



# Your Carers Support Groups

If you need to talk- this is a safe & welcoming space for all carers. Don't be alone – join us. Staff and other carers can offer regular support to help you feel & cope better with your caring role.

Please ring Julie/Janet at Calderdale Carers before attending for the first time & we will help you to take your first steps in to the group. All speakers must register with Julie/Janet.

## Halifax Group

VAC Resource Centre,  
Hall Street, Halifax, HX1 5AY

**1st Tuesday of the month  
1pm - 2.30pm**

3rd September  
1st October  
5th November  
3rd December  
7th January 2020  
4th February 2020

## Lower Valley Group

Brighouse Library  
Halifax Road  
Brighouse, HD6 2AF

**1st Thursday of the month  
1.30pm - 3pm**

5th September  
3rd October  
7th November  
5th December  
2nd January 2020  
6th February 2020

## Sowerby Bridge Group

St Paul's Church,  
Tower Hill,  
Sowerby Bridge HX6 2EQ

**3rd Wednesday of the month  
1.30pm - 3pm**

18th September  
16th October  
20th November  
18th December  
15th January 2020  
19th February 2020

## Todmorden Group

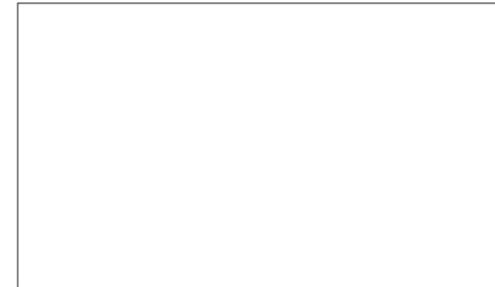
Todmorden Health Centre, Halifax Road,  
Todmorden, OL14 5RN

**2nd Tuesday of the month  
11am - 12.30pm**

10th September  
8th October  
12th November  
10th December  
14th January 2020  
11th February 2020



Working to improve the lives of carers



## Carers information, advice and support service retender and carers strategy

Calderdale Council are currently refreshing their Carers Strategy and looking at carers support services in Calderdale to ensure they continue to meet the diverse and changing needs of carers. The current service provided to carers in Calderdale is highly valued by the council and local carers. However, the law governing our contract and tendering services means we need to re-tender all contracts valued over £100,000 every 5 years.

Therefore, we are now starting the retendering process and will be inviting organisations, including the current provider, to apply for the new contract, which will start on 1 October 2020. If a different organisation wins the contract, the staff from the current provider will have the right to transfer to the new employer on the same terms and conditions.

The first part of the retendering process is to consult with carers about your needs and what you want from a Carers Information, Advice and Support Service. Calderdale Carers provide a wide range of services, but is there anything different you would like in the new contract, or anything you would like to see more of or less of? A short survey has been included so you can let us know your thoughts on this, and it is also available online: <https://www.surveymonkey.co.uk/r/CarersSurvey2019>

For more information please contact Dawn Collins, Carers Development Officer on (01422) 393966 or email [Dawn.Collins@Calderdale.gov.uk](mailto:Dawn.Collins@Calderdale.gov.uk)

### Special Notice to all carers

Please note that we have been experiencing severe telephone problems at our office. This can result in carers not being able to get through to us. We are sorry for any delays this may have caused but are working hard to resolve the issue. If you cannot get through to us by telephone you can always email us on [enquiries@calderdale-carers.co.uk](mailto:enquiries@calderdale-carers.co.uk) and we will get back to you as soon as possible.



# ✓ BRICSS: More chances to learn new skills to help you cope.



Over the summer we have been gathering all our information together and all the things we have learned from our first 3 pilot modules. Many thanks to all those carers who attended our get together at the Shay in July for your input too.

We will shortly commence training some more facilitators so that these first 3 modules can be delivered at different dates and times throughout Calderdale so that more carers can benefit from them.

We have also released the new modules for you to book on as below. Arrival is at 10.30am and we anticipate finishing the learning part of the module around 12.45 to 1pm. Each module will then be followed by a carers lunch, where you can chat in more depth and enjoy the company of other carers, accessing valuable peer support and maybe even making new friends.

Booking is ESSENTIAL as we need to know the numbers for catering purposes as well as any dietary needs. Please ring 01422 369101 to book your place.

