



## Council Tax re-banding

We have been made aware that companies are contacting local residents offering to submit appeals on Council Tax re-banding. If successful they take a percentage of the money, sometimes as much as 50%.

However, people can appeal for free if they contact

The Valuation Office, 42 Eastgate, Leeds LS2 7JL, 03000 509900 or email leedsgroup.vo@voa.gsi.gov.uk

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## Fred's Shopping Service for Your Weekly Groceries

**We do the shopping OR we take you and you do the shopping**

Also collection service from DIY stores, garden centres, retail parks etc  
Contact Fred on 01274 400191 for more details

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## Interested in Family History?

Come along to Cottingley Cornerstones, Littlelands, Cottingley, BD16 1AL  
**Sessions on Fridays 10.00am – 12.00 noon**  
Contact 01274 321911 for details.  
(Part of the Seniors Show the Way initiative)

## Energy Advice Service Bradford and Airedale Citizens Advice Bureau

Have you got gas or electricity arrears?

Is there a problem with your supplier?

Or do you want to improve the way you use energy in your home?

If your answer is yes, then get free confidential advice.

**Contact** 01274 758042 (voicemail only)  
Email [energyadvice@bradfordcab.com](mailto:energyadvice@bradfordcab.com)  
Text your name and number to 07954969188

Appointments available at Bradford, Shipley and Keighley Citizens Advice Bureaus

## GoDementia

A new group to provide activities and support for people with dementia and their carers has been launched in Keighley. It meets at Keighley Fire Station, Young Firefighter's building.

**Each Saturday from 11.00am-1.00pm.**

Contact Liz Brown on 07961784888 for details.

## Disability Information Event for Parents and Carers

**Wednesday 29 February 2012**  
12.00 noon - 6.00pm

**FREE Drop In Event**

At Mercure Hotel, Bingley, BD16 1TU  
(Formerly the Bankfield Hotel)

- Direct Payments
- Childcare
- Teenagers and Transition
- Carers
- Training and Work
- Short Breaks
- Housing
- Leisure and Recreation

Refreshments available  
Contact Marianne at Barnardo's on 01274 481183 for more information.

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## Help in Hand Group

Support group for parents of children with disabilities meets at Woodside Children's Centre.  
Contact David Burke on 07891 082340 or Lynda Hodges at Woodside Primary School on 01274 410324 for further details

Contact Bradford Carers' Resource on 01274 449660 for further information on any of the following activities

## Creativity Works Celebration

**Wednesday 14 December 10am-12.30pm**  
at

Carers' Resource, 15 Park View Court, St Pauls Road, Shipley, BD18 3DZ

Come along and view displays of art work and creative writing produced by carers attending the Art Works Course  
Refreshments available

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## Eat or Heat

180 people in Bradford may die this winter as a result of Fuel Poverty.

Carers and those they look after are one of the most vulnerable groups.

Do you spend over 10% of your income on energy bills?

Carers' Resource wants to help anyone looking after someone in the Bradford district to ensure that they are getting all the help they are entitled to.

Please call 01274 449660 and ask to speak to a member of the Information Team.

## New Directions

Supporting carers with information, advice and guidance on any aspect of work, learning and leisure opportunities.

We offer workshops on many topics including personal development, IT, job seeking skills and fun activities. We also offer one to one support to keep you motivated and going in the right direction.

## Work Club

Looking for work but need help with CV's, job applications, interviews or finding an opportunity that's right for you and your caring responsibilities?

As part of the New Directions initiative we have launched a drop-in **Work Club every Monday from 10am-12 noon**  
No appointment needed

At Carers' Resource, 15 Park View Court, St Paul's Road, Shipley, BD18 3DZ

There are laptops available along with staff to offer help and support.

For more information please contact a member of the New Directions Team on 01274 449660

## Finding Your Way Through Transition

### Introductory Session

**Tuesday 6 December**  
**10.00am-2.30pm**  
then

Wednesday 18 January  
Wednesday 25 January  
Wednesday 1 February  
Wednesday 8 February

at Carers' Resource, 15 Park View Court, St Pauls Road, Shipley, BD18 3DZ

**HFT Family Carer Support Service are running a course for parents of young people aged 14 -25 with learning disabilities.**

- How systems and laws change when a young person moves into adulthood
- Support planning
- Your own rights as family carers

Lunch provided, travel expenses available.

If you would like to attend, contact Sue Davies at the Family Carer Support Service on 0117 906 1751

