

Dear St. Aidan's,

Please find below our latest email to schools outlining support for families and young people across Harrogate and the surrounding area. This email focuses on activities and support available during the autumn into early winter. If any of your families want to find out more or don't know where to turn for support and information, please ask them to contact us on 01423 813090 or help@hadca.org.uk or drop into Harrogate Community House on East Parade, Monday to Thursday between 9am and 4pm. They can also access our 'Where to Turn' directory at hadca.org.uk/wheretoturn

Winter worries

For any families worried about bills and winter expenses, the advice is to contact [North Yorkshire Citizens Advice & Law Centre](#). Support includes energy saving tips, smart meters, priority services register and cost of living advice www.cany.org.uk/get-advice They can also contact Warm & Well North Yorkshire which offers practical solutions to reduce fuel poverty, and supports people to stay warm and well in their homes www.warmandwell.org.uk

Autumn cost of living payments

The second of three payments for those eligible and on means-tested benefits, such as Universal Credit, Pension Credit or tax credits is due between 31 October and 19 November 2023. Eligible recipients will receive the payments directly to them, and there is no need for you to apply, contact the government or do anything to receive it www.gov.uk/government/news/second-2023-to-2024-cost-of-living-payment-dates-announced

Inspire Youth Autumn term time activities

- Outdoor youth provision in Starbeck, Ripon and Knaresborough for children age 11+
- Junior Youth Club at Knaresborough Wellbeing Hub for children age 7-11

www.inspireyouth.uk/whatson

'Kicks' Football and Multi Skills Games

FREE weekly evening football sessions for 8-17 year olds across Harrogate District. You can just turn up.

- Wednesdays 6-7pm - Jennyfields Park, Harrogate
- Fridays 6.30-7.30pm - Knaresborough Wellbeing Hub, Stockwell Avenue

For more info contact community@harrogatetownafc.com

Wild Cats Girls Football

Girls only introduction to football sessions in Harrogate, Knaresborough and Ripon!

These sessions are open to beginners aged 5-11 years old.

- Tuesdays 5.30-6.30pm – Saltergate School, Harrogate
- Fridays 5.30-6.30pm – Knaresborough Wellbeing Hub, Stockwell Avenue

For more info contact community@harrogatetownafc.com

Parent Carer Group at Time Together

A group for families of neurodivergent or disabled children and adults, including those awaiting assessment. A safe space for sharing experiences and making new connections. Second Thursday of each month 6.30pm-9.00pm at Time Together, Unit 10 Provincial Works, Laundry Road, Starbeck. Free to attend, voluntary donations towards room hire

and refreshments appreciated. For more information contact: office@time-together.org / 01423 883992

Inspire Together inclusive sessions with Time Together

Mondays 4-5.30pm at Time Together in Starbeck. New inclusive and accessible club for young people aged 11+ (formerly Games Zone), a partnership with Time Together and Inspire Youth. Activities and experiences in a safe place promoting independence, health, wellbeing and friendship. £6.50 per session. Booking essential.

Contact: office@time-together.org or 01423 883992.

Wellspring Empower Group

Starts 5 October, 6-7.30pm.

Do you know a young person in Year 7 & 8 who would benefit from a safe space to explore, explain and improve their self-esteem?

Limited spaces available for the eight week course which is free and facilitated by professional counsellors. Based in Starbeck. To apply for a place or for further info contact us on 01423 881 881 or email empower@wellspringtherapy.co.uk

Renew HG1 YP

Early intervention pilot project for young people in School Years 7-9 is now open for referrals. It will run on Tuesdays at Harrogate Baptist Church Community Hall, HG1 5RD from 3.30-5pm and each week there will be a focused activity to help build confidence and provide tools to develop emotional resilience. The weekly session will engage specifically with those young people in Harrogate who may be struggling with their emotional health and wellbeing, feeling anxious or isolated and/or struggling to develop meaningful friendships. If you're connected to a Harrogate secondary school or a local Harrogate organisation that specifically supports the wellbeing of young people and you'd like to find out more please get in touch with Zoë Bishop or email renewhg1yp@gmail.com

LGBTQ+ Community Group for ages 13+

Inspire Youth Yorkshire, 9-10 Halfpenny Close in Knaresborough, Mondays 5.30-7pm
This group aims to create a supportive, safe, and confidential environment, where young people can feel confident asking questions and explore and discover issues important to them and their identity. A safe space for parents is also available with understanding and highly experienced youth workers and opportunities to meet other parents to share and gain experiences. No booking required. There is an option to join remotely if you wish. This is a great way to remain anonymous whilst you navigate those first bold steps. Email info@inspireyouth.uk for details to log in. Sessions are currently running until 23 October 2023.

Duke of Edinburgh Award Scheme volunteering

For students undertaking the Duke of Edinburgh's Award, please refer to the HADCA volunteering directory to find organisations providing meaningful volunteering opportunities for young people <https://hadca.org.uk/Volunteer/roles-young-people>

Warm Spaces

We don't yet have information on which local venues will be offering Warm Spaces this winter, but please refer to our 'Where to Turn' directory which we will keep updated as soon as we receive any information <https://hadca.org.uk/wheretoturn>

Resurrected Bites Community Groceries

A weekly shop from as little as £3

The community groceries are run through a subscription scheme and are for people who are in financial hardship. It costs just a fraction of a normal supermarket shop and it saves thousands of tonnes of food from going to landfill every week. You can join for £5 then have access to a weekly shop for just a few pounds (a 4+ family can get their shop for £6). They run at New Park School and Gracious Street Methodist Church in Knaresborough twice weekly <https://resurrectedbites.co.uk/#groceries> They also run pay as you feel cafes in Harrogate at St Paul's URC (Weds 10am-2pm), Killinghall Methodist Church (Thurs 11.30am-2pm) and at the Centre on Gracious Street in Knaresborough (Fri 10am-2pm) <https://resurrectedbites.co.uk/#cafes>

Foodbank – free emergency food parcels for those experiencing hardship

If your school isn't a referrer to the Foodbank then we can arrange foodbank voucher for families – just call HELP on 01423 813090 or email help@hadca.org.uk We would just need a few bits of info including name, contact details, ethnic group, number of people voucher is for including ages, dietary info, any specifics (e.g. cat food), reason for referral (e.g. benefits related, health).

Pension credit – for wider family, friends or neighbours

In North Yorkshire there are over 6,000 people who are not receiving pension credit. It is extra money from the government to top-up your pension income. It may also act as a passport to other entitlements such as:

- Help with housing costs and Council Tax
- Help with NHS costs, including free dental treatment and travel costs for NHS treatment
- Vouchers towards glasses or contact lenses
- Cold weather payments and the Warm Home Discount Scheme
- When you are 75 or over you can also apply for a free TV license if you are getting Pension Credit

You can get pension credit if you are over State Pension age and your income is less than £201.05 a week (for a single person) and £306.85 a week (for a couple who are both over state pension age). Making a claim is simple. It can be done for FREE online or by post, or over the phone. Visit gov.uk/pension-credit/how-to-claim or call for FREE 0800 99 1234.

Best wishes

Lizzie & the HELP team

Lizzie Hughes

Development Manager

HELP team

Harrogate & District Community Action (HADCA)

Normal working days: Monday to Thursday

lizzie@hadca.org.uk

Some of the the HADCA team are working from home at the moment and email is the best way to get in touch.



Community House, 46-50 East Parade, Harrogate, HG1 5RR (Reception is now open
9am – 4.30pm Monday – Thursday)
01423 813090 (answerphone available)

www.helpharrogate.org.uk

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