

What's on September to December 2018

For more details on any of these events or to book a place where booking is required please contact **enquiries@yorkcarerscentre.co.uk**, **01904 715490** or visit our website **www.yorkcarerscentre.co.uk**. All venues are accessible unless otherwise stated.

Crombie Wilkinson Legal Clinic

Date: Wednesday 14 November

Time: A 30 minute slot between 9.30am and 3.30pm.

Phone us on **01904 715490** to book

Where: Crombie Wilkinson, 17 – 19 Clifford Street, York, YO1 9RJ

Information: Free appointments to give advice on wills, probate and power of attorney. If you instruct a solicitor following your appointment this will be at your cost.

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AGM

Date: Thursday 27 September

Time: 6pm

Where: Main Hall, Priory Street Centre, Priory Street, YO1 6ET

Information: A chance to share our work from the past year and listen to a guest speaker. Refreshments available. No need to book but it can be useful to know numbers.

Carers Rights Day

Date: Friday 30 November

Time: 9.30am to 2.30pm

Where: Priory Street Centre, York, YO1 6ET

Information: A chance to talk with York's two MPs between 10 and 11.30am, followed by lunch and a chocolate workshop. Please book a place.

What's on September to December 2018

Wellbeing Hub

Date: Mondays 15 October to 12 November

Time: 10am to 12pm

Where: Friends Meeting House, Friargate, YO1 9RL

Information:

Monday 15 October Seated T'ai Chi

Monday 22 October (10am to 12.30pm) Wellbeing Mini-Marketplace with tasters of reflexology, aromatherapy, clay play, acupuncture and information and advice stalls. (No need to book and cared for welcome at this session)

Monday 29 October Seated yoga

Monday 5 November Mindfulness

Monday 12 November Talk and Walk with the Rowntree Society

Please book. Carers only unless stated.

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Carers Action Group

Date: Wednesday 12 September and Wednesday 7 November

Time: 10am to 12pm

Where: Friends Meeting House, Friargate, YO1 9RL

Information: A small group of carers who come together to discuss and raise issues which affect them and plan to influence or directly make positive changes. There is a light lunch provided afterwards. If you are interested in this group please contact us.

Carers Advice Line

Wednesdays, 5 to 8pm. Call **01904 715490** to speak to our Advice Workers.

What's on September to December 2018

Carers Café

Dates: First Wednesday of the month (5 September, 3 October, 7 November, 5 December)

Time: 10 to 11.30am

Where: St. Sampson's Centre, Church Street, York, YO1 8BE

Information: Drop in for a free drink and cake and meet other carers. Cared for welcome, no need to book.

Acomb Carers Hub

Dates: Second Monday of the month (10 September, 8 October, 12 November, 10 December)

Time: 1 to 2.30pm

Where: Acomb Methodist Church, Front Street, YO24 3BX

Information: Get support and information, take a break and have a chat. Cared for welcome. No need to book and you can attend any of the Hubs in the city.

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Haxby Carers Hub

Dates: Third Thursday of the month (20 September, 18 October, 15 November, 20 December)

Time: 10 to 11.30am

Where: Costa Coffee, Ryedale Court Shopping Centre, Haxby, YO32 3SA

Information: See Acomb Carers Hub for description.

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Pop up Hubs

Dates, times, locations:

- **Wednesday 26 September, 10 to 11.30am,**
Spearehead Community Café, St. Mary's Church,
Church Lane, Strensall, YO32 5XU.
Joined by Dementia Forward.
- **Thursday 25 October, 10 to 11.30am,** Chapelfields
Community Association, Sanderson Court, Bramham
Avenue, YO26 5DX. Joined by York Neighbours.

Information: York Carers Centre staff will be available to offer advice and information.

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York Mental Health Carers Group

Dates: Second Wednesday of the month (12 September, 10 October, 14 November, 12 December)

Time: 7 to 9pm

Where: Studio Room, 30 Clarence Street, YO31 7EW

Information: For carers of people with mental ill health.

No need to book if you have been before. Carers only.

You can join our mental health carers mailing list by contacting **Lowra** on **01904 715490** or

Lowra.kitchingman@yorkcarerscentre.co.uk.

What's on September to December 2018

Substance Misuse Support Group

Dates: Third Wednesday of the month (19 September, 17 October, 21 November, 19 December)

Time: 1.30 to 3.30pm

Where: Tesco Community Room, Tadcaster Road, YO24 1LW

Information: For carers affected by someone else's substance misuse. Carers only. If it is your first time phone us for a 30 minute appointment with the facilitator before the start of the session.

Young Carers and Young Adult Carers Events

The Young Carer and Young Adult Carer services run regular groups and activities. For more information on these please contact enquiries@yorkcarerscentre.co.uk or **01904 715490**