

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, **01904 715490** or visit our website www.yorkcarerscentre.co.uk. All venues are accessible unless otherwise stated.

Carers Week Boat Trip

Date: Wednesday 12 June

Time: 3pm to 5pm (meet from 2.30pm)

Where: City Cruises York, King's Staith Landing, King's Staith, York, YO1 9SN

Information: 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.

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Legal Clinic

Date: Thursday 13 June

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, 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.

Pop up carer information sessions

Dates, times, locations:

- **Friday 3 May** from 12pm to 1.30pm at Foxwood Community Centre, Cranfield Place, York YO24 3HY
- **Tuesday 11 June** from 10am to 12pm at Haxby and Wigginton Health Centre, The Village, Wigginton, York YO32 2LL
- **Tuesday 11 June** from 2pm to 4pm at The Old Forge GP Surgery, The Green, Poppleton, York YO26 6EQ

Information: Drop in for information and advice on your caring role

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Wellbeing Hub

All of our wellbeing activities will take place at Friends Meeting House, Lower Friargate, York YO1 9RL, with the exception of Bitesize Cookery.

- **Setting Personal Goals:** Wednesday 3 April from 10am to 12pm
- **Managing Stress and Building Resilience:** Wednesday 10 April from 10am to 12pm
- **Creative Writing:** Friday 10 May, 17 May, 24 May from 10am to 12pm
- **Bitesize Cookery:** 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

Information: 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.

What's on April to June 2019

Carers Action Group

Date: To be announced

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 Café

Dates: First Wednesday of the month

(3 April, 1 May, 5 June)

Time: 10 to 11.30am

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

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

What's on April to June 2019

Carers Advice Line

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

Carer Breaks Marketplace

Date: Wednesday 26 June

Time: 10.30am to 12.30

Where : Friends Meeting House, Lower Friargate, York
YO1 9RL

Information: Drop in for information from organisations about taking a break.

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Acomb Carers Hub

Dates: Fourth Wednesday of the month
(24 April, 22 May, 26 June)

Time: 10 to 11.30am

Where: Lidgett Grove Community Café, Lidgett Grove Church, Wheatlands Road, YO26 5NH

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.

Haxby Carers Hub

Dates: Third Thursday of the month (18 April, 16 May, 20 June)

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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Substance Misuse Support Group

Dates: Third Wednesday of the month (17 April, 15 May, 19 June)

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 20 minute appointment with the facilitator before the start of the session.

What's on April to June 2019

York Mental Health Carers Group

Dates: Second Wednesday of the month
(10 April, 8 May, 12 June)

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 specific mental health carers mailing list
by contacting **01904 715490**

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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**