

May Newsletter

It was lovely to see some new faces on our recent half-term trips and pictures can be seen on our young carer website: www.youngcarersresource.org/gallery



EMAILS

We have been made aware that emails from The Carers' Resource have been going into Spam folders instead of Inboxes. Please check your spam box for emails from lives@carersresource.org and nbaxter@carersresource.org



CARERS WEEK – JUNE

This year Carers Week is 10 - 14th June 2019 and various events are being held throughout the week including coffee mornings, pamper sessions, lunches, brunches and boat trips! Full details are included in our 'Choices' newsletter which is available via www.carersresource.org or alternatively this can be emailed to you, please email lives@carersresource.org if you would like to subscribe to this. Carers Week is a great opportunity to meet and connect with others.



PARENT CARERS

Did you know that in addition to our Young Carers service, the Carers Resource also provides support to parent carers?

We can support parents who are caring for a child who is ill, disabled or has special educational needs (no formal diagnosis is required). We can help with benefit and grant applications, make referrals and signpost to other agencies, provide emotional help, listening, and peer support.

If you are a parent who would like support, advice or information or if you know a parent who might benefit from our service, please get in touch.



PARENTS COFFEE MORNING

As part of the parent carer service mentioned above, Natalie Baxter runs our parent carer coffee mornings, it's a friendly group so please consider calling in for chat – there is always cake involved!!

When	Where	Time
Thursday 13 th June (Carers Week)	The Carers' Resource, Ronaldsway House, 36 Brook Street, Skipton, BD23 1PP	9.30-11am
Thursday 4 th July		1.15 – 2.45pm

YOUTH CLUB – May 2019

When	Where	Time
Wednesday 22 nd May 2019	Ings Primary School, Broughton Road, Skipton, BD23	6.30-8pm
Wednesday 19 th June 2019	Tbc	6.30-8pm

If you would like to be included in the youth club emails please email: lives@carersresource.org

TRIPS – May Half Term

Please note that there will be no trips during the May half term holiday due to staff annual leave.

Charlie Waller Memorial Trust



This summer during our activities we are taking part in the CWMT #wellbeingchallenge19 which promotes the 'NHS 5 Ways To Wellbeing'; Connect, Be Active, Keep Learning; Give To Others; Be Mindful.

More details to follow....



External Organisations and Opportunities (please note The Carers' Resource is not responsible for or connected to any of the following)

- The Yorkshire and the Humber Regional Cybercrime Unit has launched a new online competition for young people to test their cyber-security skills, and encourage them to become the cyber-sleuths of the future: [The competition is open now until 24 May 2019.](https://northyorkshire.police.uk/news/matrix-challenge-launched-in-north-yorkshire/)

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