

**Driving
Force
Help at Home
Opening
Doors**

Relay

Issue 11

HELP
Harrogate Easier Living Project

Autumn 2017

'Oaks and Acorns' intergenerational project

We are delighted to launch a new social group called 'Oaks and Acorns' this November. As the name suggests, it will bring together two different generations; our clients 'Oaks' and a group of 4 year olds 'Acorns' from a local nursery. Inspired by the recent Channel 4 documentary 'Old People's Home for 4 Year Olds', the sessions will provide an opportunity to meet, interact and engage with one another once a month until Summer 2018, with an emphasis on having fun! Places are limited, so please get in touch ASAP to find out more.



Celebrating the festive season with HELP

Watch out, there may just be an elf, reindeer or even Santa about this festive season! Help at Home support worker, Andy (pictured left) will be taking delivery of a Santa sleigh in his Hampsthwaite garden very soon. Families are invited to come aboard the sleigh and have their picture taken in return for a

donation to HELP! The Nidderdale Messiah traditionally heralds the start of the festive season and this year we are the beneficiary charity of the event on 26 November at Holy Trinity Church. And for more toe-tapping action, Harrogate Band will once again be holding their Christmas concert at Trinity Church on 1st December. For a chance to sing some traditional Carols join us at St Peter's Church on 6th December. And for another opportunity to hear Handel's masterpiece join Harrogate Choral Society's Messiah at The Royal Hall on Saturday 9th December where funds are being raised for HELP.

Roll up, roll up for our Grand Christmas Raffle!

Our Grand Christmas Raffle is back and bigger than ever! We have already secured over 20 prizes and hope to smash last year's total of £1,300. Please encourage families, friends and colleagues to buy tickets. Additional books of 10 are available by calling the HELP office. **Thank you!**



Fundraising round up

Join our club!

Following the success of our 100 Club we have launched a second Club based out of our Ripon office and numbers are still available to buy. To be in with a chance of winning a cash prize every month please call the office on 01423 813090 and we can send you a form to complete and send back so you can join the Club wherever you live.



Huge thanks to the Harrogate Rotary Brigantes for their ongoing support. We were delighted to receive another donation from President Howard Rayner.



Nidderdale Messiah

This uplifting performance of Handel's Messiah will take place on Sunday 26th November at Holy Trinity Church, Knaresborough at 3.30pm. As the concert's nominated beneficiary, we will be selling cakes and handicrafts to raise additional funds. We are looking for contributions of handmade crafts and/or cakes for our stall. If you are able to help, we would love to hear from you.



Charity challenges



Congratulations to our intrepid fundraisers whose combined exertions have raised nearly £1,500 this year! Nick Russell took on the London Triathlon whilst Alex Hughes took part in her first Great North Run. Finally, Tom and (a very pregnant) Rosie Kenwood joined Team HELP at this year's Nidderdale Walk.

Cake for Cash

Our client Jennifer and her fabulous team of helpers raised nearly £300 for HELP at their coffee morning at Wesley Chapel in October. THANK YOU!



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:

**A Life Less Lonely Fund * Beatrice Laing Trust * Bettys & Taylors
Brelms Trust * Coop Community Fund * Councillor Richard Cooper
Evan Cornish Foundation * Harrogate Rotary Brigantes * Saints Plant
Stall * Knabs Ridge Community Benefit Fund * Nationwide * North of
England Horticultural Society * North Yorkshire Police Property Fund
Oatlands Community Group * Paristamen CIO * Ripon Classic Car Show
* Sainsbury's Harrogate * Sainsbury's Ripon**

Out & about with HELP

Do you enjoy a craft and would like to share it with others?

We have started a craft group which meets the first Thursday of each month at Community House. As a group, we are knitting squares to make a blanket, but we welcome any different crafts. Transport can be arranged. If you'd like to join us, please contact Jen.



Helping hands

The Help at Home team is able to offer a dedicated handyman service to the Dene Park, Bilton and Woodfield areas of Harrogate. Thanks to a grant from the Evan Cornish Foundation, we are now able to offer an additional day's support each week for these areas. If you live in any of these Harrogate Wards and require Help at Home's services, please get in touch on 813096.



Spring into action!

It may seem early to be thinking about next spring but clients are already booking their garden makeovers for when the season starts again in May 2018. Book now on 01423 813096 to get yourself on the waiting list.

Calling volunteers!

From lending a listening ear to helping our clients get out and about, our volunteers are central to all that we do. Due to huge demand for our services, we really need more! Do you know someone who is willing to offer their time to our service? Volunteering can be done at times to suit, no qualifications are required and any training will be given. For a chat about volunteering call Lizzie or Anna on 813090.



Driving Force last Xmas booking date!

