***(Men Care Too in Choices, Nov to Feb 24)***

Are you a man who looks after somebody? Why not join other male carers on walks, meet up for meals, or try your hand at woodworking or music? And you are invited to join us round the campfire for a bushcraft activity camping weekend.

All our Men Care Too Events are **free for male carers** registered with Carers’ Resource!

Men Care Too is funded by Carers Trust, Making Carers Count project.

For further information and to join any of our Men Care Too events contact:

**Goran Selby 07874 867136 Email: mencare2@carersresource.org**

**Men Care Too online forum**

A monthly online meeting for male carers from across Yorkshire to meet other carers, share ideas, learn, laugh, plan activities and put the world to rights. The meeting is held online via Google Meet.

**Wednesdays 6.30 – 7,30pm – 13th Dec; 10th Jan; 21st Feb**

To join in and receive the online link, contact Goran Selby

**Music,Snooker, Games Nights**

Come along to these friendly and informal music, jamming and games evenings. You can chat to other male carers while you listen to music, with the chance to play snooker, darts and table tennis too. Perhaps try your hand at guitar or piano with a chance to pick up tips and techniques from the expert musicians. There’ll be free refreshments including pizza and a cuppa!

At St. Peter’s Church, Moorhead Lane, Shipley

**Wednesdays 7pm – 9pm - 6th December, 17th January, 7th February**

**Strolls and Coffee**

Meet for coffee at the café followed by an easy social walk on flat ground in the beautiful area around Saltaire, perhaps along the canal, through Hirst Woods, along the river, or up towards Shipley Glen.

Meet at Higher Ground Café, Hirst Lane, Saltaire, BD18 4NQ

**Wednesdays 10am – 15th November, 20th December; 31 January; 28 February,**

**Hill and Moorland Walks**

More challenging walks. Starting with fairly easy hills we aim to build up to longer walks on the moors and dales, with a chance to improve map reading and navigation skills.

## Meet at Bracken Hall Countryside Centre, Glen Rd, Baildon, Shipley BD17 5EA

**Tuesday 9.30am 5th December- Second Ilkley Moor circular walk.**

**Jazz Band Workshop**

For male carer instrumentalists and singers who want to improve their music skills. Learn jazz harmony and play Jazz standards in practical workshop sessions with your fellow musicians. You don’t need to be able to read music. Would suit male carers who can play an instrument but want to build confidence to tackle complicated styles of music like jazz. Musicians will get the chance to join the Men Care Too Band.

**All 7pm starts,**

**Thursday 16th and Wednesday 22nd November**

**Thursday 14th and Wednesday 20 December**

**Wednesday 24th and 31st January**

**Wednesday 28th February**

**Venues to be confirmed – contact Goran Selby for more information**

**Meet and Eat at Mumtaz**

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

At Mumtaz Restaurant 386 Great Horton Road, BD7 3HS

**6pm Monday January 15th**

**Woodworking Workshops**

Join us at these woodworking skills workshops and try your hand at carving, wood sculpture, turning/machining pieces of wood and using a lathe.

At Baildon Shipley & Saltaire Men’s Shed, Northcliffe Park, BD18 3DD

**Mondays 10am -12 noon 8th 15th 22nd January**

**Campfire chats and fish and chips**

Come and join us around a nice big camp fire on a lovely site between the river and the canal, sheltered by a cover, so whatever the weather you won’t get wet! We also have the use of a building and a large kitchen, should we wish to go indoors.

The fish and chips is on us! What’s not to like?

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

**Saturday 1pm- 5pm** **January 27th**

**Bushcraft Camp Weekend!**

Join us to take part in fun activities over the weekend including archery, fire craft, camp fire cooking skills and tarpology. With the whole campsite to ourselves for the weekend, you are invited to join us for as long, or as little as your personal schedule allows and can camp over if you wish.

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

**Saturday 17th February to noon Sunday 18th February**

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