

Harrogate and District Local Services Guide

This is a guide to local Harrogate and District services that may be helpful when signposting patients.

Please direct patient / family / carer to <https://www.harcvs.org.uk/Wheretoturn> to search local services if able which covers Wetherby as well and is run by Harrogate and Ripon Centres for Voluntary Services.

If you know of any new services or changes to existing listed services please contact: hdft.frailtyoccupationaltherapy@nhs.net

HDFT does not endorse, accredit, approve or recommend any of these organisations. Details are provided for individual patients to consider if they are right for themselves.

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Carer / carer issues

- Ask friends / family for support (even just in short term or to help arrange support).
- Contact the care agency you use to discuss (and ask them about their contingency plans if usual carers unavailable / staff shortages).
- Contact NYCC (01609 780780).
- For private carers / family – sign up to the Carer’s emergency card through NYCC.
<https://www.northyorks.gov.uk/carers-emergency-card>
- Contact care homes for respite.
- Carer’s Resource 01423 500555
- HELP. Carer’s time off service. 01423 813094.

Continence products

- Mobility Shops (see equipment store section)
- Pharmacies
- Supermarkets

Domestic Abuse

- Independent Domestic Abuse Service (IDAS). Details at: <https://www.idas.org.uk/> Tel: 03000 110 110 or 0808 2000 247.

Equipment Stores

- Change Mobility, 158 Kings Road, Harrogate HG1 5HY, www.changemobility.com 01423 500666
- Rise Furniture and Mobility, 34C Leeds Road, Harrogate, HG2 8BQ. www.risemobility.co.uk · 01423 526737
- Yorkshire Care Equipment, Linkside House, Forest Lane Head, Harrogate, HG2 7TE www.risemobility.co.uk · 01423 799960
- Able to Enable Ltd, Unit 3-4 Hookstone Park, Hookstone Chase, Harrogate, HG2 7DB www.ableto.co.uk 01423 880882
- Doability, 17B Hornbeam Park Oval, Harrogate, HG2 8RB. www.doability.co.uk 01423740450
- Able to purchase online from many retailers.

Exercise

- Active Health Programme (various programme options) – 01423 500600 ext 58289 or Ian Salvin 07525 988160. Email: active.health@harrogate.gov.uk or ian.salvin@harrogate.gcsx.gov.uk.
- Age UK for walking groups and exercise. 07850328510
- Sadie Davy exercise groups (falls and balance, Zumba, general keep fit). 07904958028.
- Fitmums and Friends running club (1 to 6+miles) Bilton Youth Centre. 07870654586.
- ESCAPE pain (£30 7 weeks) Bilton Lane Hub. 01423 226303.
- Super senior over 60 exercise at Bilton Hub. Mark: 07718231506.
- Pink Ribbon Program (breast cancer exercise group) at LEAR fitness. Elise Mailloux – 01423 709844.

