Keeping safe and well at home during the Coronavirus outbreak

It is fantastic to see who many local people coming forward to help one another out during this difficult period. Whilst the overwhelming majority of people are well intended, it’s worth remembering the following to help keep you safe:

- Coronavirus (Covid-19) is contagious. Ask for items to be left on the doorstep and please avoid all physical contact with them
- Keep at a safe distance—at least 6 ft (about a broom handle’s length) away
- Do not invite people into your home
- If you have doubts about anyone who approaches you, don’t engage and report serious suspicious behaviour to the police
- Do not share your bank details with other people
- If you need to pay for something, please only exchange a cheque. Perhaps you or a family member could pay the supplier over the phone or online, rather than paying the person who brings it to you?
- Remember to follow at all times the Government’s guidance about good hygiene and self-isolation

What should I do to prevent catching and spreading the virus?

[Images of handwashing, coughing, and avoiding close contact]

Remember, we are here to HELP! If you are unsure who to turn to, please call us 01423 813090
Fundraising round up

Huge thanks to **Hampsthwaite Wednesday Group**, **Knaresborough Open Gardens, Swinton Estate, Washburn Heritage Centre** and **Wolseley** for pledging their support to HELP and choosing us as their ‘Charity of the Year’ for 2020-21! Watch this space for news and updates on the partnerships.

**Straybirds ‘on song’**
Singing collective Straybirds, who have a fantastic track record of raising money for the local community, have used their passion for music to support our work. Their recent ‘Winter Spaces’ concert was a seasonal celebration of music and song and raised a wonderful £415 towards our services.

**Curry raises tasty sum**
Over £1,000 was raised at our fundraising Wine & Curry Night in February! Huge thanks to Martin Coyle for guiding us through some interesting wines and to Saffron Tree for donating the delicious curry! Their authentic Indian chilled meals are available from Fodder.

**“All Together Now...”**
As well as singing their hearts out, All Together Now community choir has baked, quizzed and collected to the tune of **£4,000** in aid of HELP in 2019! As their nominated charity of the year, the choir held coffee mornings, concerts and quiz nights and supported our own fundraising events. Thank you!

**Green Token thanks**
Thank you to everyone who voted for HELP in the Asda Green Token Giving programme. We were delighted to receive a cheque for £500!

**We are grateful to the following individuals and organisations for generously donating money, time and skills to benefit our work:**

- 22nd St Robert’s Brownies
- All Together Now
- Asda
- Ashville College
- Brelms Trust
- Christ Church on the Stray
- Councillor Paul Haslam
- Covance Sports & Social Club
- Harlow Lodge
- Harrogate Quakers
- Knaresborough Christmas Tree Festival/St John’s Church
- Presence Church
- Robert McAlpine Foundation
- Saints’ Plant Stall
- Sheila Henry
- St Wilfrid Church
- Straybirds
- Sylvia & Colin Shepherd Charitable Trust

**Curry raises tasty sum**

Thank you to everyone who voted for HELP in the Asda Green Token Giving programme. We were delighted to receive a cheque for £500!
IMPORTANT NOTE:
Due to the Coronavirus outbreak, our craft groups and all of our Here to HELP sessions are temporarily suspended. When normal services resume we will let you know.

Just our cup of tea!
Ashville College once again extended a warm welcome to our clients at their recent Afternoon Tea. 35 of us enjoyed delicious refreshments whilst being entertained by wonderful musical performances from their very talented students. Among the students were Grace and Reuben, who volunteer in the HELP office once a week. We are grateful to everyone at Ashville for their ongoing support.

Bilton Library Here to HELP
We have added another venue to our regular ‘Here to HELP’ drop-in sessions. Jen from the HELP team will be in Bilton & Woodfield Library on the 2nd Tuesday of each month from 11am-12pm to provide information about activities and sources of support locally. Transport is available. Call Jen or Christine on 813090 for more info.

One Wellness
At our February ‘Here to HELP’ session at Bilton Health & Wellbeing Hub we were given a balance and stability taster session. Active living instructor, Megan, from One Wellness gym demonstrated techniques for stabilising muscles and joints. She also demonstrated exercises to improve overall balance, which can help reduce the risk of injuries and falls. Keep an eye out for more guest speakers at Here to HELP.

We're 'Here to HELP' at...

**Bilton Health & Wellbeing Hub**
First Tuesday of the month 11am – 12pm

**Bilton & Woodfield Community Library**
Second Tuesday of the month 11am – 12pm

**Knaresborough Friendship Centre**
First Wednesday of the month 12pm – 2pm

A chance to enjoy some company and to bring along any questions you have about where to turn for community support and activities
Ageing independently
Independent Age is a UK charity dedicated to helping people get the most out of older age. They provide a wealth of useful factsheets covering topics such as saving money, getting help at home, staying independent and planning for the future. These are available on their website or we can download them for you at www.independentage.org

Free home eye tests
Spescavers opticians offer a home visiting service if you are unable to get into store due to a physical or mental disability and are either: over 60, registered blind or partially blind, have diabetes, have, or are at risk of, glaucoma, are on certain benefits. You can request a home visit by calling 0800 198 1132 or going online www.specsavers.co.uk/home-eye-tests/request-a-free-home-visit

Spescavers will then check you are eligible. The home service offers a full eye test, spectacle dispensing and aftercare. If you need new glasses, they pledge to deliver these to your home within 14 days.

In need of a chat?
The Silver Line is the only free confidential helpline providing information, friendship and advice to older people. It’s open 24 hours a day, every day of the year. Contact 0800 4 70 80 90 for further information.

‘Friends of the Elderly’ grants
If you are of state retirement age, do not live in a residential care home and have savings of less than £4,000 you may be eligible for a grant of up to £500. We are able to make an application on your behalf for things like home essentials, digital connection and financial support. Please call Jen on 01423 813090 to find out more or visit www.fote.org.uk

Useful numbers
Carers’ Resource 01423 500555
Citizens Advice 03444 111444
Mind Harrogate 01423 503335
Harrogate Borough Council 01423 500600
North Yorkshire County Council 01609 780780
Harrogate District Hospital 01423 885959

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