

Harrogate Neighbours Quarterly News

Winter 2025



A note from Sue...

Sue Cawthray -
Chief Executive Officer



Dear residents, families and supporters,

Time passes by so quickly and I always feel that Autumn is a time of reflection but also comfort and warmth as we get our sweaters, scarves and blankets out to make the season feel more like a warm hug. It is also a time of fresh beginnings – the crisp air feels cleansing and is like a reset before winter – perfect for starting new projects and habits.

Harrogate Neighbours has gone through a restructure over the last few months as we continue to grow and develop our services and to strengthen our staff team, I am delighted that Dee McEvoy has stepped up into the role as a Director of Care leading on the key services of Harrogate Neighbours with care and support. We have appointed Akwasi Nuamah into the role of Director of Finance and Resources and Jo Beaumont into the role of Director of Service Development. It is an exciting time for Harrogate Neighbours, and I am sure you will continue to support any way you can.

Lots of things have been happening: a great honey harvest where both residents and staff purchased jars of our very own nectar, and fruit and vegetables in abundance from the allotment, resulting in prizes won at the Starbeck Summer Festival!

Our third Golf Day raised just over £4000, and our golfers braved Storm Amy and dug deep in their pockets to give generously to Harrogate Neighbours.

The second Starbeck Food Fest was an amazing success where we were able to showcase local foods and produce during British Food Fortnight. If you haven't been to The Harrogate Neighbours Community Hub on the high street, please pop along for a coffee Monday to Friday, 10 am to 4 pm. There is so much going on at Harrogate Neighbours and a great Christmas programme planned – lovely activities for the tenants, clients and residents, great celebrations and events provided from fabulous hard working and committed staff. We hope to see you at some of these events!

Next stop Christmas!

Best wishes, Sue.

This issue is
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sponsored by:



Support our projects!

Heading As a not-for-profit organisation, donations go a long way. Any donations made go towards our care programmes or latest projects.

Scan the QR code or send an email at info@hnha.co.uk to find out more information about how your donations can help and what are current projects are!

Donate here,
please!



Head Office: The Cuttings, Reception: 01423 888777

Email: info@hnha.co.uk | Website: www.harrogateneighbours.co.uk



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Halloween - Pure Pumpkin Power!



Across all our sites and departments, there was a flurry of carving, scraping and pumpkin seed throwing as everyone set out to cut a niche in our in-house Pumpkin Carving Competition.

As stern judges descended from the Administration and Finance departments to decide on a winner, tensions mounted that had nothing to do with witches and ghouls appearing for Halloween!

Bonfire Night



Bonfire Night at The Cuttings is not just about the spectacular fireworks - it's about the hotdogs, the hot soup, the spicy parkin cake and, most importantly of all, sharing the special evening with friends and family. You just can't beat the look of wonder in the eyes of grandchildren looking up to the multi-coloured explosions in the sky!

Spotlights

Tenant at The Cuttings: Elizabeth Newby

When Elizabeth is not dressing up as a very elegant witch for Halloween, she's either engrossed in a good book or attending a lecture at the '3D Archaeological Society' for whom she has written several articles. Elizabeth has also taught creative writing, so her deep love of words has always been put to excellent use.

As if all this were not enough, Elizabeth has a passion and talent for making jewellery. And, consistent with her generous and entrepreneurial nature, she has single-handedly managed to raise £1000 for the Yorkshire Air Ambulance Charity! She was inspired to raise money for them as she has been full of admiration for the work they do, rescuing people caught out in isolated and inaccessible areas in Yorkshire. Excellent work, Elizabeth!



Staff Member: Jamie Nicholson-Ruther Our Communications and Development Manager



Jamie has worked with us since the beginning of 2024, after he and his wife moved into the area from Bath. He is passionate about the arts, not just as a spectator but as an active participant. He is currently rehearsing for the Hampsthwaite production of 'Jack and the Beanstalk' in Killinghall for the upcoming pantomime season. Jamie says, "I've loved acting ever since I was a child. My 'big moment' on stage came when I was cast as 'Bottom' in 'A Midsummer Night's Dream'. I remember my mum stayed up all night making my papier mache donkey head, and I was captivated by the power of costume, props, voices and performance. I have

performed in many plays and places, my highlight being the opportunity to perform at the National Theatre in London at age 13. It's the thrill of the performance, of being someone new, of knowing that you have entertained, have made people laugh, or feel emotional, or confused. There truly is, in my mind, no better feeling than a well earned applause at the end of a show."