<p>Monday</p>	<ul style="list-style-type: none"> • Exercise Group at Life Destiny Church, Starbeck. 2pm. 07804798010. • Harrogate Heart Group cardio exercises. 13.30-14.30 and 16.30-17.30. Jennyfields Styan Centre, Grantley Drive, Harrogate. Call Chris Hall 01423 873126. • Carpet Bowls £3. 10.30-12.30 (term time only). Jennyfields Styan Centre. 01423 521667. • Strong and Steady Ripon £3 per session. Call Natalie Smith 01423 500600 ext 58382 or 07525 988160 or email natalie.smith@harrogate.gov.uk. • Seated exercise to Music. £4 per session (refreshments included). 09.45-10.45 Dene Park Community Centre, Harrogate. Contact Age UK 07850328510 • Seated exercise to music. £4 per session (refreshments included). 11.30-12.30 The Adelphi, Cold Bath Road, Harrogate. Contact Age UK 07850328510 • Fit 4 Function. £3 per session. 13.30-14.30 Calcutt Village Hall, Calcutt, Knaresborough. Contact Harrogate Borough Council on 07525988160 or 01423 500600. • Zumba Gold. £4 per session (refreshments included). Allhallowgate Church Hall, Ripon. Contact Age UK on 07850328510. • Dancing for Wellbeing. £5 per session. 14.00-15.30. Friends Meeting House, Queen Parade, Harrogate. Contact 07890 071508. http://www.dancingforwellbeing.org/
<p>Tuesday</p>	<ul style="list-style-type: none"> • Strong and Steady Starbeck £3 per session. Call Natalie Smith 01423 500600 ext 58382 or 07525 988160 or email natalie.smith@harrogate.gov.uk. • Seated exercise to music. £4 per session (refreshments included) 10.00-11.00, Montpellier Court, Cold Bath Road, Harrogate. Contact Age UK 07850328510 • Harrogate Walking for Health. Starbeck Library. Contact Helen Steventon on 07388396650. • Dancing for Wellbeing. £5 per session. 14.30-16.00. Chain Lane Community Hub, Knaresborough. Contact 07890 071508. http://www.dancingforwellbeing.org/ • Simply Aerobics. 9.30-10.30. Term time only. £4. Jennyfields Styan Centre. 01423 521667.
<p>Wednesday</p>	<ul style="list-style-type: none"> • Dementia Golf weekly 10-12 and 1pm-3pm at Rudding Park. Golf in Society Tel: 07491694938 email: golfinsocirty@gmail.com Web: https://golfinsociety.com • Parkinson's Golf fortnightly 1pm-4pm at Rudding Park. Golf in Society Tel: 07491694938 email: golfinsocirty@gmail.com Web: https://golfinsociety.com • Wetherby walking for health. 10.30am. Bank Street Methodist Church, Wetherby. Contact Sarah Goodwin 01937 586582 or email sjgoodwin1956@gmail.com • Otley walking for health. 10.10am. Otley Courthouse. Contact Ray Moss at raymoss70@gmail.com. • Dancing for Wellbeing. £4 per session. 14.30-16.00 (15.00-16.30 every second weds of the month) Bilton Community Centre, Bilton lane, Harrogate. Contact Jackie on 01423 531235. http://www.dancingforwellbeing.org/ • Dancing for Wellbeing. £5 per session. 11am-12.30pm. Memorial Hall, Hollins Lane, Hampsthwaite. Contact 07890 071508. http://www.dancingforwellbeing.org/

Thursday	<ul style="list-style-type: none"> • Harrogate Heart Group cardio exercises. 12.30-13.30. Jennyfields Styan Centre. Call Chris Hall 01423 873126. • Walking football Ages 50+. Harrogate Town FC CNG stadium. Thurs 12.30-1.30 or Thurs 5-6pm. Contact: Bernie Lyons 01943 430499 or 07866100072 or email walkingfootball@virginmedia.com. • Moving in circles / circuits. £4 per session (refreshments included). Jennyfields Styan Centre, Grantley Drive, Harrogate. Contact Age UK 07850328510. • Harrogate walking for health. 11am. Post Office on Cold Bath Road. • Fit 4 Function. £3 per session. 11.00-12.00 Fairfax Community Centre, Harrogate. Contact Harrogate Borough Council on 07525988160 or 01423 500600. • Fit 4 Function. £3 per session. 13.00-14.00 Main Hall, Coronation Hall, Milby, Boroughbridge. Contact Harrogate Borough Council on 07525988160 or 01423 500600. • Yoga. £4 per session (refreshments included). 13.30-14.30. Fairfax Community Centre, Harrogate. Contact Age UK 07850328510. • Dancing for Wellbeing. £5 per session. 14.00-15.30. The Cuttings, Station View, Starbeck. Contact 07890 071508. http://www.dancingforwellbeing.org/
Friday	<ul style="list-style-type: none"> • Pilates £5. Fri 11.45 – 12.45 (term time only) Jennyfields Styan Centre.01423 521667. • Dementia Swimming –10.15-11.15 at Starbeck Swimming baths. https://northyorkshireconnect.org.uk/node/4068 • Fit 4 Function. £3 per session. 13.30-14.30 Ripon leisure Centre. Contact Harrogate Borough Council on 07525988160 or 01423 500600. • Dancing for Wellbeing. £5 per session. 14.30-16.00. Chain lane Community Hub, Chain Lane, Knaresborough. Contact 07890 071508. http://www.dancingforwellbeing.org/

