



**GROUPS GUIDE 2025**

# Our STORY

Carers Count



Carers Count is a not for profit organisation that supports unpaid carers within Calderdale. We are managed by and operate under the Cloverleaf Advocacy umbrella and work closely with a wide range of professional health and care services, Calderdale Council, charities and community groups to provide support for unpaid carers.

We work with carers who are aged 18 and over and give their time to someone with a physical disability, long-term illness, an older person, a learning disability and mental ill-health (including dementia). We are also able to provide assistance to someone even after they cease caring for whatever reason.

Our dedicated team is here to provide advice, information, support groups, and activities for unpaid carers across Calderdale. As experts in our field, we address all aspects of the unpaid carer role. Our services include mediation sessions covering topics like benefits advice, raising awareness for carers, meditation and wellbeing support, and guidance on understanding your rights as a carer.

The Carers Count team is dedicated to supporting carers and raising awareness of their issues. We work in partnership with carers and help them to be heard. We welcome input from carers to help shape our services. This guide provides an overview of our group sessions and what to expect.



### **Peer support groups**

Our monthly peer support groups provide a safe space to share experiences and concerns and are a great source of peer support. Groups run in Halifax, Todmorden, Sowerby Bridge and Brighouse.



### **Former Carers Support Group**

For carers already registered with us who now find themselves at the end of their caring role. Held monthly on a Friday at our offices at Rimani House, Unit 6B, HX1 5BD.



### **Young Adult Carers (aged 18-25)**

Our specialist service for young adult carers, aged 18-25. We have a dedicated worker, Aisha who has experience in running the service. Aisha will be offering 1-1 support as well as monthly activities. To find out more please contact Aisha on 07394 802333.



### **Sukoon Group**

Open to all female carers from the south Asian community. This is a fortnightly social group in the centre of Halifax. Activities, information, peer support and access to a carer support worker who speaks Urdu and Punjabi. To find out more ask for Natasha Malik.



## Mental Health Carers Group

A monthly group for carers who provide help or emotional support to a friend, relative, or partner with mental ill-health. The group offers an opportunity to access peer support and chat with carer support workers. Meeting at Rimani House, Unit 6B, HX1 5BD. Please speak to our office staff for more information.

## Come Dine With Us

Enjoy being treated to a relaxing meal out, with good company and conversation. Each month, the group meets at a different restaurant in Calderdale, with food covered up to £20. Please note, due to high demand, you may attend only one meal every 4 months. The group meets on the first Wednesday of each month from 5 pm to 7 pm at various restaurants. Booking is essential—please contact our office to be placed on the list, and we will confirm your place closer to the date.



## Chalte Chalte walking group

Chalte Chalte means walking along the way in Urdu. Chalte Chalte is a walking group for female carers from the South Asian community. It takes place at peoples park in Halifax and consists of a steady walk around the park. Whilst walking carers can access peer support and from a worker at carers count Calderdale.





## WOW (Wellbeing Of Women) Group

This group aims to grow community and companionship for female carers and each session will focus on an aspect of women's wellbeing, self-care and confidence. The group meets the second Monday of the month at Rimani House, Unit 6b, Hall Street, HX1 5BD



## Potluck Pool

For Male Carers: This group is specifically for male carers who would like to meet other carers and enjoy time together. It will be held on the fourth Tuesday of each month at the Electric Bowl in Halifax.



## Cake Club

Everything is better with cake and a cuppa! Join us for an afternoon of good company and a chance to meet friends old and new. The group is open to carers and the person they look after and meets on the fourth Wednesday of the month at Rimani House, HX1 5BD.

For more information about our groups, call us on **01422 369101** or email **calderdale@carerscount.org.uk**  
Booking is essential.

# We also attend in partnership

## Young at Heart

A group for older carers, with the option to bring the person you care for. Enjoy an afternoon of activities, refreshments, and socialising. Please get in touch with Re-Engage and Making space for more details.



## Sing From The Heart

A singing group for people living with dementia and their carers. Sharing songs and gentle movement to relax and uplift. Delivered in partnership with Shared Harmonies, runs every Tuesday morning at Calderdale Music, Blackwall, Halifax.

There is a waiting list, please contact [admin@sharedharmonies.co.uk](mailto:admin@sharedharmonies.co.uk) or 07739339302 to be added to the list



## Dales Mental Health Support Group Carers

The group meets on the third Tuesday of each month at the Laura Mitchell Health & Wellbeing Centre in Halifax. For further information, please contact [dalescarergroup@swyt.nhs.uk](mailto:dalescarergroup@swyt.nhs.uk).



*Join Our Team!*

# VOLUNTEER

**Volunteering with Carers Count Calderdale is a rewarding opportunity to support carers in your community. Whether it's facilitating group sessions or simply lending a listening ear, your time and effort can make a meaningful difference in the lives of carers across Calderdale.**

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“I get a feeling of satisfaction each time I volunteer, knowing that I have made a difference for a short while to someone's day with little effort required.”

”

– Lynda, befriending volunteer

From helping you gain valuable new skills and experience to boosting your confidence. There are so many benefits to giving your time to help others.

In addition to the feel-good factor that comes from helping others, studies have shown that volunteering also improves volunteers' well-being!

We are always in need of volunteers to support our various groups.

We also have lots of exciting opportunities including helping in reception, within our Information and Advice team and in social media development.

Volunteers also play an essential part in our service feedback forums and local authority consultations.

If you would like to support unpaid carers in Calderdale, **please get in touch!**



## VOLUNTEER OPPORTUNITIES

**be the change and help us make a difference to the lives of unpaid carers in Calderdale**

[carerscount.org.uk](http://carerscount.org.uk)

**01422 369101**





*Get in touch*

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**Facebook: Carers Count Calderdale**



Carers Count is part of the Cloverleaf Advocacy family. To find out more about our other services please visit [cloverleaf-advocacy.co.uk](http://cloverleaf-advocacy.co.uk) Company number: 3790911 Charity Reg no 1097608