

For any further information please
do not hesitate to contact us:

Carers Count
8 Upperhead Row
Huddersfield HD1 2JN

Tel: 0300 012 0231
E-mail: info@carerscount.org.uk

Maps and directions are available on request.

Carers Count welcome feedback from carers.

For any suggestions or comments please
contact the group development workers:
0300 012 0231.

Please get in touch if you are not already
registered with Carers Count!

Supported by



Groups, Training & Courses Guide June – December 2017



Promoting the well-being of carers
so they can continue in their caring role
and have a life of their own

Carers Count is a not-for-profit organisation and operates a "Pay as you please" system for most of our groups.

We are asking that carers donate for attending our groups etc. We ask for a minimum contribution of £2 to cover the cost of refreshments and any materials used within the session and this money is also fed back into any events we hold such as the Carers Pamper Day.

Please don't let cost be a barrier to attending our activities, we are only asking for donations if you are able to do so. Please speak to us if you have any concerns.

At some of our groups, we offer complementary therapies and we are now asking for a minimum contribution of £2 per treatment and this can be paid in the treatment room.

These valuable groups and services can continue with your support... thank you.

Why Get Involved in a Group?

It's normal to feel apprehensive about joining a group, especially as a carer.

It is so easy to become isolated and always put others' needs before your own.

All the carers who attend our groups say they were surprised at how easy it was to come in to a group, and how welcoming everyone was.

The first step is the hardest, but remember we are with you every step of the way!

The After Carers Group

Carers Count want to support former carers to help them to move forward and to offer support including: confidence building, careers or volunteering advice and finding out what is available within the community.

Wednesday 26th July 13:00–15:30

Carers Count
8 Upperhead Row, Huddersfield HD1 2JN

Please contact Louise Spencer to discuss this group on 0300 012 0231 or email: info@carerscount.org.uk

Other groups

Carers Count are currently reviewing some of our groups, including bereavement groups. If you are interested in attending a bereavement support group, please contact us on 0300 012 0231 or email: info@carerscount.org.uk

Please tell us if there any other groups you would like to see us run. This could include laughter yoga, walking group etc.

Coming soon...

Computer training course. This course will be a 6 week basic computer skills training course and will include use of iPads, tablets and Android phones. A date has not yet been secured, but if you are interested in this or any other

Contact 0300 012 0231 or email: info@carerscount.org.uk

Meltham: Make New Friends Group

Come along to this supportive group and relax, make some new friends over a cuppa and cake and join in some creative activities. Also a great way to find out what support is available.

Suggested donation
for refreshments of £1.50

All groups run from 13:00–15:00

**Thursday 6th July
Thursday 20th July
Thursday 3rd August
Thursday 17th August
Thursday 7th September
Thursday 21st September**

**St. Bartholomew's Parish Church Hall
Green End Road
Meltham HD9 5NW**

How About a Nice Trip?

Following the success of our trip to Bridlington last year, we are looking at another trip for carers in September this year. Before booking coaches etc, we want to get an idea of how many carers are interested in joining us. Please get in touch.

**Contact: 0300 012 0231
or email: info@carerscount.org.uk**

Groups In Your Area

Did you know that there are lots of groups that offer support for carers within your community? If you would like more information about what groups are running near you, or if you would like help to set up a group, please contact us.

**Contact: 0300 012 0231
or email: info@carerscount.org.uk**

Carers Coffee and Chat

At Carers Count we recognise that caring is both physically and emotionally exhausting.

As part of the coffee and chat groups, there is an opportunity to book yourself in for a 15 minute complementary therapy session (please note suggested donation of £2)

**These sessions are for both the carer and the person you care for!
Take the chance to relax and unwind!**

Batley Coffee and Chat

**Jo Cox House
90 Commercial Street, Batley WF17 5DS**

**The first Monday of every month
EXCLUDING BANK HOLIDAYS**

10:00-12:00

3rd July

7th August

4th September

2nd October

6th November

4th December (Christmas party)

How to stay resilient during times of change

Wednesday 4th October 10:00–12:00

Carers Count

8 Upperhead Row, Huddersfield HD1 2JN

Wednesday 18th October 10:00–12:00

Jo Cox House

Commercial Street, Batley WF17 5DS

**To book please call 0300 012 0231
or email: info@carerscount.org.uk**

Batley Carers Group

The Scout Hall, Purlwell Lane, Batley

This group is for people who need to get out of their normal routine and sit and chat with people who are in a similar situation, in an environment that is warm and welcoming.

