

Reaching, Supporting and Caring



The recent **'Value of Small'** research looked into what was distinct about the things smaller charities do. They found it comes down to three key things.

What they do: being responsive to local needs, being inclusive to all and providing connection.

How they do it: being locally trusted and rooted, and providing responsive, person-centred services.

And **where** they sit in the wider service landscape, which is based around their local networks, the way they provide long-term stability, and how they act as advocates for a place.

We see this every day across Harrogate District and we work hard to promote, support and connect local charity services and community groups.

The independent research reveals that when tackling social issues like homelessness, domestic abuse or mental ill health, smaller charities have a distinctive impact. They also generate benefits through spending and investing more in local areas; with one charity generating £3.25 in value through volunteers per pound of funding, and others generating as much as three times more in additional funding than their public funding.

However just 26% of charitable donations in the UK go to small/local charities and 86% of charities have an annual income of under £500,000. That is why we are working with partners establishing THE LOCAL FUND and THE LOCAL LOTTO. (*continued on page 2*)

Harrogate & Ripon Centres for
Voluntary Service Newsletter
Summer 2018



@HARCVS

Download this newsletter at
www.harcvs.org.uk/news



Where to Turn

Free online

Harrogate District

Community Information Directory

www.harcvs.org.uk/WhereToTurn

Welcome to Care in Action

Our HARCVS Newsletter is published 3 times during the year.

You don't need to miss out on any opportunities or community news in between editions as you can sign up to receive our **regular e-bulletins**.

The e-bulletins are packed full of the latest news, training, resources, local services and events.

'This is a brilliant bulletin - your newsletters spark off so many ideas.'

Sign up at www.harcvs.org.uk/newsletter-subscribe

Share Your News

Editorial contributions for possible inclusion in 'Care in Action' are welcomed from all local voluntary and community organisations.

They should be between 50 and 500 words in length and contributors should bear in mind the non-political nature of HARCVS. The editor reserves the right to edit contributions as necessary without reference to the contributor. The views expressed in this publication, whether attributed or not, do not necessarily reflect the views or policy of HARCVS. To the best of our knowledge, the information contained in this newsletter is correct at the time of going to print. HARCVS cannot accept responsibility for any errors or omissions. The inclusion of an event or article does not constitute a recommendation.

Deadline date for the next Autumn/ Winter 2018 edition is Tuesday 23 October 2018

Editor: Angela Jones,
HARCVS

Tel 01423 504074

angela@harcvs.org.uk



If you would like Care in Action to be available in other formats or languages, please let us know.

Small but Vital

(continued from page 1)

The research found the distinctive role for smaller charities gives rise to a distinctive value, that is often not recognised or actively supported. By involving volunteers and using their 'soft power' navigating and holding together local networks, smaller organisations deliver more 'bang for your buck'. Small charities have local knowledge and provide tailored support. They face ever more demands and are receiving fewer resources, but still they continue to reach people others don't.

The report also highlights the value of effective local infrastructure organisations, such as HARCVS, promoting, supporting and connecting local charities. We are working in partnership with Two Ridings Community Foundation and Harrogate Borough Council to create a local, sustainable fund to support charitable activity in the Harrogate district and building a network of local people and organisations to encourage charitable giving.

As the Director of Policy at Lloyds Bank Foundation said recently: *"When we say small but vital charities matter it's not about being nice to have or soft and cuddly - but the hard facts of the charities who reach the people others can't, provide the support others don't, stay engaged when others won't"*



Follow us @HARCVS for the latest voluntary and community sector news and we'll follow you back and retweet your events and updates to over 3,700 followers.

If you would like to find out more about using social media to support your voluntary organisation why not come to one of our regular **FREE** social media surgeries

<https://harcvs.eventbrite.co.uk>

A Vital Part of Everyday Life



@ChiefExecHARCVS

It is estimated that there are approximately one thousand voluntary and community groups and charities across the 500 square miles of the Harrogate District. These range from small volunteer led groups through to flagship local organisations such as Saint Michael's Hospice.

All need two things to survive and thrive – volunteers and cash. Of course they need other things besides, such as buildings and equipment, but it all boils down to having people who get involved and money to pay the bills. With such a vibrant local voluntary community sector comes competition for resources too, and it is no secret that fundraising and recruiting volunteers is challenging and tiring.

