

For more details on any of these events or to book a place where booking is required please contact [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk) or **01904 715490** or visit our website [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk). All venues are accessible unless otherwise stated.



<p><b>Wellbeing Hub</b></p> <ul style="list-style-type: none"> <li>• <b>Mindfulness Skills for Caring and Coping:</b> Tuesdays 10 September, 17 September, 24 September, 1 October from 10am to 12pm at Quaker Meeting House, Lower Friargate, York YO1 9RL</li> <li>• <b>Bitesize Cookery:</b> Tuesdays 2 July, 9 July from 12pm to 2pm at Tang Hall Community Centre, Fifth Avenue, York YO31 0UG</li> </ul> <p><b>Information:</b> All of these free sessions are designed to support carers' wellbeing. Please contact us to book a place on any or all of these sessions. The sessions are for carers only.</p>	<p><b>IT Support and Careers Advice Sessions</b></p> <p><b>Dates, times, locations:</b></p> <ul style="list-style-type: none"> <li>• <b>Tuesday 16 July</b>, 10am to 12pm, Explore Acomb, Front Street, York YO24 3BZ</li> <li>• <b>Monday 23 September</b>, 10am to 12pm, Explore Burnholme, Mossdale Avenue, York YO31 0AH</li> </ul> <p><b>Information:</b> Drop in to one of our carer advice sessions at Explore libraries for IT support from the Explore team, as well as careers guidance and general advice on your caring role from York Carers Centre staff and volunteers.</p>
<p><b>Pop up information and advice sessions</b></p> <p><b>Date, time, location:</b></p> <ul style="list-style-type: none"> <li>• <b>Thursday 19 September</b>, 10am to 12pm, Copmanthorpe Recreation Centre, Barons Crescent, Copmanthorpe, York YO23 3YR</li> </ul> <p><b>Information:</b> Drop in to our information and advice sessions in the community to ask questions about your caring role.</p>	<p><b>Substance Misuse Support Group</b></p> <p><b>Date:</b> Third Wednesday of the month (17 July, 21 August, 18 September)</p> <p><b>Time:</b> 1.30pm to 3.30pm</p> <p><b>Where:</b> Tesco Community Room, Tadcaster Road, YO24 1LW</p> <p><b>Information:</b> For carers affected by someone else's substance misuse. This group is for carers only. If attending for the first time please phone us for a 30 minute appointment with the facilitator before the start of the session.</p>

<p><b>Carers Café</b>  <b>Dates:</b> First Wednesday of the month (3 July, 7 August, 4 September)  <b>Time:</b> 10am to 11.30am  <b>Where:</b> St. Sampson's Centre, Church Street, York, YO1 8BE  <b>Information:</b> Drop in for a free drink and scone and meet other carers. You are welcome to bring the person that you care for. All ages are welcome to attend.</p>	<p><b>Acomb Carers Hub</b>  <b>Dates:</b> Fourth Wednesday of the month (24 July, 28 August, 25 September)  <b>Time:</b> 10am to 11.30am  <b>Where:</b> Lidgett Grove Community Café, Lidgett Grove Church, Wheatlands Road, YO26 5NH  <b>Information:</b> Drop in for support, information and a chat. You are welcome to bring the person that you care for.</p>
<p><b>York Mental Health Carers Group</b>  <b>Dates:</b> Second Wednesday of the month (10 July, 14 August, 11 September)  <b>Time:</b> 7pm to 9pm  <b>Where:</b> 30 Clarence Street, YO31 7EW  <b>Information:</b> For carers of people with mental ill health. If attending for the first time please let us know. This group is for carers only. We produce a mental health monthly bulletin, if you would like to receive this please contact us.</p>	<p><b>Haxby Carers Hub</b>  <b>Dates:</b> Third Thursday of the month (18 July, 15 August, 19 September)  <b>Time:</b> 10am to 11.30am  <b>Where:</b> Costa Coffee, Ryedale Court Shopping Centre, Haxby, YO32 3SA  <b>Information:</b> Drop in for support, information and a chat. You are welcome to bring the person that you care for.</p>
<p><b>Carers Action Group</b>  <b>Dates:</b> Wednesday 17 July, Wednesday 4 September  <b>Time:</b> 10am to 12pm  <b>Where:</b> Quaker Meeting House, Lower Friargate, York YO1 9RL  <b>Information:</b> A meeting for carers who want to see change and meet with local decision makers to influence and improve services. New members always welcome, light lunch is provided after the meeting. Please get in touch to be involved.</p>	<p><b>Please contact us for Young Carer and Young Adult Carer activities and events.</b></p> <p><b>Evening Advice Line</b>  Every Wednesday from 5 to 8pm.  Call <b>01904 715490</b> to speak to our Advice Workers.  We regularly answer questions on carers' rights, benefits for carers or disabled people, community care and carers' employment rights.</p>