

Summer of Community



The national 'Month of Community' in June is a time when we come together to celebrate everything that makes our communities great, but it feels more like the 'Summer of Community' this year.

It's been fantastic to see so many community events taking place across the district for the Jubilee, for Volunteers' Week, Carers' Week and favourite events returning, like the Knaresborough Bed Race. Many events would not be possible without an army of volunteers making sure these occasions are safe and welcoming for us all.

Some groups are having their first get together this summer since the pandemic, enjoying the company of familiar faces not seen in over two years. The joy and buzz at these events is wonderful.



HADCA's work is all about making connections, so people can benefit from leading fulfilling and active lives and make a positive contribution to local community life.

Our new partnership projects, Community Fit and Volunteering City of Ripon, both bring people and organisations together to help out in our communities. You can read about opportunities to be involved in the following pages.

It has been a difficult two years. But whether it is living through a pandemic or a cost of living crisis or welcoming refugees, we need to come together to help people who find themselves in need. HADCA is Here to HELP anyone who doesn't know Where To Turn. If we can't help, we'll know someone who can!

**Harrogate & District Community Action
Newsletter Summer 2022**



@HADCAcharity



/HADCAcharity

Download this newsletter and keep up to date at
www.hadca.org.uk/news

Where to Turn

**Free online Harrogate District
Community Information Directory**
www.hadca.org.uk/WhereToTurn
Connecting local people to their community

Welcome to Care in Action

Our HADCA Newsletter is published twice during the year.

You don't need to miss out on any opportunities or community news in between editions as you can sign up to receive our **regular e-bulletins**.

These are packed full of the latest news, funding, learning, resources, local services, events, charity jobs and volunteering opportunities

'This is a brilliant bulletin - your newsletters spark off so many ideas.'

Sign up at <https://hadca.org.uk/LatestNews>

Share Your News

Editorial contributions for possible inclusion in 'Care in Action' are welcomed from all local voluntary and community organisations.

They should be between 50 and 500 words in length and contributors should bear in mind the non-political nature of HADCA. The editor reserves the right to edit contributions as necessary without reference to the contributor. The views expressed in this publication, whether attributed or not, do not necessarily reflect the views or policy of HADCA. To the best of our knowledge, the information contained in this newsletter is correct at the time of going to print. HADCA cannot accept responsibility for any errors or omissions. The inclusion of an event or article does not constitute a recommendation.

Deadline date for the next Winter edition is Friday 12 November 2022.

Editor: Angela Jones,
HADCA Information &
Communications Officer
angela@hadca.org.uk



If you would like Care in Action to be available in other formats or languages, please let us know.



You are NOT ALONE

Community Food Providers

Local community providers across Harrogate district are here to help anyone in need with food, clothes and household goods. All enquiries are dealt with in strict confidence.

- [Leaflet listing where to turn for help](#)

Financial help and support

For people struggling with household payments, debts or living costs, there is local and national financial help and support.

Wellbeing and mental health support

Taking care of our minds as well as our bodies is important and there are resources, national and local support to help.

- [Leaflet listing sources of support](#)

Where To Turn

HADCA's Community Information Directory for Harrogate District hadca.org.uk/WhereToTurn

Here to HELP

To chat through the options give the HELP team a call on 01423 813090 or help@hadca.org.uk

Information for Ukrainian Guests and Hosts

hadca.org.uk/news/supporting-ukraine

Homes for Ukraine

As part of the Homes for Ukraine project which is funded by North Yorkshire Country Council, Ukrainian nationals, sponsors and family hosts can contact us through our dedicated helpline.

Citizens Advice North Yorkshire
Homes for Ukraine Helpline
01757 600365

Monday – Friday, 09:00 – 17:00

A voicemail can be left out of hours and an Adviser will aim to get back to you within 1 working day.

In-vesting in the future



Our Strategic Lead for Community Action, Karen Weaver, looks at what local government changes mean for the voluntary and community sector.

From Wikipedia:

In law, vesting is the point in time when the rights and interests arising from legal ownership of a property is acquired by some person. Vesting creates an immediately secured right of present or future deployment.

