


## What's on April to June 2019

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

|  |  |
|--|--|
| <p><b>Carers Week Boat Trip</b></p> <p><b>Date:</b> Wednesday 12 June</p> <p><b>Time:</b> 3pm to 5pm (meet from 2.30pm)</p> <p><b>Where:</b> City Cruises York, King's Staith Landing, King's Staith, York, YO1 9SN</p> <p><b>Information:</b> Please contact us to book your place before the end of May. The boat is fully accessible. You are welcome to book a place for the person you care for. Refreshments are provided.</p>   | <p><b>Legal Clinic</b></p> <p><b>Date:</b> Thursday 13 June</p> <p><b>Time:</b> A 30 minute slot between 9.30am and 3.30pm. Phone us on <b>01904 715490</b> to book</p> <p><b>Where:</b> Crombie Wilkinson, 17 to 19 Clifford Street, York, YO1 9RJ</p> <p><b>Information:</b> 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><b>Wellbeing Hub</b></p> <p>All of our wellbeing activities will take place at Friends Meeting House, Lower Friargate, York YO1 9RL, with the exception of Bitesize Cookery.</p> <ul style="list-style-type: none"> <li>• <b>Setting Personal Goals:</b> Wednesday 3 April from 10am to 12pm</li> <li>• <b>Managing Stress and Building Resilience:</b> Wednesday 10 April from 10am to 12pm</li> <li>• <b>Creative Writing:</b> Friday 10 May, 17 May, 24 May from 10am to 12pm</li> <li>• <b>Bitesize Cookery:</b> Tuesdays 4 June, 11 June, 18 June, 25 June, 2 July, 9 July from 12pm to 2pm at Tang Hall Community Centre, Fifth Avenue, York YO31 0UG</li> </ul> <p><b>Information:</b> All of these free sessions are designed to support carers wellbeing. Please contact us to book a place on any or all of these sessions. The sessions are for carers only.</p> | <p><b>Pop up information and advice sessions</b></p> <p><b>Dates, times, locations:</b></p> <p><b>Friday 3 May</b> from 12pm to 1.30pm at Foxwood Community Centre, Cranfield Place, York YO24 3HY</p> <p><b>Tuesday 11 June</b> from 10am to 12pm at Haxby and Wigginton Health Centre, The Village, Wigginton, York YO32 2LL</p> <p><b>Tuesday 11 June</b> from 2pm to 4pm at The Old Forge GP Surgery, The Green, Poppleton, York YO26 6EQ</p> <p><b>Information:</b> Drop in to our information and advice sessions in the community to ask questions about your caring role.</p> <p><b>Carer Breaks Marketplace</b></p> <p><b>Date:</b> Wednesday 26 June</p> <p><b>Time:</b> 10.30am to 12.30</p> <p><b>Where :</b> Friends Meeting House, Lower Friargate, York YO1 9RL</p> <p><b>Information:</b> Drop in for information from organisations about taking a break.</p> |

|   |  |
|---|--|
| <p><b>Carers Café</b></p> <p><b>Dates:</b> First Wednesday of the month (3 April, 1 May, 5 June)</p> <p><b>Time:</b> 10 to 11.30am</p> <p><b>Where:</b> St. Sampson's Centre, Church Street, York, YO1 8BE</p> <p><b>Information:</b> Drop in for a free drink and scone and meet other carers. You are welcome to bring the person that you care for. All ages are welcome.</p>  | <p><b>Acomb Carers Hub</b></p> <p><b>Dates:</b> Fourth Wednesday of the month (24 April, 22 May, 26 June)</p> <p><b>Time:</b> 10 to 11.30am</p> <p><b>Where:</b> Lidgett Grove Community Café, Lidgett Grove Church, Wheatlands Road, YO26 5NH</p> <p><b>Information:</b> Drop in for support, information and a chat. You are welcome to bring the person that you care for.</p>  |
| <p><b>Substance Misuse Support Group</b></p> <p><b>Dates:</b> Third Wednesday of the month (17 April, 15 May, 19 June)</p> <p><b>Time:</b> 1.30pm to 3.30pm</p> <p><b>Where:</b> Tesco Community Room, Tadcaster Road, YO24 1LW</p> <p><b>Information:</b> For carers affected by someone else's substance misuse. This group is for carers only. If attending for the first time please phone us for a 30 minute appointment with the facilitator before the start of the session.</p> | <p><b>Haxby Carers Hub</b></p> <p><b>Dates:</b> Third Thursday of the month (18 April, 16 May, 20 June)</p> <p><b>Time:</b> 10 to 11.30am</p> <p><b>Where:</b> Costa Coffee, Ryedale Court Shopping Centre, Haxby, YO32 3SA</p> <p><b>Information:</b> Drop in for support, information and a chat. You are welcome to bring the person that you care for.</p>   |
| <p><b>York Mental Health Carers Group</b></p> <p><b>Dates:</b> Second Wednesday of the month (10 April, 8 May, 12 June)</p> <p><b>Time:</b> 7pm to 9pm</p> <p><b>Where:</b> 30 Clarence Street, YO31 7EW</p> <p><b>Information:</b> For carers of people with mental ill health. If attending for the first time please let us know. This group is for carers only. We produce a mental health monthly bulletin, if you would like to receive this please contact us.</p>               | <p><b>Carers Action Group</b></p> <p><b>Dates:</b> To be announced</p> <p><b>Time:</b> 10am to 12pm</p> <p><b>Where:</b> Friends Meeting House, Lower Friargate, York YO1 9RL</p> <p><b>Information:</b> A small group of carers who come together to 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><b>Please contact us for Young Carer and Young Adult Carer activities and events.</b></p> |