Every Thursday 12:30–15:00

Lunch and activities provided

If you would like to join the group, pop in for a chat or for more information contact

Amina Bulbulia on 07436 102570

Carers Retreat

Following the success of this event, we are repeating it to give other carers the opportunity to enjoy a day of peace and quiet, giving you an opportunity to enjoy some reflective time.

Comment from previous session:

“A day to remember, such love and care for us all.”

Thursday 12th October 09:30–16:30

£6 each to include lunch and refreshments

Westwood Christian Centre

Westwood Edge Road, Near Golcar, Huddersfield HD7 4JY

Limited spaces so booking essential

**To book, please call 0300 012 0231
or email: info@carerscount.org.uk**

Helping people to move safely

This is a basic but very informative and practical session that demonstrates ways in which you can move and handle the person you care for in a safe way.

Wednesday 13th September 10:00–12:00

Wednesday 11th October 10:00–12:00

Kirkwood Hospice

21 Albany Road, Huddersfield

Limited spaces available

**To book, please call 0300 012 0231
or email: info@carerscount.org.uk**

Huddersfield Coffee and Chat

Carers Count

8 Upperhead Row HD1 2JN

Mondays

EXCLUDING BANK HOLIDAYS

26th June (10:30–12:30)

10th July (13:00–15:00)

31st July (10:30–12:30)

14th August (13:00–15:00)

11th September (13:00–15:00)

25th September (10:30–12:30)

9th October (13:00–15:00)

30th October (10:30–12:30)

13th November (13:00–15:00)

27th November (10:30–12:30)

Christmas Party at Brian Jackson House:

11th December (13:00–16:00)

Arts and Crafts Group

Every Thursday 13:00–16:00

If you would like to bring your own lunch and join other carers over lunchtime.

The arts & crafts group enables carers to have a go at a variety of activities including: painting, drawing, glass painting, sewing, scrap-booking, rag weaving and lots more. We are always open to suggestions of new activities to include in these sessions.

Come along and have a go.

Suggested donation of £2

Age UK, 12 New Street, Huddersfield HD1 2AR

Contact: 0300 012 0231

or email: info@carerscount.org.uk

Tai Chi

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It can relax your body and mind and relieve stress and anxiety.

This session runs every Friday 13:00–14:30

Carers Count, 8 Upperhead Row HD1 2JN

Suggested donation of £2



Kirkwood Hospice Share & Care

Kirkwood Hospice, in partnership with Carers Count, is running a three-week course offering help and support to individuals who are coming to terms with the emotional, physical and practical demands of caring for someone with a life-limiting illness.

The sessions run from 10.30 am to 12.00pm

Friday 16th June

Developing coping skills and guided mindfulness

Friday 23rd June

How to protect vulnerable skin and prevent pressure sores and nutritional needs

Friday 30th June

Living with fatigue and helping people to move safely

Friday 11th August

Helping people to move safely and developing coping skills

Friday 18th August

How to protect vulnerable skin and prevent pressure sores and nutritional needs

Friday 25th August

Living with fatigue and guided mindfulness.

Kirkwood Hospice

21 Albany Road, Huddersfield

To book please call 0300 012 0231

email: info@carerscount.org.uk

Looking
after me

Do you look after someone?
Would you like to feel more in control?
Then looking after me is for you!



Kirklees Council run free courses for adults who care for someone who is frail or has a long term health condition or disability.

The 'Looking After Me' course is a 7-week course, each session lasting 2½ hours. It covers many topics including: relaxation techniques; cognitive techniques; coping with difficult emotions; managing depression; problem solving; healthy eating; fitness and exercise; communication; working with health professionals. Courses run throughout the year.

