

Carers Week

10th–16th June

#Kirkleesthinkcarers

This Carers Week, we are coming together to help carers get connected. If you look after a family member or friend with a disability, illness, mental health condition or look after a child with additional needs please join us to find out more about local support.

I'm worried about the future.

If I'm ill who will look after Mum?

I just need a break.

MONDAY 10TH JUNE

10:30–12:30 Batley Town Hall

10:30–12:30 Carers Count, Brian Jackson House, Huddersfield

13:00–15:30 Talk to local NHS leaders about the future of mental health services at the Kirklees Carers Mental Health forum.

Folly Hall Mills, St Thomas' Rd, Huddersfield

WEDNESDAY 12TH JUNE

13:00–16:00 Huddersfield Royal Infirmary

13:00–14:30 Carers Information Drop-in
Park View Surgery, Cleckheaton Health Centre,
Greenside, BD19 5AP

18:00–19:30 Huddersfield Royal infirmary

No idea if I am getting everything I am entitled to.

Dad has another medical appointment; how can I juggle everything I do?

Not sure if I could manage financially if I give up work to look after Mum.

THURSDAY 13TH JUNE

9:30–11:30 Drop-in at South West Yorkshire NHS Partnership Trust (SWYT) Folly Hall Mills, St Thomas Rd, Huddersfield

13:00–15:00 Music & Memory 'Open Door' session run by Sakura Music Therapy. *All welcome.*

Holy Trinity Church, Trinity Street, Huddersfield

12:30–14:30 Memories Café, Oaklands Health Centre, Huddersfield Rd, Thongsbridge, Holmfirth HD9 3TR

FRIDAY 14TH JUNE

10:00–12:00 Share & Care. *All welcome.*

'Helping people to move safely' and 'Living with fatigue'
21 Albany Road, Dalton, Huddersfield, HD5 9UY

As a carer it is so important to take time out for yourself, even if it's just having five minutes for a cup of tea or a walk in the fresh air. For further information phone 0300 012 0231.

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