



Carers' Resource face to face groups in January

Would you like to meet other carers in Bradford City and District?
Join our friendly groups and take a break from your caring role!

Carer drop-in/coffee groups

Baildon Carers Group (first Monday of the month) Monday 8th January 1pm – 3pm

St Hugh's Community Centre, Coach Road, Baildon, Contact Melanie Evans, mevans@carersresource.org

Ilkley Carers Coffee and Cake (first Tuesday of the month) Tuesday 2nd January 10.30am – noon

Clarke-Foley Centre, Ilkley, Contact Fiona McKinnon-Evans, fmckinnon-evans@carersresource.org

Bingley Carers Drop in (first Wednesday of the month) Wednesday 3rd January 10.30am – noon

The Lounge, 2 Queen St, Bingley, Contact Joanne Beetham, jbeetham@carersresource.org

Girlington Carers Coffee and Chat (second Thursday of the month) Thursday 11th January 9am – 11am

Community Room, Morrisons Supermarket, Girlington, Contact Sarah Czujko, sczujko@carersresource.org

Keighley Carers Group (first Friday of the month) Friday 5th January 10am – 11.30am

Asda cafe, Asda Superstore, Keighley, Contact Rachel Hagan, rhagan@carersresource.org

Oakworth Welcome Drop-in. Open to carers and the people they care for (first Monday of the month) on Monday 8th January 1.30pm – 3.30pm

Oakworth Methodist Church, 107 Lidget, Oakworth, Keighley,
Contact Carly Brunskill, cbrunskill@carersresource.org

Noble Comb Carers Group, (third Wednesday of the month) Wednesday 17th January at 11am – 12noon, Quayside, Salts Mill Road, Shipley, Contact Kathryn Leakey, kleakey@carersresource.org

Cafe West Peer Support Group (third Monday of the month) Monday 15th January 11am – 1pm

Cafe West, Allerton, Bradford. To find out more, contact Tracy McGrory, tmcgrory@carersresource.org

Craft Groups

Manningham Wellbeing Hub Craft Group (first Friday of the month) Friday 5th January 10am – noon

Manningham Wellbeing Hub, Equality Together, Lilycroft Road, Bradford,
Contact Eileen McAlonan, emcalonan@carersresource.org

Carer Craft and Chat Group, Bierley (first Tuesday of the month) Tuesday 9th January 10am - noon

Bierley Community Centre, 102-104 Bierley House Avenue, Bradford
Contact Melanie Evans, mevans@carersresource.org

Bradford Park Strolls

Join other carers for a gentle stroll in one of Bradford's beautiful parks

Lister Park Monthly Stroll (monthly) Thursday 4th January 10am - 12noon

Contact Melanie Evans, mevans@carersresource.org

Cliffe Castle Park Stroll Keighley (fortnightly) Wednesday 3rd, 17th & 31st January 10am – 12noon

Contact Melanie Evans, mevans@carersresource.org

Harold Park Stroll, Low Moor (fortnightly) Friday 5th, 12th & 26th January 10am - 12noon

Contact Melanie Evans, mevans@carersresource.org

Peel Park Stroll, Thursday 25th January 10am – 12noon

Contact Najmah Iqbal, niqbal@carersresource.org

West Bowling Park Stroll, Thursday 11th January 10am – 12noon

Contact Najmah Iqbal, niqbal@carersresource.org

Meet Carers Online

*All our online sessions are held via Google Meet and you will be sent a link when you book your place.
We can help you join.*

Book Group (fortnightly) Thursday evenings 10th & 24th January 7.30pm – 8.30pm

Friendly discussion on chosen book.

Contact Melanie Evans, mevans@carersresource.org

Just For Fun Quiz (third Wednesday of the month) Wednesday 17th January 3pm - 4pm

Join us for some light-hearted quizzing and conversation

Contact Joanne Beetham, jbeetham@carersresource.org

Men Care Too – On-line Forum – Wednesday 10th January 6.30pm - 7.30pm

Meet other male carers, share experiences and help plan activities for the months ahead.