Jamie uses his passion for the stage in his work with us at work, forming important partnerships with businesses and people in the area. He also brightens our day with his vitality and infectious sense of fun!

Tickets are on sale now for Jack in 'Jack and the beanstalk' in Hampsthwaite:

<https://www.ticketsource.co.uk/whats-on/north-yorkshire/hampsthwaite-memorial-hall/jack-and-the-beanstalk/e-xoekob>

The Cuttings, Starbeck

Remembrance Day



Our Knit-N-Natter Club members made poppies to sell for the Royal British Legion!



The poppies have been very popular with us all. The symbolic meaning of the various colours brought about some deep and sensitive discussions: white ones for peace, purple for animals that have helped the armed services in their struggles, and, of course, the red poppies to remember the men and women who have lost their lives in conflicts around the world.

Our Christmas Events

The Cuttings:

Tuesday 9th December:

Our Christmas Markets: FREE ENTRY 3pm to 6pm

The Hub (tel: 07702 866 960):

Every Monday & Thursday:

Lunches (paid by donation) for anyone needing a hot meal and feeling like some company. Please book in advance.

Every Friday afternoon:

Jeff is on hand to give digital support for anyone needing help with phones, tablets or computers.

Christmas Markets at The Hub: FREE ENTRY

Friday 21st November: evening 2pm to 6pm

Christmas Wreath-Making: (limited spaces - please call to book)

Friday 21st November: evening 6pm to 8pm

Monday 24th November: afternoon 1pm to 3pm

Tuesday 25th November: afternoon 1pm to 3pm

'Mince Pies and Memories' (fundraiser for Dementia Forward):

Sharing festive treats, stories and friendship: 2pm to 4pm.



Heath Lodge Community Haven - Residential Care, Boroughbridge



We pushed ourselves to our sporting limit when both staff and residents took part in the Yorkshire and North Humberside Care Olympics! We held the olympic flame high and took up the deepest spirit of the games - to have LOTS and LOTS of fun!

Our Embsay and Bolton Abbey Steam Railway Trip



We got all nostalgic as we boarded the beautiful steam train, with all its vintage livery, from Bolton Abbey. It chugged along the tracks to Embsay as we chatted and stared out the window at the lovely scenery. The snack lunch and treats at the station saw us make the return journey with smiles.

Sponsor in the Spotlight



Tell us about what you do!

At Yorkshire Block Maintenance we manage the smooth operation of all aspects of soft FM, ensuring high levels of cleanliness, maintenance and compliance across all our clients portfolios, be that care homes, +55 living, student accommodation, or residential blocks of flats. Our clients tell us that the key benefit of working with us is that we help manage all their maintenance, cleaning, and safety needs under one roof which provides convenient and speedy resolutions, as well as peace of mind and value for money. We can help with a variety of tasks, such as communal cleaning, void or end of tenancy cleaning, carpet cleaning, fencing, jet washing, patio repairs, ground's maintenance, waste removal along with so much more.

What is your involvement with Harrogate Neighbours?

Harrogate Neighbours is our company's chosen charity and has been for 6 years. We have been involved in helping to set up and organize charity golf days, supporting the ball, helping with meals on wheels, digging out the gardens at The Cuttings.

Is there anything that inspires you in the Care Sector?

Having worked within the care sector for a couple of years I have seen first hand the daily challenges and what it takes to deliver excellence, I am proud to say that at Harrogate Neighbours they make the impossible seem standard which leaves me totally in awe.

Describe Harrogate Neighbours in your own words.

The work this team does on the daily is nothing short of amazing and I personally am proud to be able to support in my own little way.

Why is it important for you to have a link with a charity like Harrogate Neighbours?

Being a locally owned and operated company, we wanted to find a charity that meant something personally to myself and my wife Katie, and having both worked and actually met working in the healthcare sector, we hold it dear to our hearts. Finding a local charity like Harrogate Neighbours for me was amazing. Its an honour to support such a great cause - we will continue for many years to come.

Looking for local services?
Check out:

bni.co.uk

BNI have a wide range of services from websites, joinery, and insurance, to heating, finance, and security. Click the link below or call us on 01423 888777 for contact details for various industries!

Greenfield Court Care Our Community Care Team



Our care team has been working with Harrogate Neighbours for fifteen years!

We are not only the main providers of care for our tenants at The Cuttings but also provide domiciliary care for clients out in the local community.

Our carers who visit external clients have been our most longstanding staff members. This means they have been able to form deep and lasting bonds with people who are often living alone and are vulnerable and lonely. The work our carers do is vital to their emotional as well as physical health.



