


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. 

<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>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.</p>
<p>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.</p>	<p>Please contact us for information on Young Carer and Young Adult Carer events and activities.</p>

<p>Carers Café</p> <p>Dates: First Wednesday of the month (5 September, 3 October, 7 November, 5 December)</p> <p>Time: 10 to 11.30am</p> <p>Where: St. Sampson's Centre, Church Street, York, YO1 8BE</p> <p>Information: Drop in for a free drink and teacake and meet other carers. Cared for welcome, no need to book.</p>	<p>Acomb Carers Hub</p> <p>Dates: Second Monday of the month (10 September, 8 October, 12 November, 10 December)</p> <p>Time: 1 to 2.30pm</p> <p>Where: Acomb Methodist Church, Front Street, YO24 3BX</p> <p>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.</p>
<p>Pop up Hubs</p> <p>Dates, times, locations:</p> <ul style="list-style-type: none"> • 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. <p>Information: York Carers Centre staff will be available to offer advice and information.</p>	<p>Haxby Carers Hub</p> <p>Dates: Third Thursday of the month (20 September, 18 October, 15 November, 20 December)</p> <p>Time: 10 to 11.30am</p> <p>Where: Costa Coffee, Ryedale Court Shopping Centre, Haxby, YO32 3SA</p> <p>Information: See Acomb Carers Hub for description.</p>
<p>Substance Misuse Support Group</p> <p>Dates: Third Wednesday of the month (19 September, 17 October, 21 November, 19 December)</p> <p>Time: 1.30 to 3.30pm</p> <p>Where: Tesco Community Room, Tadcaster Road, YO24 1LW</p> <p>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.</p>	<p>York Mental Health Carers Group</p> <p>Dates: Second Wednesday of the month (12 September, 10 October, 14 November, 12 December)</p> <p>Time: 7 to 9pm</p> <p>Where: Studio Room, 30 Clarence Street, YO31 7EW</p> <p>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.</p>