Falls

- *Dizziness or loss of consciousness?* Discuss with GP.
- *Medication concerns?* See medication section of this guide.
- *Vision or hearing concerns?* See sensory section.
- *Continence concerns (not getting to WC on time / incontinence?)* Discuss with GP / nurse and see continence section.
- *Numbness / tingling / shooting pains in hands / feet?* Discuss with GP / Physio / podiatrist.
- *Concerns with memory?* Discuss with GP.
- *Concerns with alcohol / smoking?* Discuss with health professional and see smoking / alcohol / drugs section.
- *Unsteady on feet or concerned about balance? Unable to get up from the floor?* Discuss with GP or seek advice from private physio. Attend exercise group (see exercise section). See Love Activity Hate exercise leaflet by CSP.
- *Difficulties functioning at home?* See relevant section in this document for particular concern.
- *Cluttered environment?* Contact NYCC 01609780780 or housework / garden / repairs section.

- *Unsure how to contact someone in an emergency / unable to get up from fall?* See pendant alarms section.
- *Struggling to find comfortable / suitable shoes due to swelling or other concerns with feet (pain / corns / long toe nails)?* See Shoes section or podiatry.

Finances / benefits / admin / housing

- Ask friends / family for support (even just in short term or to help arrange support).
- Self-refer to NYCC (01609 780780).
- Contact Age UK regarding admin services. 01423 864956
- Carers can refer to carer's resource for support and advice. 01423 500555.
- Call Citizens Advice Bureau - 03444 111 444 Adviceline York and North Yorkshire.
- Call specific charities for conditions (MS society, Parkinson's UK, Dementia Forward, etc).
- Friends of the Elderly grants. <http://www.fote.org.uk> or call 0330 332 1110 or email hello@fote.org.uk
- MacMillan financial guide. 0808 808 22 32.
- Stonham HomeStay Harrogate. (Housing concerns) 01423 704109 or email Harrogate@homegroup.org.uk
- Warm and Well. 01609 767 555 or email wnwinfo@northyorksca.org.uk or got to www.warmandwell.org.k
- Farmers – please see pets / farming
- Hairdressers Charity. Emergency grants, quarterly payments to people who are struggling to get by. Web: <http://www.thehairdresserscharity.org/> Tel: 01234 831888 Email: info@thehairdressercharity.org
- <https://www.moneyadvice.service.org.uk/en>
- Connect to wellbeing. Support with housing needs, financial or budgeting advice. Please contact lead coordinator Mel Milner, Health and Wellbeing development officer at activehealth@harrogate.gov.uk or on 01423 500600 x58045

Housework / garden / repairs

- Ask friends / family for support (even just in short term or to help arrange support).
- Ask family / friends / neighbours who they use.
- Use AskSara assessment on NYCC website. <https://www.northyorks.gov.uk/advice-and-support-help-daily-living>
- Contact equipment store for advice on equipment to self-purchase (see transport section or store may be able to home visit)
- HELP at home for basic repairs, odd jobs (defrosting freezer / clearing out shed / etc), DIY, painting and one off gardening tasks – contact Christine on 01423 813096 or email help@harcvs.org.uk.
- Age UK, Support at Home. Tel: 01423 864956
- Contact Carer's Resource for services list for gardeners/ domestics.
- Home maintenance inspection service (free) advice on repairs / maintenance 01423 556899.
- Fire Safety Check. 01423 504082

- Handy Tec. Adapting, improving and repairing your home. Hgt: 03453664402. Selby: 01757241010. York: 03453664401. Email: handytec@yorkshirehousing.co.uk