Our Spa Bath Experience

We provide a luxury spa bath experience for anyone who may require assistance using hygiene facilities. Simply call us on 01423 888 777 to book a session. Our Care team will give you as much or as little support as you need.



Greenfield Court Care Our Day Care Centre



Our Day Care Centre is expanding! With more clients using our special days at The Cuttings, we have employed more trained Carers, one of which is the wonderful, Leonie. With her measured and compassionate approach to tasks, she has made an invaluable addition to the team.



Welcome, Leonie.



We all just wanted to wish our wonderful Yvonne a fantastic and fulfilling retirement!

After working with us for nearly fifteen years, she has more than proved herself to be not only a hardworking and loyal Carer, but also one of the kindest people anyone could ever have the pleasure of meeting.

We'll all miss her immensely, but we're happy she can now rest, relax and indulge in one of her passions: jigsaws. (Nothing under 2000 pieces?)

Yvonne has also just set herself a new challenge - to bake fresh bread. With her newly bought breadmaker, we're expecting a delivery of freshly baked sourdough every week. Go for it Yvonne!!!

Harrogate Neighbours Community Hub



Our calendar has been filling up fast with new activities, friendly faces and plenty of reasons to just pop in and say hello. We've been serving delicious hot lunches on Mondays and Thursdays at noon, freshly delivered by our amazing Meals On Wheels team. Just call us at The Hub to book your place - everyone's welcome!



Our new monthly games evening is also proving a hit, bringing people of all ages together for laughter, conversation and connection.

Why not pop in for a hot drink and get an update on all the new, exciting activities we have planned?



Find us at
**16 High Street
Starbeck
Open Monday to
Friday
10am to 4pm**

Our Meals on Wheels Service



How can you help?

We are looking for a volunteer driver to assist tenants at The Cuttings, Starbeck on their fortnightly shopping trip in our community car.

Our driver must be:

- Available one morning every week
- Have a valid UK driving licence
- Able to assist with shopping bags etc.

To be a Meals on Wheels Volunteer, all you need is:

- Valid UK driving licence
- A car
- A friendly and approachable nature

Join a team of fantastic volunteers in our ever growing community of Food Angels!

All our voluntary roles come with a DBS check, mileage covered and full support and training.

Please send an introductory email to info@hnha.co.uk or phone us on 01423 888777.



Meals on Wheels

Are you or a loved one in need of a hot, home-cooked meal?

Our Meals on Wheels service has been in action over 10 years and has supported our local community ever since!

We deliver meals around Harrogate, Ripon, Boroughbridge and Knaresborough.

If you would like a delicious meal delivered, please contact our Food Angels team on 01423 888083 or send an email to: foodangels@hnha.co.uk

Scan the QR Codes for more info:



view info



view menu

Our Community Page

Our FREE Tech Support!



We're all often baffled by new technology. It's moving at such a fast pace that many of us feeling, not only left behind, but kept out of vital administrative processes that are being increasingly conducted online. The elderly and isolated are particularly vulnerable. Without an outside source of help from someone that can trust, they get stuck in the never-ending loops of technology.

This is where our Communications and Development Manager, Jamie Nicholson-Ruther, has stepped in to help. Along with a team of digital champions, they are offering help and advice on all computer-based gadgets. They have already helped over fifty people use their mobile phones and laptops. They have been meeting people at our Community Hub cafe on the High Street in Starbeck, at Starbeck Library and even in people's own homes.

Just pop into The Hub to book a FREE session or call 07702866960.

Come and join us for lunch!

Our two-course menu includes a choice of one hot meal from our changing, seasonal menu and a dessert and a hot drink all for just £6! All are warmly welcome to come and join us at The Cuttings. Our restaurant offers a warm space between 9am-5pm every day with wheelchair accessible spaces both inside and outside. Please feel free to book beforehand, and to hear what is on the menu for each day. A delicious vegetarian option is always available. If you'd like to join us for lunch, contact us on 01423 888 777 to check our meal options for the day and to book your place.



Our cafe at The Cuttings is also open to the public seven days per week from 8.30 am till 4.30 pm for coffee and scrumptious homemade cake!

For just £1 per slice, our freshly baked cakes do not last long!

Cappuccino/Latte/Hot Chocolate: £2.20

Tea/Coffee: £1.20



Information: Dates For Your Diary

Casino Night - Tuesday 14th April



Greenfield Court Care 01423 880487 | Meals on Wheels: 01423 888083
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