Wikipedia also helpfully adds *For the garment, see Vest (a sleeveless upper-body garment).*

So you may be wondering why this matters for the local voluntary and community sector (as in vesting, not vest). Well 1st April 2023 is the official vesting day for the new North Yorkshire Council, which replaces all 8 existing local authorities currently operating across the county. This is a huge change, the largest since 1974, a restructure still remembered by some with long memories.

At a recent Harrogate District Public Services Leadership Board meeting, officers gave a detailed

update on progress and emphasised that they view this as a new start for local government at a critical time for the economy and post pandemic.

Staff from all councils are now working together to ensure a seamless transition and the mantra is for everything to be safe and legal from day 1, with all services open for business and **“one front door”**, including a single website, phone number etc.

Clearly there is a huge amount of work involved in bringing together 8 organisations across a wide geographic area and there are 15 work streams underway to ensure that everything essential is completed on time.

Structures are being put in place to ensure services are delivered at the most local level possible with the aim of creating **“the most local large council in the country”**. There will be local offices in each District area, 30 customer access points across the county, local area committees based on parliamentary constituency boundaries and community network arrangements.



There is also a strong focus on working with the 731 parish councils and exploring what is known as **“double devolution”**, with options for parish councils and community groups to deliver services where there is a sound business case and a positive impact on the wider area/communities.

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Thank you very much to the North Yorkshire councillors who took time from busy diaries to visit Harrogate Community House to find out more about our fantastic local voluntary sector.

Here to HELP across the Harrogate district

Our Here to HELP team continue to get out and about across the district sharing information and signposting people to local services and activities.

Our Harrogate team are delighted to be offering regular drop in information sessions at **Resurrected Bites' Community Groceries at New Park School and Centre on Gracious Street** on alternate Tuesdays between 9.30am and 11.30am. They also visit **Bilton & Woodfield Community Library** on the 1st Thursday of every month, 10am - 11.30am.

In Ripon, the team are available on Wednesdays and Thursdays between 9.30am and 4pm at **Ripon Community House** and will be doing drop in sessions at various social activities around the city over the next few months. The team will also be joining Ruth from Mind at **Ripon Library** on the last Friday of the month from around 2pm.



And if you're working with someone who can't make our drop in sessions, please call us and we can chat through the options over the phone.

We'd love to come and deliver our Here to HELP talks at your events or arrange a drop in with your organisation. Topics covered include 'energy saving', 'scams', 'how to stay warm and well' or we can simply come and tell your members about the services we offer and those available in the local area. We've recently visited a Parkinsons UK group, a local bereavement group and our Friendship & Exercise Club.

We're Here to HELP in any way we can!

"I cannot express how grateful I am for the support I've been given by your lovely ladies in the office, they are always there with a listening ear. I have had a tough time since September with my eyes and have lost all my confidence. My volunteer drivers have been so kind and made me feel able to go to my appointments."

www.helpripon.org.uk

HELP
Ripon & Rural

Make a difference in Ripon

Whether it's offering a listening ear or just enjoying a cuppa and a chat, our amazing Ripon & Rural befriending volunteers are playing their part in supporting our local community. As more and more people are turning to us, we are in need of more volunteers to meet this demand.

Are you a good listener? Do you like to chat? If so, we would love to welcome you as a volunteer befriender. Just an hour a week or fortnight can make all the difference to someone who may be feeling particularly isolated.

Our flexible befriending roles can be done at times to suit you and you would receive all the relevant training. To sign up for this rewarding opportunity please visit www.helpharrogate.org.uk/ways-to-help/volunteerroles

How to get in touch

Harrogate: Email:
help@hadca.org.uk
Call 01423 813090

Ripon: Email:
ripon@hadca.org.uk
Call 01765 645902

HELP
Harrogate Easier Living Project

Crowne Plaza lend a HELPing hand



Our HELP team are delighted to have the support of Crowne Plaza Harrogate this year.

So far, their fantastic team has provided function rooms for volunteer training and team meetings, helped stuff envelopes for our biannual newsletter mail out and spent two days gardening with our Help at Home team!

They also kindly hosted a Jubilee Afternoon Tea for our guests, their first get together since the pandemic. With a delicious spread of sandwiches and cake, entertainment from the Harrogate Spa Town Ukes and a raffle, it was such a pleasure to enjoy the event with so many familiar faces we haven't seen in over two years.

