

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>Mindfulness Skills for Caring and Coping</b>  <b>Dates:</b> Tuesdays 3, 10, 17 and 24 March  <b>Time:</b> 10am to 12 noon  <b>Where:</b> Quaker Meeting House, Lower Friargate, York YO1 9RL  <b>Information:</b> Learn about mindfulness skills in a supportive environment. Please contact us to book your place.</p> <p>The course lasts four weeks and we would encourage attendance at all sessions.</p>	<p><b>Carers Café</b>  <b>*Please note the later January date*</b>  <b>Dates:</b> Wednesdays 15 January, 5 February, 4 March  <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, meet other carers and staff. You are welcome to bring the person that you care for. All ages are welcome to attend.</p>
<p><b>Haxby Carers Hub</b>  <b>Dates:</b> Third Thursday of the month (16 January, 20 February, 19 March)  <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 15 January, March date TBC  <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 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>Acomb Carers Hub *in Foxwood*</b>  <b>Dates:</b> Fourth Friday of the month (24 January, 28 February, 27 March)  <b>Time:</b> 12 to 1.30pm  <b>Where:</b> Foxwood Community Centre, Cranfield Place, YO24 3HY  <b>Information:</b> Please note new venue. Drop in to the cafe for support, information and a chat. You are welcome to bring the person you care for.</p>	<p><b>Evening Advice Line</b>  Every Wednesday from 5 to 8pm.  Call <b>01904 715490</b> to speak to our advice workers about rights, benefits for carers or disabled people, community care and carers' employment rights.</p>

<p><b>York Mental Health Carers Group</b>  <b>Dates:</b> Second Wednesday of the month (8 January, 12 February, 11 March )  <b>Time:</b> 7pm to 9pm  <b>Where:</b> 30 Clarence Street, YO31 7EW  <b>Information:</b> For carers of someone with mental ill health, the 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>Substance Misuse Support Group</b>  <b>Date:</b> Third Wednesday of the month (15 January, 19 February, 18 March)  <b>Time:</b> 1.30pm to 3.30pm  <b>Where:</b> Tesco Community Room, Tadcaster Road, YO24 1LW  <b>Information:</b> For carers affected by someone else's substance misuse, the group is for carers only. If attending for the first time please phone us to book a 30 minute appointment with the facilitator before the start of the session.</p>
<p><b>Mental Health Drop In</b>  <b>Dates:</b> Final Wednesday of the month (29 January, 26 February, 25 March)  <b>Time:</b> 6pm to 8pm  <b>Where:</b> Slug and Lettuce, Back Swinegate, York, YO1 8AD  <b>Information:</b> For carers of someone with mental ill health who are in the early stages of caring, including caring for a young person, or for someone in crisis.</p>	<p><b>Community stalls</b>  <b>York Hospital:</b>          Wednesday 29 January, 10am to 3pm  <b>Shambles Market:</b>          Tuesday 11 February, 9am to 4pm  <b>Information:</b> Drop in to one of our community stalls to access support from the team about your caring role</p>
	<p><b>Please contact us for young carer and young adult carer activities and events.</b></p>