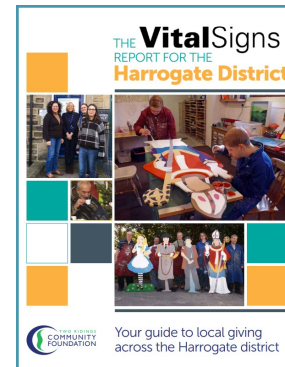
We're working closely with Harrogate Borough Council and Two Ridings Community Foundation to try and take some of the pain out of fundraising by creating THE LOCAL FUND for the Harrogate District.

Launched in January 2018, our target is to raise sufficient funds so that £100,000 of grants can be distributed each year

from 2020 onwards. As soon as possible we want this to include multi-year awards and provision for running costs. The focus of the grants is the smaller organisations who struggle with fundraising but who have such a massive impact on community life.



The Vital Signs report for the Harrogate District highlights that there is inequality and hidden poverty in our area and that mental health and wellbeing and loneliness and isolation are key challenges facing our public and voluntary sector partners.



So how can you help?

Here are three easy ways:

- ⇒ Sign up as a Friend of THE LOCAL FUND
- ⇒ Sign your voluntary or community group up to take part in THE LOCAL LOTTO
- ⇒ Sign up to buy LOCAL LOTTO tickets

There's more on THE LOCAL LOTTO on page 10.

HARCVS is proud to have been working with our partners to develop and promote THE LOCAL FUND. We were therefore delighted to see the recent publication of a major new piece of research "**The Value of Small**", funded by Lloyds Bank Foundation and led by Sheffield Hallam University. It is worth a read and provides valuable analysis of the distinctive contribution of smaller charities.

We'll be looking at how we respond to the report's recommendations; however every day we see for ourselves that these organisations are "**a vital part of everyday life**". I came across one example just today: a gentleman who is 96 years old still volunteers regularly, baking cakes and greeting visitors at the venue where he helps out. I was told that he describes the organisation he volunteers for as his new family. That says it all, I think.

Working Together for Better Services

Harrogate District VCS Chief Officers and Chairs Group



'I value meetings for networking, information sharing, awareness raising, responding to local issues, understanding of national agendas.'

Our May meeting was kindly hosted by Saint Michael's Hospice and we welcomed two speakers: Jane Baxter, Head of Commissioning at Harrogate and Rural District CCG and Linda White, NYCC Living Well Team Manager for Harrogate and Craven.

Jane referred to the document [Your community, your care: developing Harrogate and Rural District together](#) which sets out the next phase of the ambition to deliver a fully commissioned integrated model of community services, following the 3 year NHS New Care Models Vanguard Programme.

[Sharing the biscuits: lessons from Harrogate's new care model vanguard experience](#) sets out a summary of the learning from the experience as one of the national NHS Vanguard sites, between 2015 and 2018.

Both these documents are available at www.harrogateandruraldistrictccg.nhs.uk/publications/

We discussed how we can sustain and develop much needed local charity support services. Our speakers from NHS Harrogate and Rural District CCG and North Yorkshire County Council gave an update about their work and future plans for integrated care. Group members made the important point that if referrals are made to local charity

services, funding needs to follow to enable the services to be delivered and to meet demand. The voluntary sector needs to be at the table and involved in decision making.

A request was made to ensure that the contribution made by the sector is recognised and valued and acknowledgment that it is not sustainable to refer people on into the voluntary sector without consideration of how such support is paid for. Even when services are delivered by volunteers they are never free, and overheads need to be met; safeguarding ensured and legal obligations adhered to.

It is a challenge for the system to take account of the need to ensure a viable network of local VCS providers of supportive services which underpins integrated local care in the community.

HARCVS Networks bring people together to exchange information and ideas to improve services, encourage collaborative working and share good practice.

www.harcvs.org.uk/Voice-Influence

Working Together for Better Services

Connecting Ripon

'Connecting Ripon plays a vital role for us in the sharing of knowledge, ideas and support. Working together is something that all our organisations can benefit from.'