Loneliness / social / activities

- Ask friends / family for support (even just in short term or to help arrange support).
- Age UK social activities. Tel: 01423 864956
- Silverline. Tel: 08004708090 or go to: <https://www.thesilverline.org.uk/>
- Lunch clubs (will need to ask local churches / community centres. Transport and volunteers sometimes available).
- Exercise groups
- Harrogate Easier Living Project (for getting out to social activities). Tel: 01423 813090
- MIND. Tel: 01423 530575
- Living Well. Links to social activities and supports with life changes. Details available from: <https://www.northyorks.gov.uk/living-well-north-yorkshire> or call 01609 780780 to refer.
- Specific charities for conditions (MS society, Parkinson's UK, Dementia Forward, etc).
- Supporting Older People. Tel: 01423 531490 or go to: <http://supportingolderpeople.org.uk/>
- Samaritans. Tel: 116123
- Red Cross. Tel: 0113 201 5240
- Independent Age (befriending). Tel: 08003196789 or go to: <https://www.independentage.org/>
- Methodist Church Knaresborough (various groups as well as cafe) 01423 862252
- Fairfax Community Centre, HG2 7RU. Various groups. 01423 883614.
- Ex-Forces Support North Yorkshire. 01904 704177 or email exforces@communityfirstyorkshire.org.uk
- Ladies coffee club in the Welcome Centre at St Andrew's church Starbeck. 07376552736 or 01423 889162.
- Dene Park Centre. (Bongo / Mon am exercise group / Wed coffee morning / Fri am Yoga. Tel: 01423 530628
- Harrogate Odeon Silver Screenings. Over 55's, tea / coffee and biscuits included. £3. 0333 006 7777.
- Sporting Memories at Harrogate Town FC. Web: <https://wavelength.org.uk/events/sporting-memories-harrogate/> Email: simon@northyorkshiresport.co.uk
- Connect to wellbeing. Feeling isolated due to a change in your lifestyle or for health reasons, needing support to access a service or to support a hobby or interest, wanting to feel more involved in our local community. Please contact lead coordinator Mel Milner, Health and Wellbeing development officer at activehealth@harrogate.gov.uk or on 01423 500600 x58045.

Monday	<ul style="list-style-type: none"> • St Andrew's Starbeck. Bingo Monday afternoons / Natter crafts. 01423 889162 • Monday Sew-cial at Bilton Grange United Reformed Church, Woodfield Road, Harrogate. 10.30 – 11.30. Bring along sewing / knitting / other crafts or just go for a chat. Call Jill 07588 761885. • Free drinks and biscuits at St Mark's church Harrogate every day. Call 01423 544528. • Friendship Club £5 per session. Westcliffe Hall, 2 Harlow Terrace, Harrogate. To book call Rachel 01423 560558.
Tuesday	<ul style="list-style-type: none"> • 50 plus social group. Tues 14.00 – 15.30 (term time only) £2.50. Jennyfields Styan Centre. 01423 521667. • Free drinks and biscuits at St Mark's church Harrogate every day. Call 01423 544528.
Wednesday	<ul style="list-style-type: none"> • Knitting / crochet drop in group. Weds 1pm-3pm Indulge café on Hornbeam Park. • Bingo Weds and Sat 12.30 – 3pm at Bilton Working Men's club. • Tea Dance £2.50. 2nd Weds of the month 13.00 – 15.00. Jennyfields Styan Centre. 01423 521667. • Free drinks and biscuits at St Mark's church Harrogate every day. Call 01423 544528. • 'Thirst' at Dene Park Community Centre every Wednesday 10.30 – 12.00. Coffee morning with free wi-fi, computer club. Drinks 80p and cake 40p. 01423 565129. • Masham Wednesday Welcome Centre, Masham Methodist Church. Joy Rayden 01765 689310 or 01765 688080
Thursday	<ul style="list-style-type: none"> • Drop in sewing group at Costa Coffee, Harrogate. Thursday mornings. • Craft session at Bead, 3, Bower Road, Harrogate HG1 1BB. Phone: 01423 313030. Thursdays 1pm. Bring along your own craft. • Free drinks and biscuits at St Mark's church Harrogate every day. Call 01423 544528.
Friday	<ul style="list-style-type: none"> • Afternoon tea at Time Together Fridays 2pm-4pm. Unit 10 Provincial Works, Laundry Road (off The Avenue), Starbeck. 01423 883992 • Veronica's traditional crafts, soft furnishings and upholstery. Fri 13.30 – 15.30. 10 week course at Jennyfields Styan Centre. Call Veronica Broadley 01765 658516. • Free drinks and biscuits at St Mark's church Harrogate every day. Call 01423 544528. • Dementia Forward coffee morning Fridays 10-12 at George Armitage House, Burton Leonard, HG3 3SD. 01765 601224.
Saturday	<ul style="list-style-type: none"> • Harrogate Ladies craft club. 3rd Sat of every month in Hampsthwaite village hall. Start 10.30. £5 per session. • Bingo Weds and Sat 12.30 – 3pm at Bilton Working Men's club.

