

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.



<p>Carers Rights Day</p> <p>Date: Friday 24 November</p> <p>Time: 10am to 12pm</p> <p>Where: Denham Room, Priory Street Centre, Priory Street, YO1 6ET</p> <p>Information: Crombie Wilkinson Solicitors talking about the legal and financial things to consider for later life planning. Information stands, benefits advice and the chance to find out more about adult social care. Refreshments available. Please let us know if you intend to come.</p>	<p>Jack and the Beanstalk</p> <p>Date: Thursday 18 January 2018</p> <p>Time: 7.30pm</p> <p>Where: York Theatre Royal, YO1 7HD</p> <p>Information: Our annual trip to the pantomime! Please indicate if a wheelchair space is needed, and/or if you have a disability, are over 60 or have any concession at the time of booking. This performance has BSL, let us know if you require this when booking. Carers only but if you wish to purchase additional seats we are in the stalls, row D.</p>
<p>Carers Café</p> <p>Dates: First Wednesday of the month (6 December and 7 February, no meeting in January)</p> <p>Time: 10 to 11.30am</p> <p>Where: Spurriergate Centre, York, YO1 9QR</p> <p>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.</p>	<p>Health and Wellbeing Hub programme: Nutrition with Sally Duffin</p> <p>Date: Wednesdays 24 January to 28 February</p> <p>Time: 2 to 3pm</p> <p>Where: St. Aelred's Community Centre, Fifth Avenue, York, YO31 0PN</p> <p>Information: A partnership project with York Mind. Carers can attend all 6 sessions in a block or individual workshops as stand alone sessions. Sally is a very experienced and knowledgeable nutritionist with a wealth of advice on eating for energy, managing stress, mood, memory and concentration. York Mind is the single point of access for information and booking: 01904 643364 or activities@yorkmind.org.uk.</p>
<p>Carers Advice Line</p> <p>Wednesdays, 5 to 8pm. Call 01904 715490 to speak to our Advice Workers.</p>	

<p>Acomb Carers Hub</p> <p>Dates: Second Monday of the month (11 December, 8 January, 12 February)</p> <p>Time: 1 to 2.30pm</p> <p>Where: Acomb Methodist Church, Front Street, YO24 3BX</p> <p>Information: An opportunity to get support and information, take a break and have a chat. Hubs often have guest speakers. Cared for welcome. No need to book and you can attend any of the Hubs in the city.</p>	<p>Haxby Carers Hub</p> <p>Dates: Third Thursday of the month (21 December, 18 January, 15 February)</p> <p>Time: 10 to 11.30am</p> <p>Where: Costa Coffee, Ryedale Court Shopping Centre, The Village, Haxby, YO32 3SA</p> <p>Information: An opportunity to get support and information, take a break and have a chat. Hubs often have guest speakers. 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</p> <p>Dates: Second Wednesday of the month (13 December, 10 January, 14 February)</p> <p>Time: 7 to 9pm</p> <p>Where: Hamilton Panthers Football Club, Knavesmire, York,</p> <p>Information: Join other carers of people with mental ill health for peer support and discussions with guest speakers. December's meet up is a joint Christmas party with York Mind carers group, with live music and a buffet. No need to book if you have been before. Carers only.</p>	<p>Substance Misuse Support Group</p> <p>Dates: Third Wednesday of the month (20 December, 17 January, 21 February)</p> <p>Time: 1.30 to 3.30pm</p> <p>Where: Tesco Community Room, Tadcaster Road, YO24 1LW</p> <p>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</p> <p>Dates, times, locations:</p> <ul style="list-style-type: none"> • Wednesday 24 January, 9 to 11am, Tang Hall Lane Surgery, Tang Hall, YO10 3RL • Tuesday 20 February, 10am to 12pm, Parkview Surgery, Millfield Avenue, Hull Road, YO10 3AB <p>Information: York Carers Centre staff will be available to offer advice and information.</p>	<p>Young Carers and Young Adult Carers Events</p> <p>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>