Dewsbury Town Hall
Wednesday 13th September – 25th October 13:00–15:30

Huddersfield Town Hall
Friday 14th July – 25th August 10:00–12:30
Tuesday 26th September – 7th November 13:00–15:30
Thursday 2nd November – 14th December 10:00–12:30

'Looking After Me' are also running carer journey sessions which will cover:

**Caring for Someone with Memory Deterioration
Which is Not a Result of Alzheimers or Dementia**

Huddersfield Town Hall
Wednesday 16th August 10:30–13:00
Wednesday 22nd November 10:30–13:00

Dewsbury Town Hall
Monday 14th August 10:00–12:30
Monday 6th November 13:00–15:30

Building Resilience

Holmfirth Civic Hall
Wednesday 25th October 10:00–12:30

Huddersfield Town Hall
Thursday 7th September 13:00–15:30
Wednesday 6th December 10:30–13:00

Dewsbury Town Hall
Wednesday 19th July 10:00–12:30
Tuesday 17th October 10:30–13:00

**For more information, or to book, contact
Susanne Colwyn or Farah Haq on 01484 414774
or email: lookingafterme@kirklees.gov.uk**

Assistive Technology Sessions for Carers

Are you a carer who looks after a family member, partner, friend or caring for someone living with a long term health problem?

Are you aware that Kirklees Council has assistive technology equipment that supports people with day-to-day tasks?

Solutions for independent living

Assistive technology is about a wide range of devices or equipment that helps people to live independently in their own home. It has great potential to assist older people and people with disabilities and others with special needs to better manage their health, maintain active and fulfilled lives, enable independent living, and balancing mental and physical weaknesses.

The assistive technology session will provide demonstrations and information about the different equipment available to help people who are frail, disabled or have a long term health condition, including stroke, dementia and physical difficulties, which will help in supporting carers and their families.

The session covers lots of equipment such as a medical dispenser, GPS trackers, reminder messages, flood detectors and much more.

**Conference Room, Civic Centre 1,
Ground Floor, High Street, Huddersfield**

Monday 10th July 2017 (13:00–15:00)
Monday 18th September 2017 (13:00–15:00)
Tuesday 21st November 2017 (13:00–15:00)

**Contact Marine Yarde
on 07581106922 or 01484 221000
or email: marine.yarde@kirklees.gov.uk**

Meditation Course

This is an-8 week course designed to help you use meditation as a way of relaxing and coping better.

The total cost of the course is £24 which includes a CD, to be paid at the first session.

**Starting Monday 2nd October
to 20th November 2017**

11:30–13:30

Cloverleaf Advocacy

9 Wellington Road, Dewsbury WF13 1HF

Limited spaces available, to book please call

0300 012 0231 or email: info@carerscount.org.uk

Once you have completed the 8-week course, you are welcome to attend the Weekly Meditation Group.

Weekly Carers Meditation Group

Once you have attended the 8 week Meditation Course, you are welcome to attend the meditation group to further develop and practice your skills. We ask that you attend the course first to gain a firm understanding of the practices.

Attend as often as you wish.

Every Tuesday 10:30–12:30

**Carers Count Office, 8 Upperhead Row,
Huddersfield HD1 2JN**

Parent Carers Pamper Coffee & Chat Sessions

These new sessions are for parents who care for children with additional needs. The aim is to enable our team to meet with you and find out how best we can support you in your caring role. Why not come along and find out more about our service. It is also a great way to meet other parents, make new friends and have a bit of time for yourself whilst enjoying a lovely relaxing treatment.

**Wednesday 20th September
10:30–12:30**

Carers Count Office, 8 Upperhead Row

**Wednesday 27th September
10:30–12:30**

Jo Cox House, Batley

Evening Parent Carer Pamper Session

**Monday 25th September
17:00–19:00**

Carers Count Office, 8 Upperhead Row

**To book a place please call 0300 012 0231
or email: info@carerscount.org.uk**