Contact Goran Selby, gospelby@carersresource.org

SEND Parent Carer Drop-ins and Groups

Are you caring for a child with a disability or additional needs? Join us at one of our informal sessions to get together, receive support and share experiences

Shipley Parent Carer Group, Thursday 11th & 25th January 11am – 1pm

11th January, Coffee and Chat, Asda Store, Shipley

25th January, Kooth Stress and Anxiety Workshop, Asda store, Shipley

Contact Kathryn Leakey, kleakey@carersresource.org

Keighley Parent Carer Group, Keighley, Friday 5th & 19th January 10am – 11.30am

Central Hall, Alice Street, Keighley, BD21 3JD

Contact Lucy Cartwright, lcartwright@carersresource.org

Bradford East Parent-Carer Coffee Mornings, Monday 8th January 11am – 12.30pm

Family Hub, 365 Barkerend Road, BD3 8QX

Contact Catherine Haslam, chaslam@carersresource.org

Bradford West Parent Carer Coffee Mornings, Monday 15th January 10.30am – 12noon

Farcliffe Children's and Family Centre, 56 Toller Lane, Bradford, BD8 8QH

Contact Tracy McGrory tmcgrory@carersresource.org

STAR Club Parent Carer Drop In, Thursday 4th January 6.30pm – 8.30pm

Culture Fusion Building, 125 Thornton Road, Bradford BD1 2EP

Contact Lucy Cartwright, lcartwright@carersresource.org

Ilkley Parent Carer Coffee Morning, Thursday 4th January 10.30am – 12noon

The Victorian Arcade, Outside the Box, Ilkley LS29 9DY

Contact Lucy Cartwright, lcartwright@carersresource.org

You are Not Alone: Child to Parent Violence Support Group, Thursday 4th January at 10am – noon

Peer support, advice, guidance and reassurance for parent-carers of school age children up to 18 years

Carers' Resource, 15 Park View Court, St Paul's Road, Shipley, BD18 3DZ

Contact Kuni Holder, kholder@carersresource.org

Male Carer Groups

Music and Games Nights, Wednesday 17th January 7pm – 9pm

Come along to these friendly and informal music, jamming and games evenings.

St. Peter's Church, Moorhead Lane, Shipley. Contact Goran Selby, mencare2@carersresource.org

Strolls and Coffee Wednesday 31st January 10am

Coffee at the café followed by an easy social walk

Meet at Higher Ground Café, Hirst Lane, Saltaire. Contact Goran Selby, mencare2@carersresource.org

Jazz Band Workshop Wednesdays 24th & 31st January, both are 7pm starts

For male carer instrumentalists and singers who want to improve their music skills. Musicians will get the chance to join the Men Care Too Band.

Venues to be confirmed – for more information contact Goran Selby, mencare2@carersresource.org

Meet and Eat at Mumtaz, Monday 15th January at 6pm

Join us for a lovely curry to celebrate the New Year!

Mumtaz Restaurant, 386 Great Horton Road, Bradford BD7 3HS

Contact Goran Selby, mencare2@carersresource.org

Woodworking Workshops, Monday 8th, 15th & 22nd January 10am – 12noon

Try your hand at carving, wood sculpture, turning/machining pieces of wood

Baildon Shipley & Saltaire Men's Shed, Northcliffe Park, Bradford BD18 3DD

Contact Goran Selby, mencare2@carersresource.org

Campfire Chats with Fish and Chips, Saturday 27th January 1pm – 5pm

Join us around a big camp fire between the river & canal with the fish and chips on us!

Hunters Greave Scout Activity Site, Pollard Lane, Bramley, Leeds LS13 1EQ

Contact Goran Selby, mencare2@carersresource.org

**For information about how to join any of our online groups ring 0808 50 15 939
or email info@carersresource.org**