Huge thanks to the team at the Crowne Plaza for their continued support this year!

On a hot day in June, their six strong team helped fill an incredible 43 bags of garden waste and transform the garden for someone who was struggling but is now able to enjoy their outdoor space more safely. This job would have taken our handyman and volunteer at least three days to tackle on their own so it was a huge benefit having their support!



'Here to HELP' in Harrogate district

Thanks to our amazing volunteers, we offer:

- ⇒ Voluntary car driving
- ⇒ Practical jobs around the home
- ⇒ Befriending (Ripon & surrounding areas)
- ⇒ Craft group (Harrogate)
- ⇒ Friendship & Exercise Club (Ripon)
- ⇒ Information and signposting - where to turn for support in the community



Community Fit is up and running!



Community Fit is a brand new collaborative initiative between HADCA and North Yorkshire Sport. We are creating a team of local people who meet to be social and active while giving time to Harrogate's people and spaces.

We connect activity and community through regular group sessions during which we run, walk or cycle together from one of our bases to somewhere we can help out with a specific unskilled physical task - it might be an environmental or community group, a school or a charity.

We work there for around an hour before heading back to our base together and maybe going to the pub! Our tasks could be anything from sorting donations to moving furniture or tree planting. We have recently helped the Pinewoods Conservation Group with some litter picking, visited the wonderful Artizan Cafe and Creative Space to help them prepare some materials for their craft sessions and freshened up the play area at Saltergate School.

Everyone who has joined us so far has had a great time and enjoyed the opportunity to help out and find out more about the charities we are working with.

We are currently running these events on Wednesday evenings, however as we grow we will be more flexible with times and types of activities.

Later this year we also plan to offer opportunities for our members to help out with simple one off jobs for individuals who may need help in their homes or gardens, and social visits to older people.

(Our members will obviously receive training and be DBS checked as appropriate).

You can find out more about us on our social media @wearecommunityfit on [Facebook](#) and [Instagram](#).

If you think we might be able to help you or the people you support, please contact Anna Glazier at annag@hadca.org.uk for more information. We can bring an enthusiastic team of approx. 5 - 15 volunteers to you for about an hour to help with practical tasks.

HEY, HARROGATE!

COME LEARN ABOUT THE NEWEST ACTIVITY GROUP IN TOWN!

COMMUNITY FIT

SOCIAL & INFO NIGHT!

JULY 27TH FROM 6:30 - 8:00PM
CROWNE PLAZA HOTEL
HARROGATE

DROP IN BETWEEN 6:30 AND 8:00PM

- CHAT WITH COMMUNITY FIT MEMBERS & THE COMMUNITY FIT TEAM
- LEARN ABOUT WHAT WE DO & HOW TO GET INVOLVED
- FREE RAFFLE WITH EXCELLENT PRIZES
- SOME REFRESHMENTS PROVIDED !!



Continued from page 3

A pilot scheme is likely to be part of this process with opportunities to express interest later this year. The two largest towns in the county, Harrogate and Scarborough, are not currently parished and there is a commitment to consulting on the preferred arrangements for both localities going forwards. This means it would be 2024 earliest before a Harrogate Town Council could be put in place, assuming that is the preferred way forward. Interestingly this would be the biggest “parish” council in the country if chosen.

The work stream most relevant to the voluntary and community sector is the Locality one, led by Paul Shevlin, CEO of Craven District Council. Harrogate Borough Council officers are actively involved and there is a commitment to co-creating services and working in partnership to take local action.

The working group is currently looking at local service delivery, mapping partnership and structures, services and roles and is already acknowledging that it is important to build on what’s working, to empower communities and to avoid a one size fits all approach. As with the entire reorganisation, once the initial transition has been completed the longer term aim is to ensure the transformation of locality working across all areas.

What does this mean for the local voluntary and community sector?

Well of course it all depends. Some groups will currently have very little direct contact with either HBC or NYCC, whilst others (like HADCA) are in regular contact and receive funding from both.

In the end it is always about working relationships between people and with such huge changes going on there is bound to be uncertainty about jobs, roles and responsibilities for all parties.