Meals / shopping:

- Ask friends / family for support (even just in short term or to help arrange support).
- Order shopping online from supermarket.
- Use Driving force / Opening Doors by HELP for transport / assistance please contact Christine or Jen on 01423 813090 (charges apply).
- Ripon and Rural voluntary car driving service (charges apply) 01765 645907.
- Use Age UK shopping service (charges apply) Harrogate – 01423502253 Ripon – 01765606872.
- Arrange Food Angels for Mon-Fri lunchtimes for hot meal delivery 01423 888083.
- Order from Wiltshire Farm Foods – frozen ready meals. Tel: 08000773100 or go to <https://www.wiltshirefarmfoods.com/>
- Order frozen ready meals or groceries from Oakhouse Tel: 03333706700 or go to <https://www.oakhousefoods.co.uk/>
- Use AskSara assessment on NYCC website. <https://www.northyorks.gov.uk/advice-and-support-help-daily-living>
- Contact equipment store for advice on equipment to self-purchase (see transport section or store may be able to home visit)
- Sainsburys will take phone orders and deliver weekdays for £5. 0800 328 1700
- Waitrose – you do the shop in store then they will deliver.
- St Margarets shopping service (charges apply) 01423 876397
- Trussell Trust Food Bank- <http://harrogatedistrict.foodbank.org.uk/> – Mowbury Community Church. 07885 529864 or email info@harrogatedistrict.foodbank.org.uk
- Dinners 4 U. Hot meal delivery service. 08000182961. www.dinners4u.co.uk
- ParsleyBox. Ready meals (store in cupboard up to 6 months) Order online www.parsleybox.com or call FREE 08006127225 - open 7 days

Monday	•
Tuesday	<ul style="list-style-type: none"> • Trinity luncheon club. 12pm term time only. Trinity Road, Harrogate HG2 9AU. 01423 502205 • St Mark’s Church, Leeds Road, Harrogate. 12pm. Over 60’s lunch club last Tuesday of the month. Call 01423 544528. • Jennyfields Styan Centre lunch club. 12.15-14.00 (term time only). £4.575. Call 01423 521667. • St Peter’s Church Harrogate. Mon to Fri 8am-9am free breakfast (cheese toastie/bacon. Sat 8am-9am free full English. Fri and Sat counter with free milk / sandwiches. Everyday 16.30 - 3 free tins of food (pet foods available as well). • Luncheon Club at Starbeck Methodist Church. Tuesdays at 12 noon. Chris Thomas – 01423 887504 or email christinethomas81@hotmail.com

Wednesday	<ul style="list-style-type: none"> • St Andrew’s Church Starbeck. Lunch club Wednesdays 12pm. 07376552736 or 01423 889162. • Resurrected Bites at St Mark’s church, Harrogate. Pay as you feel café. Every Wednesday 10.00 – 14.00. Call 01423 544528. • St Peter’s Church Harrogate. Mon to Fri 8am-9am free breakfast (cheese toastie/bacon. Sat 8am-9am free full English. Fri and Sat counter with free milk / sandwiches. Everyday 16.30 - 3 free tins of food (pet foods available as well).
Thursday	<ul style="list-style-type: none"> • St Peter’s Church Harrogate. Mon to Fri 8am-9am free breakfast (cheese toastie/bacon. Sat 8am-9am free full English. Fri and Sat counter with free milk / sandwiches. Everyday 16.30 - 3 free tins of food (pet foods available as well).
Friday	<ul style="list-style-type: none"> • St Peter’s Church Harrogate. Mon to Fri 8am-9am free breakfast (cheese toastie/bacon. Sat 8am-9am free full English. Fri and Sat counter with free milk / sandwiches. Everyday 16.30 - 3 free tins of food (pet foods available as well).
Saturday	<ul style="list-style-type: none"> • Resurrected Bites at St Mark’s church, Harrogate. Pay as you feel café. Every third Saturday 10.00 – 14.00. Call 01423 544528. • St Peter’s Church Harrogate. Mon to Fri 8am-9am free breakfast (cheese toastie/bacon. Sat 8am-9am free full English. Fri and Sat counter with free milk / sandwiches. Everyday 16.30 - 3 free tins of food (pet foods available as well).
Sunday	<ul style="list-style-type: none"> • Wesley Chapel, Harrogate. 1pm Free Sunday lunch.

