could face."**

**Adewale**

**"I really enjoyed the self care session as it meant I could switch off and immerse myself in the moment and relax. Something that doesn't happen very often when you're a carer."**

**Amina**

**Caring for someone can be very challenging as well as rewarding. To make sure you are getting all the support that you need, we can help you with:**

## Information, Advice and Support

- © Individual tailored support for your caring situation
- © A review of your caring role and help to plan for the future
- © A free Carer ID Card
- © Support for young carers, parent carers and their families
- © Employment advice for carers and know your rights as a carer
- © Specialist local and national information for carers
- © Help to care and how to get a break
- © Support with carer finances, benefits and grants
- © Time to talk and a listening ear

## Social Opportunities

- © Meet other carers at our friendly groups
- © Join us for workshops, training, trips and events
- © Have your say and influence decisions at our Carers Forum
- © Keep up to date with carers' news and receive our newsletter 'Choices'
- © Volunteer with us and help other carers

## Other Services at Carers' Resource

- © Care@carersresource – our high quality care service provides personalised support packages
- © Home From Hospital – supports people leaving hospital and settling in back home
- © Free respite/break services (Harrogate/Craven/Selby)
- © Help with technology and getting online



**Sign up for our quarterly newsletter. It's packed with helpful information for people with caring responsibilities.**

**"I knew as a male carer, I would be in a small minority and was a little apprehensive about how I would fit in in any meeting. The video meetings have been well organised and every member made to feel confident and welcomed. The topics have reflected the concerns of carers."**

**Richard**

**Call our freephone advice line for information and support 0800 501 5939**

**Contact us if you need support or further details on any of the information above:**

**Bradford:** 01274 449660 | **Harrogate:** 01423 500555 | **Skipton:** 01756 700888 | [info@carersresource.org](mailto:info@carersresource.org) | [www.carersresource.org](http://www.carersresource.org)

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