However it is reassuring to know that there will be opportunities to contribute to the development of new structures and ways of working and we’ll share these via our regular e-bulletins. The county wide VCS support organisation Community First Yorkshire is also actively involved and is working on a proposal for VCS assemblies across the county, built on existing networks. These will aim to work closely with both local government and health, where similarly large changes are underway with the creation of the Humber and North Yorkshire Integrated Care Partnership from 1st July 2022.

Whilst this all seems very daunting, the timing means that the vital role of the voluntary and community sector has been fully proven and recognised during the pandemic and there is a genuine commitment to working together as we move into the new set up. What that means in practice will take time to understand, but making the most of all the opportunities to contribute and comment will be essential over the next nine months in the run up to Vesting Day.

For more information: [read the slides](#) presented at the Public Services Leadership Board.

Can you and your organisation support a team member with dementia?



The Equalities Act requires employers to make reasonable adjustments to enable people with dementia to continue to work and volunteer.

Dementia Forward is here to help you. [Their leaflet](#) provides some guidance and the team will be happy to help with more information or training.

Celebrating £40,688 for local charities



THE LOCAL FUND for the Harrogate District recently funded 14 charitable community groups to enable them to continue to support local people across the Harrogate district, with over £40,000 allocated in the Spring 2022 round.

Focusing on small organisations making a big difference, the grants will help older people have activities they enjoy, make new opportunities available for young people, ensure sports clubs can continue, improve mental health and wellbeing and people affected by the cost of living crisis get the support they need.

Lifeline Harrogate received £2,600 for food and room hire for a fortnightly lunch club to support local people who had recently become homeless.

Harlow Hill Community Centre are using their funding to set up a Men's Shed to support the wellbeing of men in the local area, creating a space for them to socialise, talk and share skills.

Following on from the pandemic, many community groups are still recovering from difficult issues affecting their service; the pause in fundraising, the burnout and consequent turnover of key staff, poor mental health and the cost of living crisis now

Both **Mind in Harrogate District** and **Wellspring Therapy and Training** are using their funding to support people's mental health; Wellspring expanding their counselling offer and Mind creating new therapeutic nature trips so their beneficiaries can get out and about.

Jennyruith Workshops near Ripon are refurbishing their kitchen with their £3,000 grant, so their beneficiaries, adults with learning difficulties and their staff and volunteers can take well earned breaks in a pleasant environment

A full list of grants awarded includes more groups passionate about reducing inequalities, improving wellbeing and providing a lifeline of activity to local residents.

Jan Garrill, Chief Executive of Two Ridings Community Foundation said:

'Once again, a massive thank you to Harrogate Borough Council and local businesses and individuals who generously donate to THE LOCAL FUND to make the grant-making possible.'

'We are delighted that 14 small community organisations benefit, because we know they make a huge impact on the wellbeing of local people all over the district.'

'We offer a warm welcome to new donors. If other local people and businesses want to think about their charitable giving, and, importantly keep their donations directly in the local area, investing in THE LOCAL FUND is a great option.'

How to get in touch

01904 929 500

hello@tworidingscf.org.uk

<https://www.tworidingscf.org.uk/tlfharrogate/>





Since the launch in 2018, THE LOCAL FUND for the Harrogate District has awarded over £190,000 in grants to fund local community groups and charities across the district, improving the lives of local people.

It is supported by a partnership of Harrogate Borough Council, Harrogate & District Community Action and Two Ridings Community Foundation.



Even with changes to local government boundaries in 2023, THE LOCAL FUND is part of a legacy from Harrogate Borough Council and will continue for the benefit of local people in the Harrogate District area.

As well as being a great fundraising opportunity for voluntary groups in the Harrogate district, THE LOCAL LOTTO also directly contributes to THE LOCAL FUND, with at least 10p from every ticket sale adding to the funds available and hence contributing towards a thriving community sector.

The LOCAL FUND re-opens for applications in November 2022 and details will be included in our HADCA weekly bulletins.

You can check other local open funds at <https://www.tworidingscf.org.uk/apply-for-funding/>



Growing Local Giving

THE LOCAL LOTTO for the Harrogate District has now raised more than £200,000 for locally based voluntary and community sector groups, giving them unrestricted income on a monthly basis.