Medication

- Age UK (meds prompting but does cost). Tel: 01423 864956
- Local pharmacy.
- If lifeline installed then contact them to arrange medication prompts. Tel: 01423 500600 or email: lifeline@harrogate.gov.uk

Mental Health

- Harrogate IAPT. (offer 1 to 1, online and group sessions) Tel: 01423 852137 / 852062
- MIND . Tel: 01423 530575
- Samaritans. Tel: 116123
- No Panic (anxiety / stress). Tel: 0800 1388889
- International Stress Management UK. Resources from: www.isma.org.uk
- Depression Alliance. Tel: 0800 1232320
- Saneline. Tel: 0845 7678000
- Anxiety UK. Tel: 08444 775774
- Anxiety Alliance. Tel: 0845 2967877
- Just 'B' Bereavement Services. Details at: <http://justb.org.uk/wordpress/services/> Tel: (01423) 856 790.

Pendant Alarms / keysafe / GPS bands.

- Harrogate Lifeline. Tel: 01423 500600 or go to: lifeline@harrogate.gov.uk
- Lifeline 24. Tel: 0800 999 0400
- Age UK. Tel: 0800 011 3846
- Keysafe – 01905 770333 or go to www.keysafe.co.uk
- HandyTec Keysafes. 0345 3664402
- BeSafe Keysafes. 0113 2759339 or 07817109310
- Vodafone V-SOS wrist band. Falls detection and SOS button. Works in any location and can set up alerts to up to 5 people. Web: <https://eshop.v.vodafone.com/uk/v-sos-band> or visit Vodafone store.
- There are various easy to use mobile phones / watches and small GPS trackers with photos or names instead of numbers / large numbers / SOS buttons / GPS trackers that can be found on the internet. Could try Easiphone, Doro, WatchU.

(Wellbeing lifeline services have the contracts for Harrogate but customers have to go through Harrogate Lifeline)

Personal Care

- Ask friends / family for support (even just in short term or to help arrange support).
- Self-refer to NYCC (01609 780780) for care or OT assessment. Please note: This may take up to 28 days for the care assessment then longer for care to commence. Financial assessment required to consider funding.
- Contact care agencies (list available from NYCC) if able to self-fund
- Contact equipment store (see equipment store section) for advice on equipment to self-purchase (see transport section or store may be able to home visit).
- Use AskSara assessment on NYCC website for advice. <https://www.northyorks.gov.uk/advice-and-support-help-daily-living>
- Contact Age UK re bathing service in Knaresborough (charges apply). 01423 864956.
- Use the Hydro disabled facilities (£3.20 a shower). Tel: 01423 556767

Pets / Farming

- Cinnamon trust. Dog walking and short term fostering. Tel: 01736 757 900 or 01423 526655 or go to <http://www.cinnamon.org.uk/>
- The Farming Community Network. Support with farming, business, mental and physical health and family matters. Tel: 03000 111 999 email: chris@fcn.org.uk Website: www.fcn.org.uk
- Royal Agricultural Benevolent Fund. Financial support for farming families. Tel: 0808 2819490. Website: www.rabi.org.uk

Private physiotherapy / occupational therapy / podiatry

- HCPC website to search for registered professionals. <http://hpc-uk.org/>
- Contact Carer's Resource for list of local providers.
- CSP website for Physiotherapists. <https://www.csp.org.uk/public-patient/find-physiotherapist/find-physio>

Sensory Needs

- Mobility Shops (see equipment store section).
- Specific charities (RNIB, British Deaf Association)
- Vision Support Harrogate. Tel: 01423 565915
- Hearing and Vision Team NYCC. Tel: 01423 780780
- Specsavers home eyetest. 08001981134 or go to specsavers.co.uk/home-eye-tests
- The Outside Clinic home eye and hearing tests. 0800 85 44 77

