

Carers Hub

Engage Encourage Support Motivate Enable Empower

The Carers Hub gives you a chance to meet other carers, participate in free activities, access information and take time out for your own wellbeing



Where	When
Horton Park Health Centre Level 2 - Room F75 99 Horton Park Ave, Bradford BD7 3EG	Monday to Thursday 10am - 4pm Friday 10am - 3pm
Lynfield Mount Hospital Visitor Centre Heights Lane, Bradford BD9 6DP	Tuesday 10.30am –1.30pm
Carers Pop Up Café Dyneley House Barn Newmarket Street, Skipton, BD23 2HZ	Wednesday 12.30-3pm

Carers Hub is one of the Bradford District Care NHS Foundation Trust's Wellbeing Services

Activities include

- Art group
- Memory group
- Walking group
- Coffee mornings
- Information sessions
- Relaxation sessions
- Health Trainer sessions
- Support sessions with Carers Resource and Making Space



Contact the Carers Hub for a detailed activity programme.

Join our mailing list and you will receive a monthly activity programme and updates on the Carers Hub activities.



01274 251112

[All activities and sessions are free](#)



Carerhub@bdct.nhs.uk



www.bdct.nhs.uk/support-for-carers