

Harrogate Neighbours Quarterly News

Issue 1
Winter 2022



This Issue is proudly
sponsored by

YOUR
Harrogate

**Bringing the community
together this winter**

We have so much to look forward to,
and we hope to see lots of new and
familiar faces this festive season as we
bring back a sense of community spirit
through our doors!

In this edition find out how our care
team is planning to encourage
friendship and company in the present
and near future.



We've had a revamp!

Earlier this year we gave our website
a much needed boost courtesy of
Pixel Builders and David Gibson from
Wordsmith Copywriting Services, and
we thought it would be just as
important to follow suit with our
newsletters. We are hoping that our
future newsletters will reach more
people in the community and provide
useful insight and information to
people who use our services, or know
of someone who does. The
newsletter has been created by our
team in-house to keep our all-
important personal approach. We are
always looking for ways to improve
our newsletters so please email us
with anything you would like us to
share.

Christmas Pop-up Shops!

We are hosting our yearly pop-up shop at The
Cuttings again! "Pop" in and see us. More info
on page 5!

Reception: 01423 888777 | Meals on Wheels: 01423 888083

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

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Updates/Events



The move to Boroughbridge

Heath Lodge Residential Care Home, currently on Pannal Ash Road, is moving to a new site in Boroughbridge under a new name:

'Heath Lodge Community Haven'.

We are working with a designer, decorating has begun, and new flooring is now underway!

Our fabulous gardener Caroline will be visiting the new site and will plant bulbs and fill some pots to brighten up the garden and begin the journey towards a beautiful sensory environment for everyone to enjoy. Residents, both current and new, are looking forwards to seeing their new home soon.

For more information about our residential care, please phone **Denise, Chief Operating Officer on 07887 421734**

Masked Ball annual fundraiser!

In January 2022 we launched our "Behind the Mask" campaign to gain insight into what it meant to work in the care sector.

It was decided that this theme should continue to our yearly charity ball.

This year we raised a grand total of £12,000!

As ever we would like to thank all those involved in raising money for our not-for-profit organisation.

Funds raised will be spent on a "Magic Table" - a large interactive tablet on which our clients can enjoy various virtual activities, such as jigsaw puzzles, solitaire and even a game of chess with a friend!

The remaining funds will contribute to creating an enjoyable garden space for residents at Heath Lodge Community Haven in Boroughbridge.



A "Cuttings Edge"

Some may have already seen the Nature Pond at The Cuttings (Assisted Living) which was completed in early November. We are hoping to start seeing some new neighbours arrive in the Springtime!

Plans have been made to start the new paths which will enable all users to visit the pond without getting muddy feet/tires! Our gardens can then be explored more safely. The chickens are bunkering down for winter and with bird flu on the rise we will be ensuring they have a cosy winter in our shed until further notice.



Meals on Wheels success!

31st October - 4th November 2022

Our team cooked up a storm during **National Meals on Wheels Week!** We are so proud of what the team has achieved and are ever grateful for the support of our fantastic volunteers. As a thank you, hospitality co-ordinator, Catherine presented the Food Angel volunteers with a homemade cream tea made by our talented Chef, Marc. If you know someone who would benefit from a hot meal delivery, please phone our team on **01423 888083**.



View
our
story

click
here!

Jen's Community Spirit!

At Harrogate Neighbours, we are passionate about ensuring our clients feel part of the local community. Therefore, we are hoping to implement a day centre in the near future where clients and community members alike can come along to The Cuttings, form friendships, and get involved in activities such as arts and crafts, games, and quizzes, or enjoying a film with a hot drink and a slice of cake on a cold day. We also offer a bespoke bathing service, which offers you full private use of our beautiful spa bathroom.

Visitors can take full advantage of our cosy restaurant, The Dining Car, where we offer a large selection of hot and cold meals, lighter bites and confectioneries.



