Like a lot of organisations in our local community, HELP Ripon & Rural has had front row seats on the ‘coronacoaster’ over the last few months, helping hundreds of families and individuals to stay safe and well at home. At times it has been overwhelming, with the sheer numbers of people needing our support in Ripon and Harrogate. But thanks to our staff team pulling together and our army of 220 wonderful volunteers, we have been able to reach out to all those who asked for help. Rest assured that while restrictions continue to ease, we will still be ‘Here to HELP’ throughout the recovery phase of the pandemic and you can still access all our services including:

**Concerned about the future?**
We’ll still be working with Ripon Community House to ensure we’re #HereToHelp with

riponehadca.org.uk
01765 645902

**We are Here to HELP…**
We are working hard to ensure that we are ‘Covid-secure’ across all of our support services and are looking at ways of reintroducing our voluntary car driving service. We will only be able to do this when we are confident of keeping both our clients and volunteers as safe as possible.

We hope this newsletter will give you information and guidance on where to turn for support to keep you safe over the coming months. As always, please give the team a call if you have any questions or concerns on:

01765 645902
riponehadca.org.uk
Ceri, Susan, Alison and Linda are the Here to HELP team in Ripon:

Ceri - Service Coordinator
I recently moved to Yorkshire with my husband and four children having lived most of my adult life in Bristol (yes, I do have a Brizzol accent!) I have joined HELP with nearly 18 years of voluntary sector experience, most recently as Chief Officer of a thriving charity in the heart of Bristol. My passion has always been to raise awareness of today’s ‘real’ social and health issues and provide support to help people overcome life’s challenges.

Linda - Support Worker
I am married to Dave and we have a 16 year old son, a dog, a cat and six chickens! I have been volunteering HELP for just over two years and am delighted to now be working with the team to support people during the Covid crisis. What I have found truly amazing about Ripon throughout the pandemic is the community spirit. It’s fantastic how the community has looked out for each other, neighbours helping neighbours to ensure all are safe and well.

How you can HELP
We are hugely grateful to the many people and organisations who have pledged their support to us financially since the start of lockdown. With a significant decrease in community fundraising and donations from clients, we have secured grants from a number of local and national trusts and have received some much needed funds from the local community. We realise times are tight, but we would be extremely grateful if you could consider supporting us in any of the following ways:

Join our HELP 100+ Club – numbers are just £1 a month giving you a chance to win a cash prize every month!

Play The Local Lotto online – be in with a chance of winning a cash prize every week and HELP receives 50p of every £1 ticket purchased www.thelocallotto.co.uk

Shop online using easyfundraising.org.uk and donate to HELP at no extra cost to you!

Alternatively you can make a donation via our Virgin Money Giving page. For help on any of the ways to pledge your support please call Lizzie or Anna on 01423 813090.
A huge THANK YOU to the fantastic army of ‘Here to HELP’ volunteers who responded to our call to arms at the beginning of lockdown and who have already carried out well over 3,000 tasks for people in need in Ripon and Harrogate. We really couldn’t have done it without you!

Disability Action Yorkshire
Want to exercise your brain? DAY will deliver jigsaws, puzzles and DVDs to people who are self isolating. Call 01423 855410.

Community Jigsaw Project
We are delighted to be involved with this project, launched by Jennyruth Workshops. The jigsaw paints a picture of our community and the ways we live and work together, as well as help and support each other. Thank you to Susan for designing our piece. One side shows all the ways we ‘HELP’, with the other representing our volunteers with their big golden hearts. Visit the Jennyruth Facebook page for info on where to view the Jigsaw project.

Ripon Library... Open for business!
The library is now open and can offer these services:

**A drop off point at the door for returning books**

**An opportunity to browse - no appointment necessary, face masks must be worn and Test & Trace info will be taken (not compulsory)**

**Computers to get online & print (booking advised)**

**Home delivery service**

For opening times and further information call 01609 536623.

Where to turn for help with food...

Ripon Food Support – Ripon & Boroughbridge Area
HELP can refer you to receive vouchers for 3-5 days of emergency food to be collected from Ripon Community House (volunteers can also deliver).

Food Angels ‘meals on wheels’ service from Harrogate Neighbours. A selection of low cost, delicious and nutritious hot meals delivered to your door in the Ripon area. Call 01423 888777.

North Yorkshire County Council Local Emergency Assistance Fund for vulnerable adults and families. Supermarket vouchers and gas and electric vouchers available in an emergency.

If you have an urgent food need outside of normal office hours, please call NYCC Contact Centre on 01609 780780.
You are not alone...

Taking care of our financial, mental and physical health can be a challenge at this time. If you are struggling with any aspect of this, there are local organisations who can help. Harrogate Borough Council and North Yorkshire County Council have put together a leaflet detailing all the local organisations who may be able to assist. The leaflet is available to download from www.hadca.org.uk or we can send a hard copy by post. Here’s a list of local services which might be of interest:

**Facemasks**
Homemade masks made by our volunteer Sue are available for a donation to Ripon Food Support. They are lined with a nose wire for good fit. Call the office on 01765 645907.

**Hospital transport**
If you require transport to the hospital, please ask the hospital department or your GP to refer you to the Good SAM service or Yorkshire Ambulance Service.

**Just B ’Hear to HELP’**
A new support line to help people manage their anxiety and emotional wellbeing. To speak to a trained support worker call 01423 856799, 8am-8pm, 7 days a week.

**Age UK**
Age UK publish free tech guides for older people about online safety and how to keep in touch through video calls. Their advice line 0800 678 1602 is available 8am-7pm daily.

**Citizens Advice**
If you’re struggling with debt or paying your bills, the team at Citizens Advice in Harrogate can guide you through the options. Call 01423 503591.

**Harrogate Borough Council Lifeline**
Worried about having a fall? Harrogate Lifeline offers a unit which can be plugged into a home telephone point and a personal alarm pendant to wear for use in an emergency. Call HBC on 01423 500600 (ext 56811).

**TV Licence**
You may be eligible for a free licence if you receive pension credit. If you are over 75 and are worried about paying for your TV licence now they are no longer free for everyone, please get in touch.

HELP is part-funded by North Yorkshire Health & Adult Services and by Harrogate Borough Council
Harrogate & Area Council for Voluntary Service Limited, Company limited by guarantee. Registered in England and Wales
Registered Charity No. 1144758 Company No. 7760477

Current hours: Monday to Friday 9am-4pm

01765 645902 or
01765 645915

Ripon Community House
Allhallowgate
Ripon, HG4 1LE
ripon@hadca.org.uk
www.helpripon.org.uk

www.helpripon.org.uk

HELP is part-funded by North Yorkshire Health & Adult Services and by Harrogate Borough Council
Harrogate & Area Council for Voluntary Service Limited, Company limited by guarantee. Registered in England and Wales
Registered Charity No. 1144758 Company No. 7760477