The money raised makes an important contribution towards keeping the district's voluntary and community sector thriving, ranging from Autism Angels to Woodfield Millennium Green and everything in between. It also enables players to support the local good causes they care about most, with a chance of winning a prize.

More than 1,000 players are supporting 112 good causes and have collectively won more than £50,000.

Ripon Community Link said: *'We are proud to be a LOCAL LOTTO beneficiary. We benefit monthly from the supporters who have chosen us as this gives a regular, reliable income stream when charitable income can be erratic, especially in such turbulent times.'*

'We have also been extremely fortunate to benefit from THE LOCAL FUND to help us develop our services for individuals with learning disabilities. The administration is efficient and user friendly and importantly an easy platform for donors to use – thank you.'

<https://www.thelocallotto.co.uk/>

Putting our Volunteering City on the map



During an exceptionally difficult couple of years, people from all walks of life have taken the time to volunteer and they make a huge difference in Ripon and the surrounding villages.

Every month we share positive news in our Ripon Gazette column of how volunteering benefits the lives of everyone involved, as well as improving the city and the environment. Our HADCA Connecting Ripon Network has been bringing local charities and groups, who involve volunteers, together since 2014, sharing ideas, good news and challenges.

Now we have an exciting opportunity to work in partnership with the National Trust and Nidderdale AONB as part of the Heritage Lottery funded Skell Valley Project. Ripon depends on its volunteers and we will be working to help recruit, train and support more volunteers to boost Ripon's reputation as a volunteering city. We want everyone to have a positive volunteering experience and to encourage a diverse range of people to give their time and skills.

We're delighted to welcome Jo Thackwray, our Volunteering City of Ripon Project Co-ordinator to the HADCA team, based at Ripon Community House.

Jo said: *'I'm excited to be working with the wonderful collective of volunteer managers in the Ripon area'.*

'Over the last 30 years I've enjoyed leading and empowering teams with compassion, humour and positivity, with particular experience in volunteer management, development, recruitment and retention. I am now looking forward to exploring ways we can work together, to provide an exemplary volunteer experience and motivate a diverse range of people from our community to give their time and in return, receive a fulfilling and enriching experience.'

'The project is off to a flying start and over the last 2 months I've been out and about, meeting our partners and learning more about their challenges, triumphs and big ideas for volunteer recruitment. From the wonderful team at Jenny Ruth workshop, to the Ripon YMCA and many more.'



Volunteering City of Ripon *continued*

The Covid-19 pandemic has changed the landscape of volunteering considerably, for both good and bad, over the last 2 years and we need to share our experiences, using current best practice to help make a collaborative start on strengthening and developing the local volunteering offer.

Our first workshop was on 15 June at Holy Trinity Church. We welcomed 27 volunteer organisations and stakeholders, sharing ideas about how we would like volunteering to look like in the future and how we can make that happen. The information and ideas collected will help to create an action plan for Volunteering in Ripon.

The project aim is to make it easier for new groups of people to get involved in giving time and to support volunteer managers, by sharing resources and training. We want to hear about people's experiences and any barriers they may have faced and we will listen to all ideas to grow volunteering.

There are many fantastic local charities and they rely on volunteers. By making it easier for new groups of people to get involved, our organisations will be more inclusive, sustainable and make an even more positive impact.

Ripon has a reputation as a city with a fantastic community spirit. By strengthening volunteering and connecting organisations, we really want to put the 'Volunteering City of Ripon' on the map.

Jo said *'If I haven't yet been in touch with you and you would like to know more, please do feel free to email me JoanneT@hadca.org.uk to arrange a chat. You can now also follow the project's progress on [Facebook](#) . I look forward to meeting more of you very soon.'*



If you need more volunteers, add your roles to our Volunteering Directory so people looking for ways to support their local community, but who aren't sure how they can help, will find you.

You can register or log in to the Directory at www.hadca.org.uk/InvolvingVolunteers and email us at volunteer@hadca.org.uk if you have any questions. We're here and happy to help.