For more information about our care, phone us on: **01423 880487** or email Jen at: **jen.walsh@hnha.co.uk**

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In the Spotlight

Name: Nick Hancock

Company: Your Harrogate

Much-loved local radio host, Nick and the team from Your Harrogate are often seen around at Harrogate Neighbours as they support us in the local community and in our fundraising efforts.



YOUR Harrogate



Want to be one of our "Spotlighted" profiles? Get in touch with us at Harrogate Neighbours and we could run you in future editions!

01423 888777
info@hnha.co.uk

1

Tell us about what you do!

I present the Breakfast show at Your Harrogate – the local radio station for the Harrogate district.

2

Why did you choose to support Harrogate Neighbours?

We wanted to support Harrogate Neighbours as we know what a brilliant job you all do, especially with the Meals on Wheels service!

3

What would you suggest to other people who may be interested in getting involved with what we do?

I would encourage anybody and everybody to get involved with Harrogate Neighbours as it is so rewarding to work with you all!

4

What's one thing you felt inspired by on your last visit to Harrogate Neighbours?

On my last visit, and in fact on every visit to Harrogate Neighbours, I love how friendly it is! When I visit The Cuttings, people always come and chat to me and ask what is happening with Your Harrogate which is lovely.

5

Sum up your experience with us in 5 words

To sum you up in 5 words: friendly, fun, warm, caring and creative!

4

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Spreading Christmas Cheer! →

We LOVE Christmas at Harrogate Neighbours and make it our mission to spread as much joy and happiness as possible!

See our public schedule below and join us during the festive period.

Please consider donating the money you would usually spend on Christmas cards to help us support the local community who rely on us, especially in these trying times.

Harrogate Neighbours Christmas Schedule

Pop-up Christmas Shopping! - Friday 2nd December 2022

Support local and small businesses this Christmas. We will also be holding a raffle and tombola with plenty of prizes to be won. No entry fee. Come and grab a warm drink and have a browse with us.

2:00pm-5:00pm

*The Cuttings, 164 Station View, Starbeck
HG2 7DZ*

Crimple Christmas Market - Sunday 4th December 2022

Lucy's Pop Choir is singing at Crimple Hall to raise funds for Harrogate Neighbours. Come along and enjoy the festivities!

Leeds Rd, Harrogate HG3 1EW



Give a Little Kindness

Christmas Card Appeal 2022

'TIS THE SEASON TO BE

GIVING



DONATE NOW

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Get involved!

Weekly Activities at The Cuttings...

Tuesday - Knit & Natter group

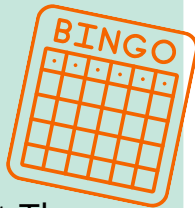
10:30am-11:30am

Come and join us for a hot drink and a lovely laid back group of people. All knitting abilities welcome and if you don't fancy a knit, come for the natter!



Wednesday - Bingo

2:30pm

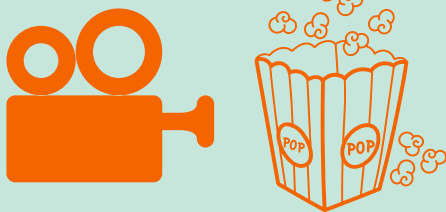


We take Bingo very seriously at The Cuttings. Hosted by one of our residents, our Bingo Club is £2 per person with lots of prizes to be won!

Friday - Film Club

1:45pm

We are planning some lovely winter films this festive season! Join us for hot chocolate with all the trimmings and popcorn in our cosy lounge



Volunteer with us

Can you spare some time over lunch time? Our award winning Meals on Wheels service is on the lookout for individuals who can help deliver vital meals to the community. If you would like to find out more, get in touch below.



The Dining Car Restaurant

Café opening times are 8am-5pm, 7 days a week.

We are now serving breakfast from 8am-10am!

Drop in for a hot drink, a slice of cake, or hot and cold sandwiches - and of course a warm and friendly atmosphere!

