

Harrogate Neighbours

Quarterly News

Spring 2026



A note from Sue...

Sue Cawthray -
Chief Executive Officer



Dear All,

At last spring has arrived, the lambs are jumping in the fields, and the blossom is on the trees – new life is all around us.

As usual there is lots going on at Harrogate Neighbours with all our services at Heath Lodge, The Community Hub and The Cuttings – please look out for the event programme and join in with the activities and trips out – we are busy planning for the annual staff awards in June – nominations are now open so please fill in a form and put it in the box on receptions on both sites.

I am thrilled to announce that Harrogate Neighbours has been shortlisted for Employer of the Year at Your Harrogate's Local Heroes Awards next month. Let's all keep our fingers crossed for a win – but to be shortlisted is a great achievement.

We are making some improvements to the outside paths at The Cuttings over the coming weeks, including better access to the poly tunnel and the pond – please be patient. We intend to get it all finished in time for the better weather.

I look forward to seeing you at all the events over the coming weeks.

Kind regards,

Sue

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

By teaming up with the charity Padel with Purpose, we managed to raise over £1700 which we will share equally with St Michael's Hospice and use the funds to great purpose.

Teams from all over Harrogate competed in a friendly, fast-paced tournament. and with a diverse range of abilities, the games were exciting and unpredictable to watch.

Future collaborations with both Sophie Fisher, Partnership Executive at Saint Michael's Hospice and Padel With Purpose are already in the pipeline.



Our Casino Night at St Robert's Club

Any Blackjack card shark knows that if you're dealt two aces, you double down. With our Casino Night this year, we doubled down on floor space, taking up the entire club, we doubled the number of invites, so the tables and dance floor were packed, buzzing with excitement and fun. And we doubled the number of sponsors, so we managed to raise an amazing £2,400!



A huge thank you to our Communications & Development Manager, Jamie Nicholson-Ruther and his team for running such an amazing event.

Spotlights

Our Tenant at The Cuttings: Martha Squires

With her 98th birthday fast-approaching, Martha is our eldest tenant at The Cuttings. After growing up in the market town of Todmorden in the Upper Calder Valley, Martha first worked in the canteen of a cotton mill in Oldham when she was a young teen. Her family then moved to Shrewsbury where she lived through World War II with an attitude of no-nonsense pragmatism. "You just got on with things and lived accordingly," she says in her usual nonplussed fashion. Martha went on to become an auxiliary nurse in Harrogate and turned it into a lifelong career. She worked hard and led an active social life - as she still does - and met her husband



at a rollerskating rink in the Valley Gardens. They married and had a family of five children. Sadly, Martha's husband passed away very young and she has lived as a widow for most of her life. You can bet that Martha has made the most of any situation - she is hardwired to thrive!

Martha's many grandchildren keep her busy, and she still loves socialising with friends in the local area. When alone she loves nothing better than a good book, especially historical fiction set in the war era. Martha's ultra-sharp mind still sees her play bingo with great enthusiasm - she's a numbers fiend!

Staff Member: Sonia our Care Assistant from Heath Lodge



Sonia began her career working in childcare before making the rewarding move into the adult care sector, where she has now been a valued member of Harrogate neighbours' team for 6 years. A dedicated and hardworking carer, she is deeply passionate about her role and truly loves what she does, always bringing compassion and commitment to those she supports. Outside of work she enjoys walking, reading and most importantly spending quality time with her family, who mean the world to her.

Family is at the heart of everything she does and she treasures the time spent with her loved ones. One of Sonia's proudest achievements was gaining her level 3 diploma, reflecting her commitment to professional development and excellence in care.

The Cuttings, Starbeck

Our Burn's Night Dinner

Our Burn's Night was a huge hit! The haggis was brought out to the strains of traditional pipes and the "Address to a Haggis" was read and a toast raised to the poet and all the guests.. With a fine selection of traditional Scottish fare cooked by our catering team, The entire night had the feeling of a warm and friendly family affair - Slàinte Mhath!



Knitting for Children

Lynn's Knit-N-Natter with Lynn managed to raise an incredible £300 from knitting these cute, little Easter egg baskets. All the funds went to the Children's Air Ambulance Service which transports specialised teams and vital equipment to remote areas turning local hospitals into a specialist centres.



**Our
Easter
miracle!
£300**

Heath Lodge Community Haven - Residential Care, Boroughbridge

Red Nose Day



We wanted to show our support for Comic Relief which has been doing outstanding charity work tackling poverty since the mid-80s and helping everyone laugh along the way! Both staff and residents wore red and we all reasoned we looked a lot better!



Our afternoon was full of fun! With bowling, basket ball and a cracking' egg-and-spoon race, we were breaking into a sweat and lots of laughter.

