

**Driving
Force**

**Help at
Home**

**Opening
Doors**

Relay

HELP
Harrogate Easier Living Project

Issue 10

Spring 2017

HELP launches '100 Club'

Do you fancy winning a cash prize and raising much-needed funds for our charity? If so, then why not join our newly launched '100 Club'?

How it works: You simply buy a number (or more) which enters you into the monthly draw. A number costs £1 per month, payable as £12 per year.



Starting from May, each month we will draw a winning number. 50% of the total fund will be sent to the winner as a cash prize; the remaining 50% supports HELP's work. The more members we have, the greater the cash prize will be each month. We enclose a leaflet with more details and an order form. Please return to the address shown on the form. **Good luck!**

Volunteers 'HELP' more than ever



Without our volunteers, HELP simply would not exist! It's our army of volunteers who make the difference to our clients' everyday lives. Whether it's lending a hand with practical work around the home or providing transport, our dedicated volunteers give over 130 hours a week to helping others around the District. That's not to mention the local businesses and community groups who lend a hand on an occasional basis. Here are some impressive statistics which demonstrate how much of a difference our volunteers made in 2016:

****430 outings** were carried out by our Opening Doors' volunteers to help older and disabled people stay connected with their communities**

Our Driving Force drivers made **1,300 journeys for local people who might otherwise struggle with transport**

Volunteer handy people helped with **369 gardening, decorating & DIY jobs with our Help at Home service**

Fundraising round up

Locality budget boost for services

Our services have been given a boost from three NYCC County Councillors. Cllr Simister's £600 grant has enabled our Help at Home service to offer an increased level of support in the Bilton area. Meanwhile, Cllr Goss's two grants totalling £1,000 have paid for equipment and in Knaresborough, Cllr Hoult has granted our Driving Force service £460 to help us recruit and train much-needed volunteer drivers in the town. We are extremely grateful for their support!

Brilliant Brigantes!

The Rotary Club of Harrogate Brigantes has donated a fantastic £1,690 to HELP. Howard Rayner from the Club presented Frances with the cheque, which was a proportion of proceeds from their Christmas Grotto in Asda and from a donation they had received towards good causes. We would like to thank them for their continued support for our services.



Our Christmas Raffle raised an incredible **£1,271!** Thank you to everyone who bought and sold tickets, as well as donated prizes.

On song for HELP

HELP is delighted to have been chosen as the beneficiary charity for this year's Nidderdale Messiah on Sunday 26 November at Holy Trinity Church in Knaresborough. We look forward to being involved in such a fabulous community event. More info at www.nidderdalemessiah.org.uk



Join Team HELP

We are looking for some willing walkers to join Team HELP for this year's Nidderdale Walk. On Sunday 7 May, we will be tackling the 20 mile route. If you'd like to join us, or walk the 5 or 10 mile route and raise funds for HELP, please register at www.nidderdalewalk.co.uk If you can't make the walk but would like to sponsor Team HELP please call the office on 01423 813090.



Huge thanks to Bettys Café for awarding us a Good Cause Award. The donation will be used to recruit and train more Opening Doors volunteers to help our clients get out and about.



We are very grateful for the ongoing support of community groups, local businesses, trusts and individuals. We would like to thank the following for helping us to fundraise this year:

**Belzona * Bilton Grange URC * Brian & Jackie Povey
Cllr Andrew Goss * Cllr Bill Hoult * Cllr David Simister * Covance
HAADI * Harrogate Band * Heineken * Jennifer Perkins
Police Mutual * Ripon Summer Yoga * Sainsbury's * Wolseley
Rotary Club of Harrogate Brigantes * Yorkshire Building Society**

Out & about with HELP

Ashville College 'opens its doors' to welcome guests

Our Opening Doors members received a warm welcome from the students and staff at Ashville College when they hosted afternoon tea with musical entertainment recently. The group enjoyed delicious refreshments, as well as music and dance recitals from the talented students. The event was part of Ashville College's ongoing commitment to supporting HELP. Two students have also been volunteering with our Help at Home service each week as part of their enrichment programme.



Opening Doors events

We have a very busy Opening Doors programme of events for 2017. To book your place, please contact Jen on 01423 813090 or you can keep updated here:

www.helpharrogate.org.uk/events

Events coming up

Friday 5 May

Fish & Chips at Murgatroyds

Monday 17 July

Songs & Scones

Wednesday 6 September

Tour of Markenfield Hall

Spring gardening

Don't forget – our Help at Home gardening service begins again in May.

Get in quick if you would like to book your annual garden tidy as the waiting list is already 'growing'!



Driving Force

Over the past year we have been able to fulfil 98% of journey requests thanks to our fabulous volunteer drivers. However, please remember to give **at least two working days' notice** when booking your journeys. Journeys are always subject to availability and there are times when we are unable to fulfil your request. Please bear with us during the holidays as our volunteers often have family commitments at this time.

Turn your stamps into cash!

Can you help turn used stamps into cash for HELP? First class, second class or overseas stamps all qualify. Please ensure the stamps are not trimmed so the perforations are damaged. Just send them to us at Community House, 46-50 East Parade, Harrogate, HG1 5RR and we will do the rest. Thank you!



Going the extra mile

Good luck to Dave Jones who is raising money for HELP when he takes part in the London Triathlon in July. He'll be taking in the key landmarks of London as he cycles, runs and swims around the capital. You can sponsor him at www.mydonate.bt.com/events/londontriathlonhelp

Good to know...



Friends Against Scams

HELP has become a 'Friend Against Scams' to help stop people becoming a scam victim.

Scams come in many forms; you may receive a letter, email or telephone call making false promises – the most common are fake lotteries, deceptive prize draws or sweepstakes, clairvoyants, computer scams, and romance scams.

The criminals trick people with flashy, official looking documents or convincing telephone sales patter, with the aim of persuading them to send an administration fee, pay postal or insurance costs or make a premium rate phone call. Doorstep scams are carried out by bogus callers or rogue traders who call, often uninvited, at people's homes under the guise of legitimate business or trade. If you think you are at risk of becoming a victim of a scam, or you suspect someone you know might be, please let us know and we can put you in touch with Citizens Advice who can help you www.friendsagainstscams.org.uk

Knit & Natter

Oatlands Community Group has set up a knitting group at their monthly fundraising café, held every first Saturday in the month between 11am and 2pm at St Mark's Church, Harrogate. Not only is it a chance to socialise over home-made refreshments, it's also a great way of helping others by knitting squares for blankets. Please get in touch if you would like any help with transport.



Your views count

We will shortly be sending out our annual client surveys. Your opinions help us to tailor our services to your needs so please complete and return to us in the FREEPOST envelope provided. Completed surveys received **before 28th April** will be entered into our a free prize draw to win a hamper. Thank you!



Could you find a home for one of our collecting tins?

Would your local newsagent or shop take a HELP collecting tin? Please let us know if you could place one of our secure boxes somewhere in your neighbourhood. Call Lizzie or Anna on 01423 813090.

Opening Times

Monday to Friday
9am-3pm



Jen & Christine
(Opening Doors &
Driving Force)
01423 813090

Christine, Brian & Andy
(Help at Home)
01423 813096

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