The [HADCA Volunteering Directory](#) currently has over 160 local opportunities and is fully searchable

If you recruit, involve and support volunteers in Harrogate district, subscribe to our Volunteering Network newsletter for the latest guidance and top tips www.hadca.org.uk/LatestNews



Vision for Volunteering

The new national Vision for Volunteering tackles five key themes

- awareness and appreciation of volunteering
- power
- equity and inclusion
- collaboration
- experimentation

and explores how volunteering must adapt and evolve in each area.

<https://www.visionforvolunteering.org.uk/>

Working Together for Our Communities

Connecting Ripon & Charity Chief Officers



Connecting Ripon Network meetings are always a positive hour highlighting exciting new projects, activities and events, with opportunities for local groups to connect and residents to get involved. It is always inspiring to hear of so much creativity bringing people together.

It is always good to bring together decision makers from our Harrogate district charities at the Chief Officers Group, to share challenges we face and opportunities to work together. New connections, conversations and ideas shared all help to improve services for local people.

At the May meeting, as well as the usual information exchange, members shared key challenges looking to April 2023.

Along with funding, meeting increased demand for services and the uncertainty around local government reorganisation, the main issue was recruitment and retention of staff. It was recognised that people had reflected during Covid about how and where they wanted to work. Charities hoped that people would look at the purpose and values of the roles available, but understood that they needed a good income in the current economic climate.

A reminder that you can add your local charity job opportunities to our HADCA website **for free** at [hadca.org.uk/jobs](https://www.hadca.org.uk/jobs) and we also promote the vacancies in our bulletins and on social media.

More volunteers are now being recruited which is encouraging, although there are still challenges e.g. meeting demand for the voluntary car driving service.

There are some people who haven't returned to volunteering since lockdown and a need to increase the diversity of people getting involved, as well as attracting more skilled volunteers. These are some of the issues our Volunteering City of Ripon Project will look at, working with Network members ([see page 10](#)).

Chief Officers & Chairs Group Dates 2022

15 September, 16 November

Decision makers from local VCS organisations are welcome to join us.

www.hadca.org.uk/ChiefOfficersChairsGroup

Connecting Ripon Meeting Dates 2022

13 July, 5 October

Anyone involved with a charity or community group working in the Ripon area who would like to connect with others to achieve more is welcome to join our Network of over 100 members.

www.hadca.org.uk/ConnectingRipon



Community House

Supporting Charities & the Community in Harrogate



Since opening in 1997 Community House has been the home of a wide range of charities, providing good quality reasonably priced office accommodation as well as meeting rooms and an information centre. In May, the then Mayor and Mayoress of the Harrogate District, Councillor Trevor Chapman and his wife Janet visited to find out more about the 15 current tenants and mark the 25th anniversary of our community hub.

In the mid 90's the NHS decided to sell the building and this coincided with a visionary group of volunteers looking for premises in which to set up a community house to bring charities together. They set about raising £300,000 to secure and develop the building, obtaining one of the first National Lottery grants in Harrogate as well as many donations from businesses and individuals.

The aim has always been to make it as easy as possible for charities to concentrate on doing what they do best and not have to worry about managing a property.

HADCA continues to provide a reasonably priced, safe and pleasant working environment and demand for offices remains high. After a break during the pandemic, a wide range of groups returned for their classes, workshops and training sessions.

At the 25th anniversary event current tenants came along to explain the work of their organisations and their plans for the future. Support is provided far and wide, ranging from very local to international, addressing issues such as homelessness, domestic abuse, loneliness and helping people stay active and well.

The Mayor thanked everyone for their support and vital work before cutting a 25th anniversary celebration cake which was enjoyed by all.

Need an Office or Meeting Room?

Please call the team on 01423 503700 or email reception@harrogatecommunityhouse.org
<http://www.harrogatecommunityhouse.org/>

HADCA Members in the Spotlight

Share and Support with Saint Michael's



Saint Michael's Hospice has come together with other health and social care providers across the region to develop the Saint Michael's Wellbeing Network.

Created in response to learnings from the pandemic, the Wellbeing Network allows for differing approaches to service provision, enabling the delivery of even more effective and future-focused models of care.