Lots of connections were made at the Connecting Ripon meeting in May as the room was full with 23 people from local charities sharing information and opportunities to work together. The Network's main aims include to strengthen volunteering and to get more people involved in community life in and around the city.



As part of this project, there was a potential opportunity for the National Trust to look at working together with up to 12 different organisations in Ripon in order to develop and diversify volunteering in the city during 2019-20.

For the July meeting we enjoyed our first Network meeting in Masham, kindly hosted by the Town Hall and then in October we return to Ripon, to meet in the new Art Lab at the Workhouse Museum. This community arts studio offers workshops from tasters to artist run courses, exhibitions, creative parties, artist studio space and events, so hopefully we will be inspired with creative ideas to work together and improve our communities! If you're involved with a charity or community group working in Ripon, Masham or the surrounding area and would like to connect with others to achieve more, we'd love to see you. You can also catch up with Network news in our monthly column in the Ripon Gazette.



Dementia Forward kindly hosted the meeting at their great new hub at George Armitage House in Burton Leonard and it was a lovely day to get out and about in our beautiful district.

We heard from the National Trust about the River Skell Landscape Project and how the team were working closely with Nidderdale Area of Outstanding Natural Beauty and local groups to apply for funding to improve the landscape around the River Skell for people, nature and heritage.

Members of Connecting Ripon made many suggestions, including improving way marking, more accessible paths, short trails, information/interpretation boards and public transport.

Meeting Dates:

10 October, 1 - 3pm, The Art Lab, Workhouse Museum Ripon

www.harcvs.org.uk/ConnectingRipon

Help to find the Perfect Match

Our HARCVS Volunteering Directory has been running for over 18 months now helping local people find their ideal volunteering role.



We're always interested to hear any suggestions for how we could make the experience better for both volunteer recruiters and potential volunteers.

In June we held a workshop to give a refresher on how the Directory works and how to make opportunity listings more attractive to potential volunteers.



The general consensus from volunteer managers who have been using the Directory is that it is very user friendly and that they have been successful in recruiting volunteers this way.

In order to advertise opportunities, you need to register as a 'Volunteer Manager' through the HARCVS website. Once registered you will receive a confirmation email and guidance on how to use the Directory. You will be able to log on to add/update volunteering opportunities and be able to respond to people who enquire about your roles.

"The directory has been a valuable tool for recruiting volunteers for our Buddy Network. It allows a potential volunteer to find our information quickly and efficiently. I've recruited over a dozen volunteers using the directory over the last 12 months – all of whom commented how positive the experience had been for them".

TOP TIPS for recruiting volunteers using our HARCVS Volunteering Directory

- ⇒ Include a picture as this catches the potential volunteer's eye
- ⇒ Give all the information needed but keep it relevant and to the point
- ⇒ Keep information up to date on your volunteering opportunities
- ⇒ If you don't currently require volunteers then please save your opportunity as inactive
- ⇒ List roles under the most appropriate 'organisation cause' and 'activity'
- ⇒ Respond promptly to enquiries from volunteers
- ⇒ Update the status of each enquiry

This last point is important so that we know you have been in touch with your potential volunteer. You simply need to click on 'Update Application status' which will give you a few different options so you can let us know what has happened next.

It is important we work together to support potential volunteers to make an informed choice about where to offer their time, and make their 'journey' as easy as possible. For example, if a potential volunteer finds the process long winded or unwelcoming they may decide not to go any further.

The local team at HARCVS are here to help with any queries from both volunteer recruiters and potential volunteers looking to find their ideal match using our Directory. We also produce booklets of local opportunities for people who prefer to browse this way.

If have any queries or would like further information, please contact Caroline or Sheila at HARCVS by email volunteer@harcvs.org.uk or on 01423 504074.

Celebrating and Connecting

Giving miles and smiles



The HARCVS team always looks forward to the annual event to celebrate and acknowledge the fantastic contribution of volunteers to our work.

There are over 100 volunteers who support the work of HARCVS and Harrogate Easier Living Project (HELP), carrying out over 300 hours of volunteering every week across the district.

As always, it was fascinating to hear about the many years of volunteering, the thousands of miles driven, the friends made, the stories shared and the real positive impact volunteering has on both the person receiving a service and the volunteer.

