



Information and  
signposting to  
community support  
and activities

FREE tea, coffee  
and biscuits

A chance to chat  
and enjoy some  
company

Transport available  
on request

# Here to HELP

'drop in' information service  
at

## Knaresborough Friendship & Leisure Centre

A chance to enjoy some company and  
to bring along any questions you have  
about where to turn for community  
support and activities



**First Wednesday of the month**

12pm til 2pm

Knaresborough Friendship &  
Leisure Centre, 23 Market Place

For more information contact  
Jen on 01423 813090



Registered charity  
number 1144758

[www.helpharrogate.org.uk](http://www.helpharrogate.org.uk)