

Harrogate Neighbours Quarterly News

Spring 2026



A note from Sue...

Sue Cawthray -
Chief Executive Officer



Dear All,

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Kind regards,

Sue Cawthray CEO

This issue is
proudly
sponsored by:



Support our projects!

HeadingAs 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



@HGNeighbours



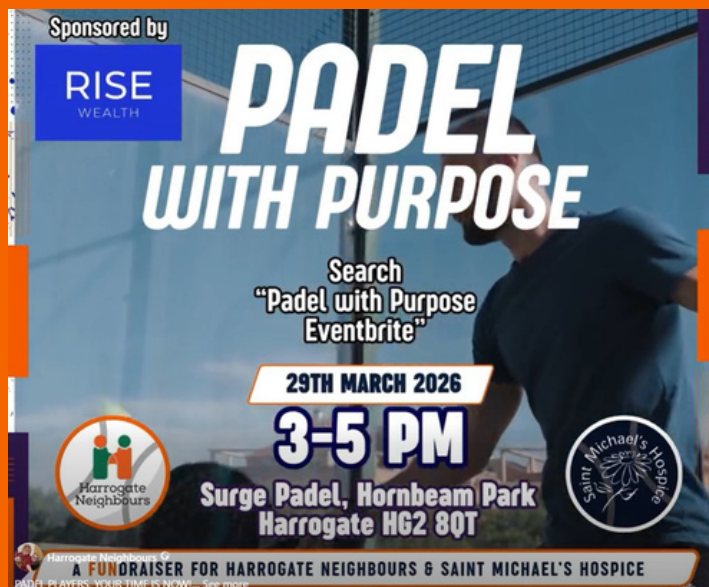
@HarrogateNeighbours



@HarrogateNeighbours

Padel with Purpose - Raising Funds for St Michael's Hospice

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Our Casino Night at St Robert's Club

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Spotlights

Tenant at The Cuttings: David Heap

Oldest tenant/ super sharp/ former nurse/
many grandchildren and friends/ bingo feind.

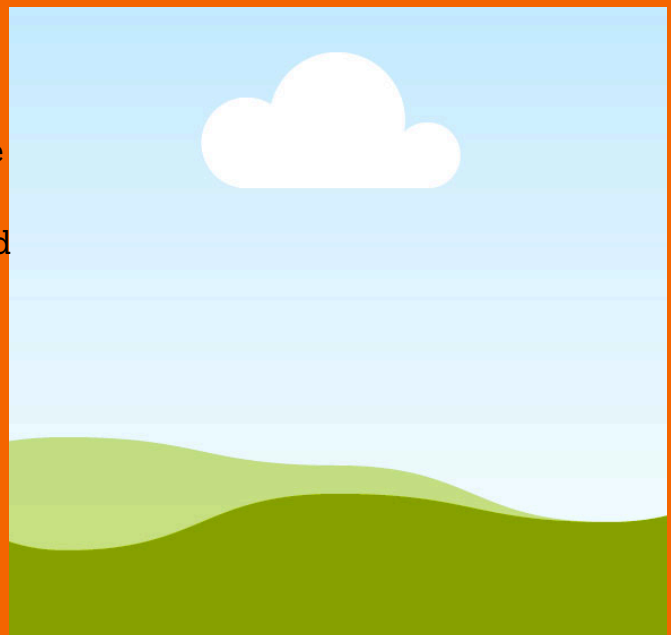
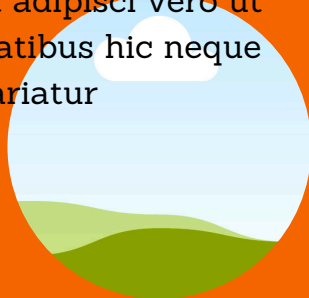


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Staff Member: Amy will get someone from HL

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Heath Lodge Community Haven - Residential Care, Boroughbridge

MOTHERS DAY OR RED NOSE DAY.