<b>Module 5</b> Making Decisions and Setting Goals	Shay Stadium, Halifax, HX1 2YS Wednesday, 11 September Morning 10.30am
<b>Module 5</b> Making Decisions and Setting Goals	Halifax Fire Station community room, King Cross, HX1 3JF. Wednesday, 30th October Morning 10.30am
<b>Module 6</b> Building Resilience and Planning for the Future	Shay Stadium, Halifax, HX1 2YS Tuesday, 17th September Morning 10.30am
<b>Module 3</b> Managing Anxiety and Depression	Southgate Methodist Church, Elland, HX5 0JL Wednesday 2nd October Morning 10.30am
<b>Module 6</b> Building Resilience and Planning for the Future	Hebden Bridge Town Hall, HX7 7BY Wednesday, 13th November Morning 10.30am

# ✓ Save the Date: National Carers Rights Day Thursday 21st November 2019

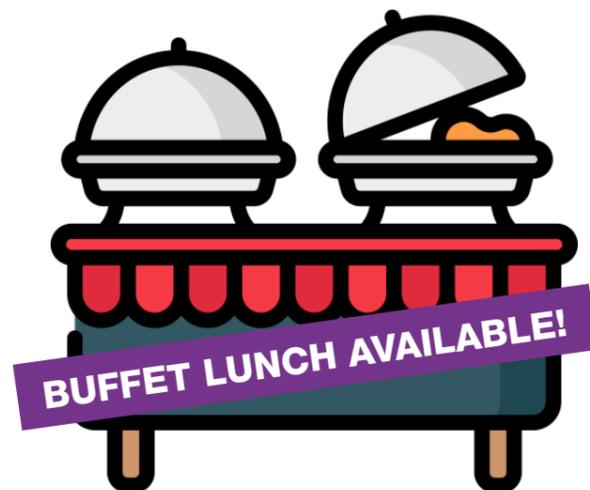
This year we are hosting a joint event with Making Space, who support those carers caring for people with a mental health problem.

The event will be open to all carers and held at at Queens Road Neighbourhood Centre, Halifax, HX1 4NE on Thursday 21st November.

There will be a buffet lunch and complementary therapies for carers.

Booking is essential – to book ring us on 01422 369101 and advise us of any dietary requirements.

We may be able to pay for a sitter and/or transport to enable you to attend. Please speak to us about it at the time of booking if you think you may need to access this.



# Calling Carers and People living with Parkinson's Disease

The Halifax Branch of Parkinson's UK has been left a legacy to be spent over three years, starting in 2020, to benefit people in Calderdale who are living with Parkinson's, or caring for someone with Parkinson's.

Possible uses of the money locally include to enable people to access activities, using the money as seed funding to create self-funding activities, or establish access to existing community resources.

Calderdale's Disability Sports Development Officer, Debbie Greenwood is very happy to listen to individual needs and offer a range of support and advice. Ring her on 01422 341527 or email [debbie.greenwood@calderdale.gov.uk](mailto:debbie.greenwood@calderdale.gov.uk)

If you would come to a consultation or can help us to make the best use of this legacy please contact Judith Kahn, Volunteer, Parkinsons UK, Halifax. Email: [jnkahn@aol.com](mailto:jnkahn@aol.com)



# Contact the elderly: Tea parties with friends

Contact the Elderly is the national charity dedicated to tackling loneliness and social isolation amongst older people living in the United Kingdom. Our mission is to empower older people to make new social connections, and break out of the cycle of social isolation.

Many people aged 75 and over spend the majority of their days by themselves. If this sounds like you, then we can help you to get out of the house and back in touch with your local community.

One Sunday afternoon a month, our volunteer drivers enjoy taking their older guests to a volunteer host's home where they join a small group for tea, talk and companionship. The group is warmly welcomed by a different host each month, but the drivers remain the same and the groups are kept small so that everyone can join in easily and get to know each other properly.

It's a simple idea, but the impact is immeasurable.

Guests are not expected to host any of the tea parties and the service is free. There are groups in the Halifax and Huddersfield area. For more information call our Freephone **0800 716543**.



# ✓ Sitters and Transport



If you cannot leave the person that you care for we can often (dependent upon funding/availability) arrange and pay for a professional agency to come and sit with them to enable you to attend a Carers Support Group or any of activities and events that we organise.

These are clearly marked with the tick above. We do require a minimum of 10 days' notice.

We can pay for transport and /or parking if you are unable to use public transport. Unfortunately, we cannot provide sitters or transport for any events or activities organised by external organisations or for personal use.

Please note we do not carry cash and normally pay expenses by bank credit.