



Special Update for all Carers in Calderdale

In this Special Edition we have important news for Carers. Please feel free to come along & join us as we offer new services to you all. In this issue...

- **A get-together to enjoy good food, good music & good company- Caring Together!**
- **New opportunities for carers to learn, socialise & make new friends!**
 - **Your chance to be involved in our exciting new photography project**

Photo project: The resilience of caring.

Calderdale Carers Project is working with local photographer Chris Worrall to raise awareness of carers and the experience of caring. Would you like to have some fun being photographed for an exhibition that shows the diversity and resilience of people who are carers in Calderdale? We'd love you to take part.

Chris contacted Calderdale Carers with the idea because, like us, he believes until you've cared for someone or been cared for you may not understand the impact it has on the lives of everyone involved.

Through photography Chris is interested in revealing that carers and the people they care for, perhaps without us knowing, are our friends, neighbours and work



colleagues and that caring may affect us all at some time in our lives. If you'd like to find out more, email chris@chrisworrall.com or call Chris on 07779 301 752 to have a chat. Chris will be pleased to explain how the project will work and ways for you to take part.

'Caring Together'

Event for Carers and their loved ones

11am - 3pm Friday 22nd March 2019

Age UK C&K, Ground Floor Rimani House

14-16 Hall Street, Halifax HX1 5BD

11am - Welcome + refreshments for adults and carers

****Announcing new opportunities for Carers
throughout Calderdale****

12 noon - Lunch

**Entertainment by Darren Lee covering favourite hits of
the 50s and 60s !**

**Complementary therapists will
be on hand to give hand and
head/neck massages**

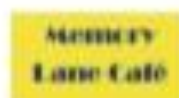
3pm - Close



Free transport and respite care available

Please call Calderdale Carers to book 01422 369101

enquiries@calderdale-carers.co.uk





BRICSS

BUILDING RESILIENCE, INCREASING
CARERS SELF-MANAGEMENT SKILLS

We are delighted to announce that we have been awarded funding by The Big Lottery Fund to research, develop & pilot new opportunities for carers.

We have called the new sessions BRICSS as above. Carers will be able to come along to sessions throughout Calderdale to participate in the latest activities & learning to help improve the quality of their daily lives. We aim to help carers find ways through some of their difficult times, give them some tools to help them to cope & reduce loneliness with the opportunity to meet & socialise with others. At the end of each session there will be a social lunch where carers can talk more about their lives & experiences both to each other & to facilitators. In addition, there may be opportunities to expand the sessions to offer complementary therapies and/or other complementary services.

Sessions include

Relaxation &
Positivity

Managing
Anxiety &
Depression

Making Decision
& Setting Goals

Skills to Manage
Feelings of
Overwhelm

Better
Relationships
Through
Communication

Building
resilience &
Planning for the
Future

All Carers are welcome to attend, however, we understand that you can't always leave the person you care for safely & with peace of mind.

So we can offer some funding for free replacement care to enable you to come along & relax & enjoy your time with us.

Give Louella a ring to find out more on 01422 369101.

BRICSS

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Timetable March to September 2019

Booking is ESSENTIAL. To book your place please ring Julie or Louella on 01422 369101 or email enquiries@calderdale-carers.co.uk

Module Details	Venue	Day & Date	Module Details	Venue	Day & Date
Module 1 Relaxation & Positivity	Illingworth Moor Methodist Church	Thursday 14 March Morning	A Carers social lunch will follow each session & sitters & transport can be provided. Please speak to staff.		
Module 2 Skills to Manage Feelings of Overwhelm	Voluntary Action Calderdale, Hall St. Halifax	Wednesday 27 March Morning	Module 4 Better Relationships Through Communication	St Pauls Methodist Church, Sowerby Bridge	Thursday 13 June Morning
Module 2 Skills to Manage Feelings of Overwhelm	Brighthouse Civic Hall	Wednesday 10 th April Morning	Module 5 Making Decisions & Setting Goals	St Pauls Methodist Church, Sowerby Bridge	Monday 17 June Morning
Module 3 Managing Anxiety & Depression	Brighthouse Civic Hall	Tuesday 30 April Morning	Module 5 Making Decisions & Setting Goals	Shay Stadium, Halifax	Wednesday 11 September Morning
Module 3 Managing Anxiety & Depression	Southgate Methodist Church, Elland	Wednesday 8 May Morning	Module 6 Building Resilience & Planning for the Future	Shay Stadium, Halifax	Thursday 18 July EVENING
Module 4 Better Relationships	Southgate Methodist Church, Elland	Thursday 23 May Morning	Module 6 Building Resilience &	Shay Stadium, Halifax	Tuesday 17 September Morning

Lunch is included & if you need to save time or cannot use public transport then let us know & we can arrange for a taxi.