Volunteer driver Rod Macauley said: *"I feel I get more back than I put in. I've met some wonderful people. If we can help at all by making their lives a little easier than I go home feeling pretty good."*

Our Chief Executive, Karen, took the opportunity to present the then Mayor of Harrogate Borough, Councillor Anne Jones, with a certificate too, to thank her for her support for the voluntary and community sector during her year in office.

HARCVS email updates for Volunteer Managers contain news about national policies which affect volunteering, local events, training, tips, how-to guides and more.

www.harcvs.org.uk/newsletter-subscribe

HARCVS Volunteers Managers Network



The Network meets 4 times a year and provides an opportunity for Volunteer Managers from the local area to meet and to discuss any problems they have encountered in their role of recruiting and supporting volunteers.

In September we'll be looking at supporting the volunteer journey from an initial expression of interest to being an active volunteer and, even better, a long term volunteer!

Meeting Dates:

12 September 1 - 3pm, St Wilfrid's Community Centre, Ripon

6 December 1 - 3pm, Harrogate Community House

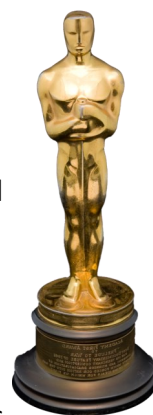
www.harcvs.org.uk/volunteer-managers-network

Date for your Diary

Harrogate District Volunteering Oscars 2018

All shortlisted nominees will be invited to the Awards Ceremony at the Old Swan Hotel on the evening of 2 November. The event begins with a champagne reception followed by a ceremony which celebrates volunteers from around the district.

Check www.harcvs.org.uk for further news as nominations open in summer 2018.



Profile and Partners



Need to raise your charity profile in your community or need some more willing hands to support your project or help you face a challenge? This autumn, HARCVCs will be running workshops which can help you.

We are offering our popular **‘See and Be Seen’** Workshop again on 4 October at Harrogate Community House, for just £15 for HARCVCs member charities.

This interactive half day HARCVCs workshop provides practical hints and tips on how to improve your group’s visibility in your community and is suitable for anyone responsible for promoting their organisation. It will help you to consider and understand why it is important for your organisation to see and be seen and share some practical and tried and tested ideas for how to achieve this. You will leave equipped with at least 3 things you can try in your own organisation.

- If a charity is not **viable** it cannot meet the need that it is designed to address
- If it is not **valued** by service users it has no purpose for existence, and funders have to see the **value** of the work if they are to support it.
- If it is not **visible** it will not attract beneficiaries and funders

Our **‘Building Successful Volunteering Relationships with Businesses’** workshop is offered free to HARCVCs member charities, thanks to funding received from 29th May 1961 Charitable Trust.

Employer-supported volunteering (ESV) can be a mutually beneficial experience for both charity and business, with charities attracting new volunteers with specialist skills or large teams who can help with practical projects. You will have an opportunity to share and learn from your own experiences at this interactive session.

Book your place for all HARCVCs workshops at:
<https://harcvs.eventbrite.co.uk>



Where to Turn

A good way to be seen in your community is to be listed in our Harrogate District Community Information Directory.

Make sure your charity, support group and regular community activities are included in ‘Where To Turn’ and please update your details.

This helps people find the support they need. You can add a record and request a form to update your listing at

www.harcvs.org.uk/WhereToTurn

Communicate, Campaign, Collaborate



Following connections made with Councillor David Goode during his year as Mayor of Knaresborough, we were pleased to host the first Social Media Surgery in Knaresborough, which took place at the Bridge Café at the beginning of July.

We have been running these events for over seven years, starting in Harrogate before now also holding surgeries at the wonderful venue of Ripon Workhouse Museum.

It's great to see people coming together to look at using social media and free online tools to help charities and community groups to achieve more. Social Media allows charities to tell people about the work they do, how they are making a difference, and the kind of support they need. It can be a key way of reaching a wide audience and giving voice to your cause.

A valuable benefit of social media is that it can bring like-minded people with shared values and causes together. For example you can create a virtual community where those living with a particular health condition can support each other. It provides a low cost opportunity for charities to nurture strong relationships, which can in turn lead to new fundraising opportunities and volunteer recruitment.

