

For more details on any these events please contact enquiries@yorkcarerscentre.co.uk, **01904 715490** or visit our website www.yorkcarerscentre.co.uk. All venues are accessible unless otherwise stated.



Meal at Cosmo

Date: Wednesday 28 March

Time: 1pm

Where: Cosmo, Bridge Street, York, YO1 6DA

Information: A whole centre lunch outing for young carers, young adult carers and adult carers. This will be a great chance to get together with other carers and take a break from your caring role. We have funding to pay for the meal but places are limited so please book via **01904 715490** or enquiries@yorkcarerscentre.co.uk. Carers only.

Carers Café

Dates: First Wednesday of the month (7 March, 4 April, 2 May)

Time: 10 to 11.30am

Where: Spurriergate Centre, York, YO1 9QR

Information: Drop in for a free drink and teacake and meet other carers. You can bring the person you care for, no need to book.

Carers Advice Line

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

Health and Wellbeing Hub

Date: Wednesdays

Time: 1.30 to 3.30pm unless otherwise stated

Where: St. Aelred's Community Centre, Fifth Avenue, Tang Hall, York, YO31 0PN

Information: A variety of sessions are planned to cover many aspects of a caring role. You can choose to come to as many as you want to. They are for carers only, and do need to be booked onto via **01904 715490** or enquiries@yorkcarerscentre.co.uk

11 April Skin integrity and pressure sores with Sarah Fiori from Vale of York CCG

18 April Jane Archer from the Cancer Care Unit

25 April Dementia Awareness with Amanda Stevens from Dementia Forward

2 May Mental Health, Capacity and Safeguarding with Christine Pearson

9 May A visit to Be Independent's show flat in Hazel Court, James Street (carers to meet there), **1 to 4pm**

16 May Learn about York Neighbours

23 May End of Life and Advanced Care Planning with specialised nurses

For more detailed session contents visit www.yorkcarerscentre.co.uk/events

<p>Acomb Carers Hub Dates: Second Monday of the month (12 March, 9 April, 14 May) Time: 1 to 2.30pm Where: Acomb Methodist Church, Front Street, YO24 3BX Information: An opportunity to get support and information, take a break and have a chat. Hubs often have representatives from other agencies dropping in to chat to carers. Cared for welcome. No need to book and you can attend any of the Hubs in the city.</p>	<p>Haxby Carers Hub Dates: Third Thursday of the month (15 March, 19 April, 17 May) Time: 10 to 11.30am Where: Costa Coffee, Ryedale Court Shopping Centre, The Village, Haxby, YO32 3SA Information: An opportunity to get support and information, take a break and have a chat. Hubs often have representatives from other agencies dropping in to chat to carers. Cared for welcome. No need to book and you can attend any of the Hubs in the city.</p>
<p>York Mental Health Carers Group Dates: Second Wednesday of the month (14 March, 11 April, 9 May) Time: 7 to 9pm Where: Studio Room, 30 Clarence Street (formerly known as Sycamore House), YO31 7EW Information: Join other carers of people with mental ill health for peer support and discussions with guest speakers. No need to book if you have been before. Carers only.</p>	<p>Substance Misuse Support Group Dates: Third Wednesday of the month (21 March, 18 April, 16 May) Time: 1.30 to 3.30pm Where: Tesco Community Room, Tadcaster Road, YO24 1LW Information: An opportunity for carers affected by substance misuse to get peer support, information and guidance. Carers only. If it is your first time to the group please phone us for a 20 minute appointment with the facilitator before the start of the session.</p>
<p>Pop up Hubs Dates, times, locations:</p> <ul style="list-style-type: none"> • Tuesday 27 March, 10am to 12pm, Lavender Grove Surgery, Boroughbridge Road, YO26 5RX • Tuesday 24 April, 11am to 1pm, St. Thomas's Church, Osbaldwick lane, YO10 3BD • Wednesday 30 May, 11am to 1pm, Priory Medical Group, Heworth Green, YO31 7SX <p>Information: York Carers Centre staff will be available to offer advice and information.</p>	<p>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</p>