Please make a note that the last booking date for any journeys between Monday 18 December and Friday 5 January inclusive is **Wednesday 13 December**. The office will be closed for Christmas at 3pm on Friday 22 December and will reopen on Tuesday 2 January at 9am. All the best for the festive season.



For your diary...

Tuesday 7 November

Coffee & shopping at St James Retail Park, Knaresborough

Sunday 26 November

Nidderdale Messiah, Holy Trinity Church, Knaresborough

Friday 1 December

Harrogate Band Christmas Concert at Trinity Church

Tuesday 5 December

Annual Christmas Lunch at Cedar Court Hotel

Wednesday 6 December

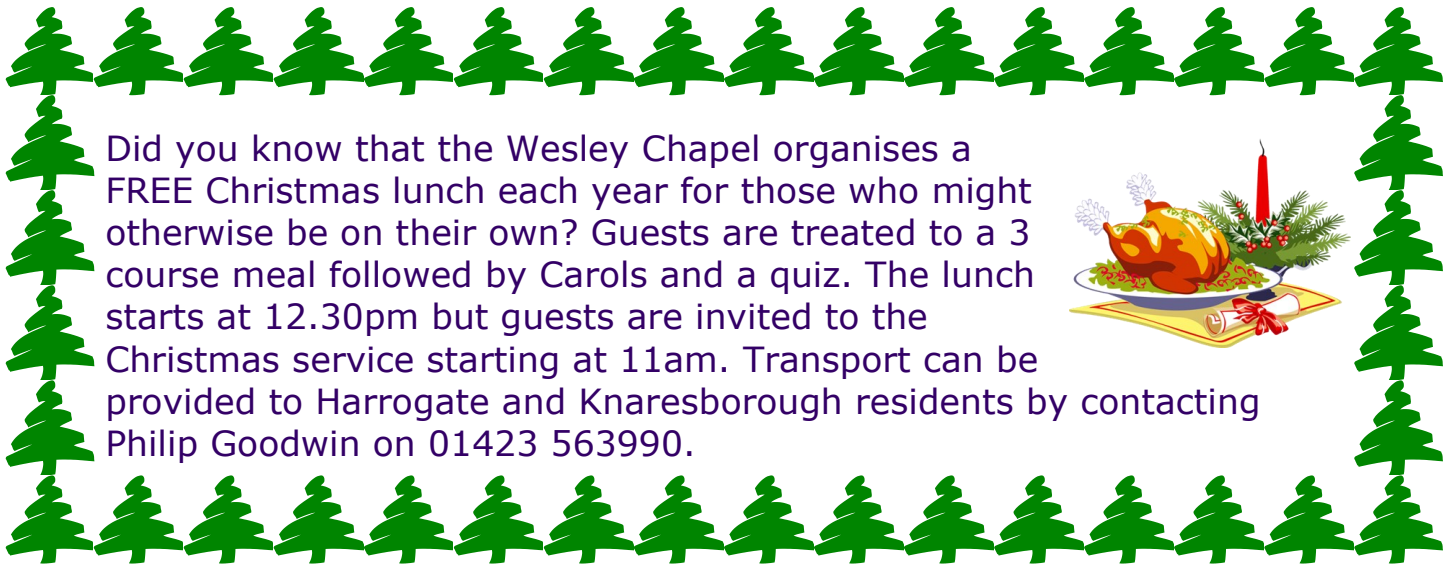
Carol Concert at St Peter's Church, Harrogate

Good to know...



And our survey said...

Thank you to everyone who completed our annual surveys. Not only do they help us to tailor our services to your needs, they are also useful to inform our funders about the difference we make. We are pleased to report that **99%** of clients across our services told us they were **very satisfied or satisfied** with our service. Among clients receiving our befriending and driving services, a large proportion reported a significant reduction in feelings of anxiety and isolation and that they felt **more confident about living independently** at home as a result of receiving our services. Volunteers also reported feeling **valued, supported and satisfied** in their roles. Despite these excellent results, we will not be resting on our laurels so please do get in touch with us if you have any suggestions for our services.



Did you know that the Wesley Chapel organises a FREE Christmas lunch each year for those who might otherwise be on their own? Guests are treated to a 3 course meal followed by Carols and a quiz. The lunch starts at 12.30pm but guests are invited to the Christmas service starting at 11am. Transport can be provided to Harrogate and Knaresborough residents by contacting Philip Goodwin on 01423 563990.



Over 50s Forum

If you are over 50 and would like to have your say about things that matter to you, the Harrogate & District Over 50s Forum might be of interest. The group meets every other month at St Paul's Church, Harrogate and also organises talks and outings. Contact mail@hgdover50sforum.org.uk

Consumer advice

Unsure where to get advice on consumer products? RICA carries out research for older and disabled people and their website is packed with information about home appliances and mobility aids, as well as useful contacts in your area www.rica.org.uk or **020 7427 2460**



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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