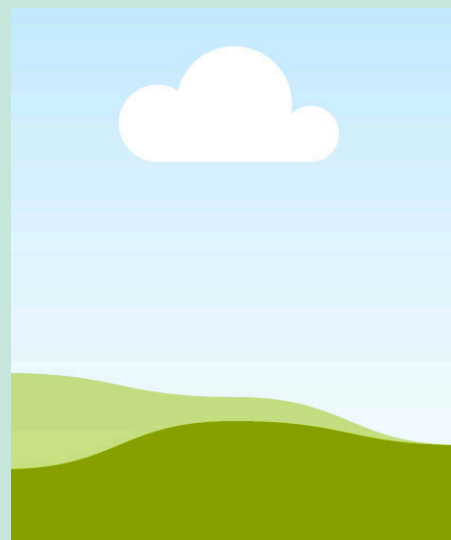
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Our New Caddy



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Sponsor in the Spotlight

Tell us about what you do!

Val Pearson and Bruce of
My Companion - sponsors

vIT4u is a West Yorkshire-based IT support and cybersecurity company that helps growing businesses keep their systems secure, reliable, and well managed. We look after data and provide support while also helping business owners and directors. Our focus is on preventing problems, reducing cyber risk, and — not just fixing things when they break. We remove uncertainty around IT, giving business owners peace of mind that their systems meet GDPR and Company Law requirements. We support professional and regulated businesses across Leeds and Yorkshire with confidence that their technology supports the long-term success of their business.

What is your involvement with Harrogate Neighbours?

vIT4u is proud to support Harrogate Neighbours Charity, a charity that aims to reduce loneliness and support vulnerable people in the Harrogate area. For the past two years, we have supported the charity by donating to support the annual Ball, and providing seasonal gifts such as Christmas eggs for both staff and the people they support. These small gestures go a long way and helping to brighten moments that matter. As a local business, we value community support and in standing behind charities that make a difference.

Is there anything that inspires you in the Care Sector?

The sector helps older and vulnerable people in the Harrogate area feel supported, cared for, and valued. Their work focuses on companionship, practical help, and reducing loneliness. It's about supporting people with dignity and genuine care.

Describe Harrogate Neighbours in your own words.

What inspires me most in the care sector is the quiet consistency of it. Care isn't about headlines; it's about turning up every day, often under pressure, and putting people first when they're at their most vulnerable. That takes patience, resilience, and a level of compassion that is easy to underestimate.

I'm also inspired by how many people in care roles go far beyond their job description — the small details, building trust, and providing dignity as much as support. Those human moments matter enormously, even if they're rarely seen from the outside.

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

For me, having a link with Harrogate Neighbours Charity is about staying connected to the community. Their work focuses on people, dignity, and looking out for those who might be overlooked. Supporting a charity like this reflects values that matter to me personally — kindness, responsibility, and doing the right thing — not just as a business, but as a neighbour. It's important to support organisations that make a real, human difference. Harrogate Neighbours does exactly that every day.

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!

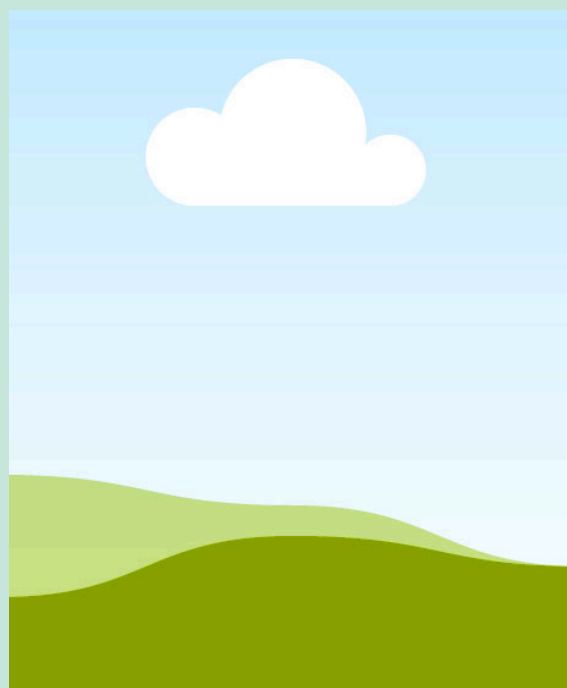
Greenfield Court Care

Our Community Care Team

Two Outstanding Community Care Team Members

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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.