Our New Caddy

With the arrival of our brand new VW Caddy, we can take to the road for any occasion. Whether it's to take our residents to health care facilities, church services or elsewhere in the community, we are ready go. It's great to have a new vehicle not only for safety and efficiency but also, with its massive six-person capacity and wheelchair access, transport for day trips and, as the weather improves, to the seaside!



Sponsor in the Spotlight



Tell us about what you do!

Munro Ogilvie Ltd provides practical support to help people manage the administrative side of everyday life. This includes helping individuals organise their paperwork, understand household bills, manage finances, keep important records safe, and stay aware of potential scams.

Using the MyCOMPANION - Navigating Life with Confidence guide as a key resource, we provide clear, easy-to-understand support through group consultation sessions and one-to-one home visits. We ensure our support is consistent, practical, and rooted in genuine understanding of your particular needs.

The MyCOMPANION - Navigating Life with Confidence sits at the heart of everything we do. It has been written with care, thought, compassion and is based on personal experience and real-life challenges faced by people. Our aim is to help people feel more confident and organised when managing their personal affairs, giving them greater peace of mind and helping them maintain independence for longer.

Our aim is to help you take back control and be the boss of your own affairs on your own terms!

What is your involvement with Harrogate Neighbours?

We are proud to support Harrogate Neighbours as a sponsor and partner within the local community.

Harrogate Neighbours does incredible work supporting residents, families, and individuals across the area, and we are delighted to contribute to an organisation that shares similar values around care, dignity, and community support.

Is there anything that inspires you in the Care Sector?

What inspires us most is the dedication of the people working within the care sector.

Care professionals often go above and beyond to ensure individuals feel safe, respected, and supported. Their compassion, patience, and commitment to improving people's quality of life is truly remarkable.

It is inspiring to see so many individuals and organisations working together to create communities where people can continue to live with dignity and independence.

Describe Harrogate Neighbours in your own words.

Harrogate Neighbours is a compassionate, community-focused organisation that genuinely cares about the people it supports. Through its services, activities, and dedicated staff, it provides a warm and welcoming environment for residents, families, and the wider community. It is an organisation built on kindness, support, and a strong sense of belonging — values that make a real difference in people's lives.

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

Organisations like Harrogate Neighbours play a vital role in supporting people as they navigate different stages of life. Being connected with a charity that is so deeply rooted in the community allows us to contribute to a wider network of care and support for local people and their families. At Munro Ogilvie Ltd, we believe that practical support, guidance, and reassurance can make a significant difference to someone's wellbeing and independence.

Discounts available for anyone linked to 'Harrogate Neighbours' or 'The Community Hub'
Contact Val 0800 654 6801

6 **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

Home Sweet Home - Neil's New Home With Us!

Our Greenfield Court Careers were looking after Neil in his home for over a year before he moved in with us at The Cuttings. Building an excellent rapport with Neil has meant that this transition has gone happily and smoothly, a perfect example of through line care.

Some of Neil's artworks have followed him into his apartment and he is waiting for over twenty more to arrive before he starts to hang them up. He began painting about five years ago and says he used to draw funny sketches of his former work mates - they always caused a stir and gave everyone a good laugh.

Neil's ideas come from his diverse set of interests and he just lets his imagination lead him in theme and when to consider a piece finished. This painting depicts Don Quixote hanging precariously onto the sail of a windmill, poor Humpty Dumpty

falling off "Wall Street" and Mary, Mary being quite contrary and still trying to figure out how her garden grows!



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.

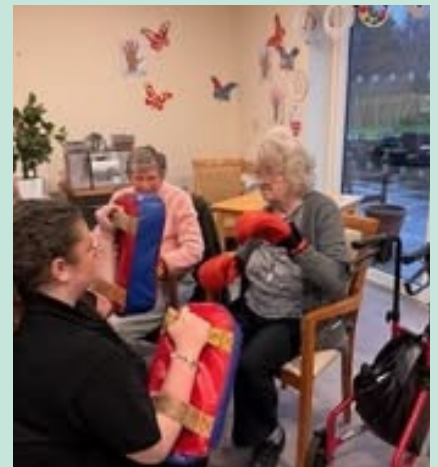


Greenfield Court Care

Our Day Care Centre

Boxercise for All!

It had to happen. Once our staff started fortnightly sessions of boxercise with Will, it was only a matter of time before the sound of groans and gloved blows were heard by visitors in our Day Care Centre. They were super-keen to throw a punch...or two. It soon got to a point when the laughter was louder than the punches! A big THANK YOU to our brilliant personal trainer, Will Barker [@will_barker08](#) for making us sweat...and laugh!



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 feel 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.

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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