



Working to improve the lives of carers



Carers News



Carers Rights Day 2016

To celebrate we will be hosting an event offering a day of complementary therapies for carers! The event will take place on

Friday 25th November 2016

**at Rimani House, Hall St, Halifax,
(Ground Floor Age UK)**

The therapies on offer are either Reflexology or Indian Head Massage, each lasting 30 minutes and places are limited.

If you would like to book a therapy please phone the office after 9.30am on Tuesday 1st November and places will be allocated on a first come first served basis.

If you would like to talk to staff they will be available for a drop in on the day 10am to 4pm.



We are pleased to announce that we have now joined the Carers Trust as a Network Partner. This means that we are part of a strong, diverse and vibrant network which can speak with a powerful voice on the issues that matter. It will also open up new areas for the support and funding for carers across Calderdale.

Contact us by telephoning

01422 369101

Or e-mail





enquiries@calderdale-carers.co.uk

Or click on

www.calderdale-carers.co.uk

All views expressed in this newsletter are not necessarily the views of Calderdale Carers but are the views of the individual contributors.

Your Carers Support Groups

 Halifax Group Calderdale Carers, Rimani House, Hall Street, Halifax, HX1 5BD	1st Tuesday of the month 1pm - 2.30pm	1st November 6 th December 3 rd January 2017 7 th February 2017
 Lower Valley Group Brighthouse Library Halifax Road Brighthouse, HD6 2AF	1st Thursday of the month 1.30pm - 3pm	3 rd November 1 st December 5 th January 2017 2 nd February 2017
 Todmorden Group Todmorden Health Centre, Halifax Road, Todmorden, OL14 5RN	2nd Tuesday of the month 11am - 12.30pm	8 th November 13 th December 10 th January 14 th February
 Sowerby Bridge Group St Paul's Church, Tower Hill, Sowerby Bridge HX6 2EQ	3rd Wednesday of the month 1.30pm - 3pm	16 th November 21 st December 18 th January 15 th February



Sitters & Transport

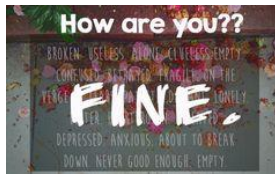
If you cannot leave the person that you care for we can often arrange and pay for a professional agency to come and sit for them to enable you to attend the group or any of activities that we organise. These will be clearly marked with the tick above. We do require a minimum of 10 days notice. We can also pay for transport and /or parking if you are unable to use public transport. Please note we do not carry cash and normally pay expenses by bank credit



Day Trips with Community Transport

9th November- **Million Dollar Quartet**
 at Leeds Grand
 11th November- **Liverpool**
 18th November -**Boundary Mills**

For further details or to book ring
 01422 888080 or
 email info@ctcalderdale.co.uk



Your next Self Management Course

Do you feel like you are 'just a carer' and losing your own identity?

Do you feel a lack of purpose in your life?

Have you become a "Can't do" person because of your caring role?

Have you stopped doing the things you liked to do?

We can help you work on negative feelings and emotions by helping you to be aware of your strengths, learn new strategies and plan a more positive future for yourself whilst maintaining your caring role.

Our new self-management course for carers will be starting on

**Friday 4th November at 10.30am to 1pm
At King Cross Fire Station Community Room**

The course will run for 6 weeks and help you to regain your sense of self, meet others in similar circumstances and learn new skills.

To find out more please ring Julie on 01422 369101 or email enquiries@calderdale-carers.co.uk



Weekend Care offer a **NEW** service for carers

Weekend Care is a local charity founded in 1991 (formerly Sunday Care), providing a safe social environment at weekends for Calderdale residents aged 50 or over. We also provide respite for carers, who can bring their cared-for to our centre and have a day to themselves.

There will be new fortnightly Friday Wellbeing sessions available from October at 10.30am to 12.30pm and from 1.30pm to 3.30pm. These would be ideal for carers who need a short break but there will also be some full day options available. Costs are from £4.85 per hour for sessions and from £15 per day.

Contact Weekend Care on 07825 429034 or email them at weekend.care@cvac.org. if you would like more information or to make a booking.

Healthwatch throughout West Yorkshire are currently gathering views on a new initiative called Hear, See and Treat. We want to make sure that your opinion and suggestions are included in plans to develop ambulance services. You can have a look at some ideas put forward in a short video by visiting <http://healthwatchcalderdale.co.uk/hear-see-treat/>

or complete a survey at

<https://www.surveymonkey.co.uk/r/Hearseetreat>



Are you a stroke survivor or a carer of someone affected by stroke? The local Stroke Association is looking for 'Experts by Experience' to join their established team of volunteers in Calderdale. Please contact them on 01484 714147 or email adminyandh@stroke.org.uk



Would you like to lose weight and get healthy for free?

Weight, especially around the waist, is the greatest risk factor of diabetes. These free courses include 6 weeks of x-pert education, 3 weeks with a personal trainer plus a 2 hour follow-up session. An opportunity to learn what happens to food when you eat it and how physical activity can help.

Courses Dates

Elland- Monday 16th January 1.30 to 3.30pm (venue to be confirmed)

Hipperholme - Tuesday 17th January 1.30 to 3.30pm Christ Church

Brighouse - Tuesday 5.30pm to 8pm Waterfront Lodge Hotel

If you would like to attend please contact us at

admin@xperthealth.org.uk or telephone the office on 01422 847871

Autumn Workshops with Healthy Minds 2016

Boundaries Workshop

Monday 31st October

10.30-12.30pm at The Orange Box, Halifax

Managing Anger Workshops:

Wednesday 2nd November : 10-12pm at The Orange Box, Halifax

Wednesday 9th November: 1.00-3.00pm at Town Hall, Hebden Bridge

Managing Conflict Workshops

Tuesday 8th November

10.30am-12.30pm at The Orange Box, Halifax

Head Space: a 3 week course starting Tuesday 15th 22nd and 29th November
from 12.30-2.30pm in Brighouse Library

For more information & to book contact Healthy Minds on 01422 345154 or email info@healthymindscalderdale.co.uk