Bringing together a variety of organisations including voluntary groups, community groups and care providers, the Wellbeing Network will deliver a range of services to help people access the right support, at the right time and in the right place. The support available will include peer support groups, professional advice and outpatient clinics to help people affected by terminal illness to manage symptoms.

The first initiative is **Share & Support**, which offers people living with terminal illness, their families, and carers the opportunity to come together to provide each other with social and emotional support in a warm and welcoming café style environment.

The sessions are facilitated by the Saint Michael's specialist wellbeing team, who are on hand during the

practical and emotional support or additional service signposting if needed.

The Share & Support group is open to anybody living with a terminal illness, aged 18 or over, as well as their families and carers, living within the Harrogate district.

As Saint Michael's develop the Wellbeing Network, they're keen to hear from their local community what would be of most value, and how they can tailor services to your needs.



Referrals can be made by contacting the Saint Michael's Wellbeing Team at infopsft@saintmichaels hospice.org saintmichaels hospice.org/how-we-help/saint-michaels-wellbeing-network/



Where to Turn

Free online directory making it easy to access up to date information about hundreds of community activities, charity services and events in Harrogate District which support good health and wellbeing

HADCA Members in the Spotlight

Supporting Minds across the District

As part of their goal to support good mental health and wellbeing locally, Mind in Harrogate District have established an outreach service in Ripon, Boroughbridge, Masham and Pateley Bridge.

Mind in Harrogate District is a local independent charity, based at the Acorn Centre in Harrogate, and part of the national Mind federation. The team are offering one to one appointments at each local hub.



Community Development Worker Ruth is at Ripon Library on Fridays and Pateley Bridge (Nidderdale Plus) on Tuesdays. Kirsty is at Boroughbridge Community Library each Thursday and Masham Community Office each Wednesday. Appointments between 10.00 and 12.00 can be arranged by contacting the relevant community worker.

Flexible packages of mental health awareness and education sessions, as well as formal Mental Health First Aid training, are available as part of Mind's support for local businesses, organisations and schools.

The Mind team deliver a mental health support programme from the Acorn Centre which includes arts and crafts, music, walking, mindfulness, relaxation and more. Some of the groups and activities are also available to access online. The aim is to develop additional groups and activities to take place in Ripon, Boroughbridge, Masham and Pateley Bridge.

Mind in Harrogate District also provides telephone support (8.30am-5pm weekdays), a mental health befriending service and access to affordable counselling services.



Ruth: 07305 049223

ruth@mindinharrogate.org.uk

Kirsty: 07305 049296

kirsty@mindinharrogate.org.uk

www.mindinharrogate.org.uk

Take Your Turn in the Spotlight!

If you are involved with a local charity and would like to feature in a future edition of Care in Action and on our HADCA website, please let us have your news at www.hadca.org.uk/Submit-News or email hadca@hadca.org.uk. We would love to hear about how your organisation makes life better for people in Harrogate district and opportunities to get involved.



Harrogate and District
Community Action



Where to Turn

Free Online Community Directory
for the Harrogate District

Our fully searchable Where to Turn Community Directory makes it easy to access up to date information about hundreds of community activities, services and events which support good health and wellbeing.

We're here to help connect you.

hadca.org.uk/WhereToTurn

Our free online resource for people looking for charity services , information, advice and support for themselves, someone they care for or support.



Harrogate and District
Community Action



Volunteering Directory

Find your ideal role

Our free online directory of volunteering opportunities in the Harrogate District can be searched by interest area, age, availability, wheelchair access and location.

Browse hundreds of different opportunities to volunteer and to get involved in your local community.

hadca.org.uk/Volunteer

Our free online resource matching local people with volunteer roles that suit their interests, skills, availability, location and needs.

How to Contact HADCA

Tel: 01423 504074 **E-mail:** hadca@hadca.org.uk
www.hadca.org.uk

Community House, 46 - 50 East Parade
Harrogate HG1 5RR

Community House, Sharow View
Allhallowgate, Ripon HG4 1LE

Some members of the HADCA team are working from home and so email is often the best way to get in touch.



@HADCAcharity



www.facebook.com/HADCAcharity



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Harrogate Borough Council and Ripon City Council financially contribute to the provision of support to charities and volunteers in Harrogate District.

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