Shoes

- Mobility shops (see equipment store section).
- Hotter. 19-21 Cambridge Street, Harrogate HG1 1RW hottershoes.com 01423 521791
- Ladies World. 15 North Street, Ripon HG4 1JY. Tel: 01765 607027
- Up and Running. 16 Station Parade, Harrogate HG1 1UE. Tel: 01423 562324
- Cosy feet. www.cosyfeet.com or call 01458 447275. Shoes / slippers as well as larger fit tights, knee highs, stockings and soft top socks. They also have aids for getting socks and tights on.
- DB shoes. <https://www.widerfitshoes.co.uk/> or call 01933 311077.
- Meanfeet. www.meanfeet.co.uk. Tel: 020 8888 2868 Monday to Friday, from 9am to 6pm. Ideal for people with bunions.
- Hanwag. <https://www.hanwag.com/>. Walking boots for people with bunions.

Smoking / Alcohol / drugs

- North Yorkshire Horizons. Alcohol and drug recovery service. Email: info@nyhorizons.org.uk or call 01723330730.
- Alcoholics Anonymous. Email help@aamail.org or call 08009177650.
- Quit. Stop smoking services. <http://www.quit.org.uk/> or call 0800002200.

Transfers (chair / bed / WC)

- Ask friends / family for support (even just in short term or to help arrange support).
- Use AskSara assessment on NYCC website for advice. <https://www.northyorks.gov.uk/advice-and-support-help-daily-living>
- Contact equipment store for advice on equipment to self-purchase (see equipment store section)
- Self-refer to NYCC (01609 780780).
- If Community service involved ask them for advice / referral.

Transport

- Ask friends / family for support (even just in short term or to help arrange support).
- Taxi
- Public transport
- Harrogate Easier Living Project. Tel: 01423 813090
- Dial a ride. Tel: 01609 533877 or go to: <http://www.northyorkstravel.info/timetable/DR0320160411.pdf>
- Independent Age (advice on driving). Tel: 08003196789 or go to: <https://www.independentage.org/>
- William Merritt Centre. Aire House, 100 Town Street, Rodley, Leeds LS13 1HP **Phone:** 0113 350 8989 (driving assessments / adaptations).
- Ripon and Rural Wellbeing Service delivered by HELP. 01765 645907.

Toilets

- Plan routes and locations when going out to ensure facilities are available.
- Obtain radar key available from (access key to many disabled toilets):
 - Level 10, Victoria multi-storey car park, Harrogate. Opening hours: Monday-Friday 9am until 4pm. Telephone 01423 551648.
 - Civic Centre, St Lukes Avenue, Harrogate
 - Town Hall, Market Place, Ripon
 - Knaresborough House, High Street, Knaresborough
 - Various online stores.
- Toilets with hoists / changing tables available at various locations which can be found at www.changing-places.org.uk or call 01609 780780 for information.

Weight Loss

- Fit4Life (HBC). Free 12 week weight loss programme. Tel: 01942 404799 Web: https://www.harrogate.gov.uk/info/20115/sport_and_active_lifestyles/907/fit4life_project
- Slimming World. Tel: Esther – 07904110043 or Cate – 07834897533. www.slimmingworld.co.uk
- Weight Watchers. Web: www.weightwatchers.com/uk Email: uk.help@weightwatchers.co.uk

Wheelchairs

- Shop mobility in Victoria Centre Harrogate. Victoria multi-story car park, Harrogate. Opening hours: Monday-Friday 9am until 4pm. Telephone 01423 551648. – short term loan (day / half day). Wheelchairs and scooters but book scooter at least 2 days in advance.
- Mobility shops for self-purchase – please see equipment store section.
- Loans – Yorkshire Care Equipment, 131 High Street, Starbeck 01423 880399
 - Able to Enable, Unit 3 & 4 Hookstone Park, Hookstone Chase 01423 880882
 - Red Cross (they deliver and collect) 01709 879451 / 07843501391
 - Age Concern, Hilton Lane, Knaresborough. 01423 864956
- Supermarkets often have them available.
- Some visitor attractions – call first.
- Wheelfreedom. Wheelchair hires. 0800 0258 005.