Alternatively, if you would like to dine with us at lunch time, call us on 01423 888777 to book your meal.

We're cosily tucked away at the end of Station View in Starbeck (turn off near the train station).



The Cuttings
164 Station View
Starbeck
HG2 7DZ

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Advice from the experts



Jamie and the team at **West Yorkshire Electrical** have kindly put together some words of wisdom for saving energy this winter!

Get a smart meter. Smart meters enable you to monitor your energy usage on the spot. You can also compare hours, days, weeks and months of energy usage. Its easier to limit your usage when you know how much you're using.

Boil the kettle only once! Those who already own a smart meter will know that kettles are one the greediest appliances so boiling it unnecessarily is unnecessarily costly. Only put the kettle on when you're ready to use it, pre-boiling is expensive! Also, don't boil more water than you need, if you are making 2 cups of tea, you only need to boil 2 cups worth of water!

Stop cooling water down. You can utilise your Combi Boiler controls by turning your water temperature down to 55 ° C. It is much cheaper to run bath water at a lower temperature than it is to run a very hot bath and top it up with cold water.

Did you know tumble dryers typically cost £1 per load? It's best to avoid using the tumble dryer where you can, but in winter when clothes take longer to dry on the airer, it can be necessary to use the tumble dryer. Try airing the clothes off for a day first, they will need much less time in the tumble dryer which could more than halve your spend!

Set your washing machine to 30 ° C, this could save you around £30 per year. 30 ° C is perfectly fine for everyday washing, bear in mind that you may need increase the temperature for tougher stains. Try to do less loads of washing by putting more in each load. This will also increase the life of your washer!

Is your Thermostat set to above 18 ° C? Most people will barely notice the difference when turning your thermostat down by just one degree but this 1 ° C could save you around £115 per year.

Do not turn your thermostat up when its cold outside. A thermostat is intended to keep your home at the optimal temperature all year round, turning it up in winter only makes your home unnecessarily warmer.

Turn off the heaters/radiators in the rooms you're not using. Heating rooms that are not in use can be very costly. Be aware that not heating rooms can make mould or condensation worse, so try to heat all rooms regularly, while you are in them!

Using an air fryer or microwave for smaller dishes can be much cheaper than using the oven. This because they cook food much faster, so may be more efficient!

If you'd like to get in touch with Jamie or the team at West Yorkshire Electrical, please call **0113 7333 797** or visit www.wyelectrical.co.uk for more information

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Work for Us!

Scan the QR code here
for our current
vacancies



With a competitive salary, and lots of benefits to support your journey with us, Harrogate Neighbours has so much to offer - especially a good work-life balance to provide you with the rest time and flexibility you deserve.

We work in Starbeck, Boroughbridge and Harrogate

Job role variations:

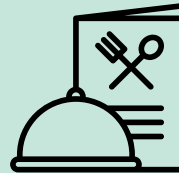
Housekeeping



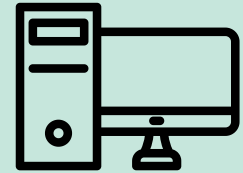
Care



Hospitality



Admin



A moment of thanks, **BNI**

As Harrogate Neighbours is a not-for-profit organisation, we want to take this opportunity to thank all those who have supported us and made valuable donations over the years.

As the nominated charity for **BNI Central**, we have been really fortunate to benefit from the groups generosity. To name only a few of the amazing supporters we have, **Andrew Bull of ABIS** not only volunteers weekly as a Food Angel but also hosts regular quizzes with the residents at the Cuttings. **LeeBuild** are supporting the development of the gardens by installing new paths that will allow all of our residents to enjoy the great outdoors. And, **Lisa from Trusted Fire** who comes in to run seasonal activities with our residents. We've only named a few, but we value the support that ALL of the group provides.



Looking for local services?

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

[CLICK HERE!](#)

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