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), **01904 715490** or visit our website [**www.yorkcarerscentre.co.uk**](http://www.yorkcarerscentre.co.uk). All venues are accessible unless otherwise stated. 

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| **Christmas Wreath Workshop**  **Date:** Thursday 5 December  **Time:** 10am to 12 noon  **Where:** Quaker Meeting House, Lower Friargate, York YO1 9RL  **Information:** This free, creative wreath making workshop is just for carers and is designed to support wellbeing. Places are limited so please contact us to book.  **Carers Rights Day**  **‘Paying for Care’ Event**  **Date:** Thursday 21 November  **Time:** 10am to 2pm  **Where:** Denham Room, York CVS, Priory Street, YO1 6ET  **Information:** Join us on Carers Rights Day for a range of talks and information about paying for care (self-funding). A light lunch will be provided. You are welcome to bring the person you care for. To help us plan, please let us know if you are coming. |
| **Pop up advice session**  **Date:** Wednesday 4 December  **Time:** 10.30am to 12 noon  **Where:** Explore Library, Main Street, Bishopthorpe, York, YO23 2RB  **Information:** Drop in to our carers advice session to ask questions about caring and what help is available. You are welcome to bring the person you care for and refreshments will be provided.  **Substance Misuse Support Group**  **Date:** Third Wednesday of the month (16 October, 20 November, 18 December)  **Time:** 1.30pm to 3.30pm  **Where:** Tesco Community Room, Tadcaster Road, YO24 1LW  **Information:** For carers affected by someone else’s substance misuse, the group is for carers only. If attending for the first time please phone us to book a 30 minute appointment with the facilitator before the start of the session.  **Evening Advice Line**  **Every Wednesday from 5 to 8pm.**  Call **01904 715490** to speak to our advice workers about rights, benefits for carers or disabled people, community care and carers’ employment rights. |
| **Carers Café**  **Dates:** First Wednesday of the month (2 October, 6 November, 4 December)  **Time:** 10am 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. You are welcome to bring the person that you care for. All ages are welcome to attend. |
| **Acomb Carers Hub**  **\*please note new venue\***  **Dates:** Tuesday 22 October, Tuesday 26 November, Tuesday 17 December  **Time:** 1pm to 2.30pm  **Where:** Acomb Explore Library, Front Street YO24 3BZ  Information: Drop in to the cafe for support, information and a chat. You are welcome to bring the person you care for.  **York Mental Health Carers Group**  **Dates:** Second Wednesday of the month (9 October, 13 November, 11 December)  **Time:** 7pm to 9pm  **Where:** 30 Clarence Street, YO31 7EW  **Please note: The December group will be held at Middletons Hotel, Skeldergate.**  **Information:** For carers of someone with mental ill health, the group is for carers only. We produce a mental health monthly bulletin; if you would like to receive this please contact us.  **Haxby Carers Hub**  **Dates:** Third Thursday of the month (17 October, 21 November, 19 December)  **Time:** 10am to 11.30am  **Where:** Costa Coffee, Ryedale Court Shopping Centre, Haxby, YO32 3SA  **Information:** Drop in for support, information and a chat. You are welcome to bring the person that you care for.  **Mental Health Drop In**  **Dates:** Wednesday 30 October, Wednesday 27 November, Wednesday 18 December  **Time:** 6pm to 8pm  **Where:** Slug and Lettuce, Back Swinegate, York, YO1 8AD  **Information:** For carers of someone with mental ill health, who are caring for a young person, who are in the early stages of caring or who are caring for someone in crisis.  **To register:** York Mind is administering registrations for the drop in. Contact York Mind on 01904 643364 , then option 5 for Activities. |
| **Carers Action Group**  **Dates:** Wednesday 6 November  **Time:** 10am to 12pm  **Where:** Quaker Meeting House, Lower Friargate, York YO1 9RL  **Information:** A meeting for carers who want to influence and improve services. New members always welcome, light lunch is provided after the meeting. Please get in touch to be involved. |
| **Please contact us for Young Carer and Young Adult Carer activities and events.** |