



Where To Turn in Harrogate District – Key Voluntary Organisations

Advocacy

- Help with accessing services and managing issues
- Older people, people with a limiting physical condition, poor mental health or feeling vulnerable through the pressure of circumstances

www.advocacyharrogate.org.uk

01423 547500

admin@nyadvocacy.org.uk

Age UK Knaresborough

- Support at home, Shopping Service
- Assisted bathing service
- Lunch clubs, exercises, IT learning

www.ageuk.org.uk/knaresborough

01423 864956

info@ageukknaresborough.org.uk

Age UK North Yorkshire

- STAR (Steps to Active Rehabilitation). Help in regaining confidence with mobility
- Telephone Befriending
- Home Secretary Service
- Exercises, Groups, Financial Advice

www.ageuk.org.uk/northyorkshire

01423 530628

01765 606872

harrogate@ageuknorthyorkshire.org.uk

ripon@ageuknorthyorkshire.org.uk

Carers' Resource

- Local, specialist carers' centre for district
- Advice on applying for carers assessment and benefits
- Opportunities to access groups and activities
- Young Carers

www.carersresource.org

01423 500555

01765 690222

info@carersresource.org

Citizens Advice Bureau

- Information and advice on a wide range of topics, including; debt, benefits, housing, legal, discrimination, employment, immigration, consumer issues. Harrogate Foodbank vouchers.

www.citizensadvice.org.uk/cravenandharrogatedistrictscab

Advice line: 08444 111444

advice@cravenandharrogatecab.cabnet.org.uk

Dementia Forward

- Support for people living with Dementia and carers
- Befriending, home visits, activities, signposting

www.dementiaforward.org.uk

01765 601224

info@dementiaforward.org.uk

Mind in Harrogate District

- Support for people experiencing any kind of mental ill health.
- Safe place to have a coffee, take part in activities, training
- Signposting to other mental health services

www.mindinharrogate.org.uk

01423 503335

office@mindinharrogate.org.uk

Saint Michael's Hospice

- Support for people affected by terminal illness, including families and carers
- Support at Home
- Bereavement support
- Talking Spaces Counselling Service

www.saintmichaelshospice.org

01423 879 687

info@saintmichaelshospice.org

HARCVS - Signposting to voluntary sector services, support groups and community activities in Harrogate district.

www.harcv.org.uk

01423 504074

cvs@harcv.org.uk

[@HARCVS](https://www.instagram.com/HARCVS)

**Where To Turn Directory of organisations
Listing of Regular Community Activities**

<http://directory.harcv.org.uk>

www.harcv.org.uk/regularerevents