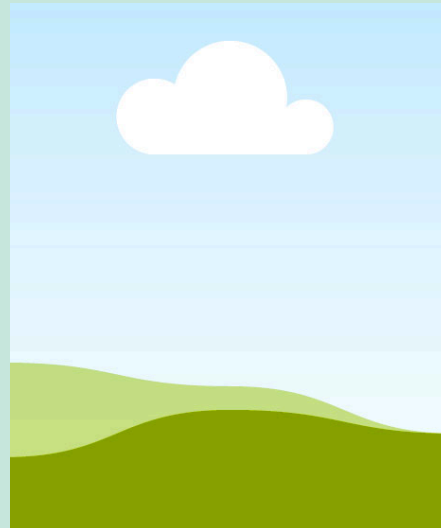


Greenfield Court Care Our Day Care Centre

Our Day Care Centre ?????????????????????????????????

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Boxercise with Will.



Our Day Care Centre is open every Tuesday and Thursday at The Cuttings in Starbeck. It provides supervised care for an entire day, giving people a chance to socialise, make friends and participate in guided, fun activities. A delicious two-course cooked lunch is provided as well as teas and sweet treats throughout the day. This service is open to the public. Simply call 01423 888 777 to book a spot.





Harrogate Neighbours Community Hub

Cooking Up Connection at The Hub



Since launching in January, our Community Larder has quickly become one of the most loved parts of life at The Hub.

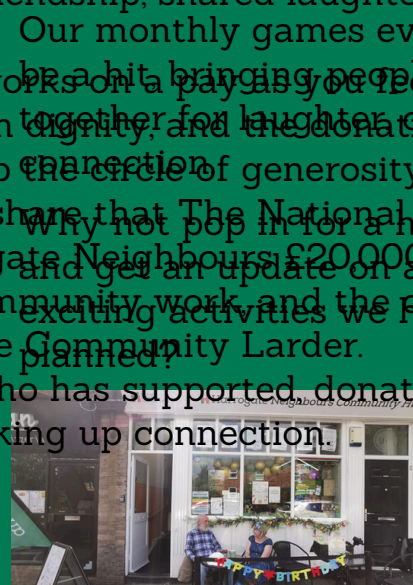
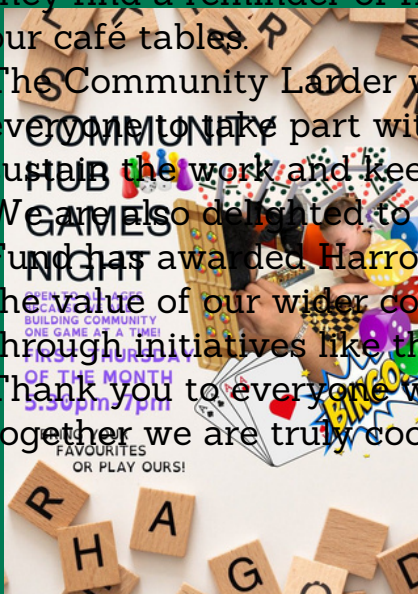
We already have 22 members. Some are bereaved, some live alone, some are carefully managing tight budgets, and others simply join for the joy of cooking and being part of something welcoming. What brings everyone together is not crisis, but connection.

Each week members collect a recipe and the ingredients they need to cook a nourishing meal at home. Many batch cook, filling their freezers with wholesome food. For those cooking for one, it has restored confidence and pleasure. On days when someone does not feel well enough to come in, they can open the freezer and find more than a meal, they find a reminder of friendship, shared laughter and time spent around our café tables.

The Community Larder works on a pay as you go basis, allowing everyone to take part with dignity, and the donations people give help sustain the work and keep the circle of generosity turning.

We are also delighted to share that The National Lottery Community Fund has awarded Harrogate Neighbours £20,000 because they can see the value of our wider community work, and the difference being made through initiatives like the Community Larder.

Thank you to everyone who has supported, donated and taken part, together we are truly cooking up connection.



**Find out more 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!

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.

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 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!

Please feel free to book beforehand and to hear what is on the menu for each day. A delicious vegetarian option is always available.



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!

Our Upcoming Events Dates For Your Diary



The Cuttings:

Padel with Purpose Fundraiser: Sunday 29th March
Casino Night at St Robert's Club: 11th April 26

The Hub (tel: 07702 866 960)

Every Monday & Thursday:
Treats, stories and friendship: 2pm to 4pm.



Greenfield Court Care 01423 880487 | Meals on Wheels: 01423 888083
Email: info@hnha.co.uk | Website: www.harrogateneighbours.co.uk



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