



Art Course

Carers' Resource is running an art course at Broughton Hall starting on **Tuesday 10 January 10.00am – 12.00 noon**

The 6 week course costs £30 and includes the use of all art materials (excluding drawing boards). No previous experience required. Refreshments provided.

Contact Anne Brennand on 01756 700888 to book a place.

Craven Mind – Coffee Get2Gether

2nd Monday of the month (except January) **1.00pm – 2.30pm**
At St Andrew's Hall Coffee Shop.
All welcome

CEW – Craven Emotional Wellbeing

1st and 3rd Monday of the month **1.00pm – 2.30pm**
St Andrew's Hall Coffee Shop
All welcome. Different topic each session
Contact Nhys Glover on 01756 797639 for more information.

Motor Neurone Disease Association

New Branch which covers Bentham, Ingleton and Clapham (North Craven).
Contact Sylvia Richardson on 01524 422493



Yuletide Festival and Christmas Market

High Street, Skipton

Sunday 4 December 10.00am – 4.00pm
Sunday 11 December 10.00am – 4.00pm

Come along and find the Carers' Resource stall!

Pamper Day

Wednesday 1 February
10.00am – 2.50pm

Indulge yourself with a 40 minute treatment.

Book your place and choose one of the following treatments: massages (including Indian Head massage), manicure, pedicure, mini facial or reflexology.

All treatments cost £8 and need to be booked and paid for in advance.
One treatment per carer.

Contact Anne Brennand on 01756 700888 to book a place.

North Yorkshire Carers Forum

Thursday 19 January 2012
Galtres Centre, Easingwold
11.30am- 2.00pm

This forum is for anybody from North Yorkshire who is an unpaid carer for an adult who is ill, frail, disabled or has mental health or substance misuse problems.

Future meetings in 2012

Tuesday 20 March Harrogate
Wednesday 20 June Scarborough
Thursday 20 September Venue TBC
Tuesday 11 December Mencap Centre, Northallerton

Travelling expenses paid.

Further details from Anne Horner on 01609 533635 or email anne.horner@northyorks.gov.uk

Sunday Afternoon 'Tea and Chat'

New monthly friendship group in Bentham. A chance to talk to people and make new friends. Transport available.

Contact Lin Barrington 01524 262753 or email linbarrington@aol.com for more details.

Improve your English and/or Maths Skills

Do you want to improve your skills or wish to get a qualification?
Courses available in Craven.
Contact Jackie McCreery on 01609 533948





Contact Anne Brennand on 01756 700888 for further information. * Booking essential, where indicated.

Settle Lunch*
12.00 noon, The Lion Hotel,
Duke St, Settle
2nd Monday of each month
Monday 12 December
Monday 9 January
Monday 13 February

Set Menu, £10 for 2 courses
or
£13.50 for 3 courses.

Skipton Lunch*
12.00 noon, Bay Horse,
Snaygill, Skipton

Tuesday 6 December
Wednesday 11 January
Thursday 2 February

Chat with friends old and
new. Pay for whatever you
choose from the menu.

Clapham Lunch*
12.00 noon, New Inn,
Clapham

Tuesday 20 December
Monday 23 January
Tuesday 28 February

Chat over lunch with friends
old and new. Set menu,
£7.00 for 2 courses

Mid Craven Lunch*
12.00 noon, Tennant Arms,
Kilnsey Crag

3rd Friday of each month
Friday 16 December
Friday 20 January
Friday 17 February

Main courses available in
smaller portions.

Carers' Supper Club

Dine out without
splashing out!
We meet in the Airedale or
Craven areas every 2 months
or so for an early evening
meal, taking advantage of
early bird or special deals.

Contact Anne Brennand
on 01756 700888

**SCAD Boat Trips along the
Leeds/Liverpool Canal**

Programme of full day (£10)
and half day (£5) trips.

Cost includes morning coffee,
lunch and afternoon tea
as applicable.

Contact Anne Brennand on
01756 700888 for full details

Utopia Drop-in
10.00am – 11.30am
**Utopia Café, Broughton
Hall, Skipton**

2nd Tuesday in the month
Tuesday 13 December
Tuesday 10 January
Tuesday 14 February

Meet with other carers
in lovely surroundings.

Craven Activities
Join our Mailing List
In the past we have
organised events for carers
including, theatre trips,
pamper days, art groups,
craft groups and many others.
If you would like to be
informed about our activities
or have ideas for new ones
please ring 01756 700888
and ask to be added to our
mailing list .