

*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**

**Or email**

**staff@carersresource.net**

**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
- Help with your carers assessment

**Visit our website at:**

**[www.carersresource.net](http://www.carersresource.net)**

**Email us at:**

**[staff@carersresource.net](mailto:staff@carersresource.net)**