A social media surgery is an informal gathering of people who want to learn how to use the web for their group to communicate, campaign or collaborate.

Surgeries are deliberately relaxed with no presentations. Instead you will sit next to someone who will listen to what you do, and then share ideas to help your community or voluntary group, club or society. We don't offer timed appointments, so be prepared to wait if we are particularly busy. We do offer free tea, coffee and cakes and often find people waiting to be seen start sharing ideas for social media use amongst themselves as well!



15 October 2018, 6pm to 8pm

Ripon Workhouse Museum,

Places are free but you need to book in advance please so we can match the number of people helping to those that would like some help.

<https://harcvs.eventbrite.co.uk>

THE LOCAL FUND - We Need Friends!

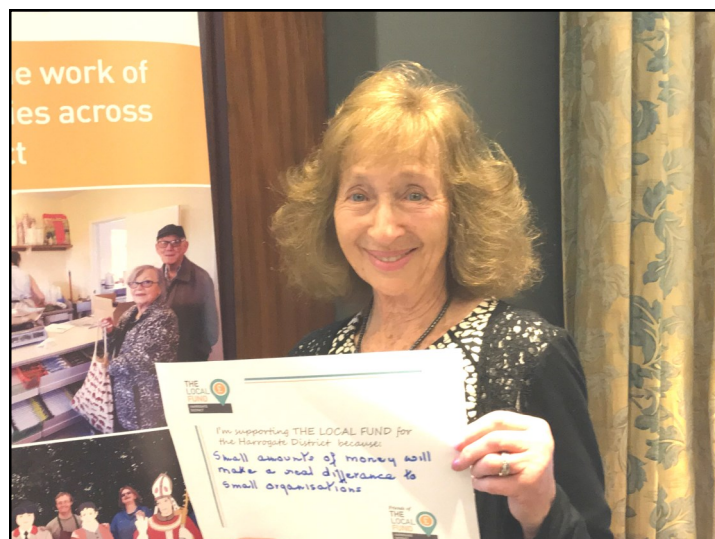


'Friends of the LOCAL FUND' - a group of like-minded people and organisations who wish to encourage charitable giving and gain support for THE LOCAL FUND in the Harrogate District.

It's been a busy few months for THE LOCAL FUND for the Harrogate District, with the partnership team out and about at various events to raise awareness of the Fund and recruit new Friends (we now have over 100!).

We had a very warm welcome and lots of interesting conversations at the Harrogate District Business Awards, The Yorkshire Business Market and The Harrogate District Chamber of Commerce AGM. We also had our first two Friends of THE LOCAL FUND events kindly hosted at two fantastic venues, Rudding Park Hotel in April and Horticap in July.

In October the Friends will be invited to the celebration event to mark the distribution of the first round of THE LOCAL FUND grants, following the first award assessment panel in July.



Friends have a vital role to play in promoting the fund, understanding the issues and bringing more than just money to address local issues e.g. volunteers, skills, networks, venues and refreshments. We are creating a network of Harrogate District knowledge and collaboration with individuals, charities, businesses, partners and the media.

THE LOCAL FUND is a partnership between HARCVS, Two Ridings Community Foundation and Harrogate Borough Council. Partners and Friends are able to attend events and give talks and presentations about THE LOCAL FUND if you know a business or organisation which would like to get involved.

We are also talking to businesses on how to enhance employee engagement using Corporate Social Responsibility.

Find out more....

For information about THE LOCAL FUND

Website: www.trcf.org.uk/tlfharrogate

Email: info@trcf.org.uk

Tel: 01904 435277

Twitter: [@TLFHarrogate](https://twitter.com/TLFHarrogate)

Sign up as a Friend:

www.harcvs.org.uk/FriendsTLF

Launch of THE LOCAL LOTTO



This summer we have been enjoying the good weather out on the road as part of the team promoting THE LOCAL LOTTO for the Harrogate District to local good causes.

HARCVS is a partner with Harrogate Borough Council and Two Ridings Community Foundation developing this project and it's been good to see a really positive response for this new fun way for our vital local charities to raise funds.

THE LOCAL LOTTO enables local people to support the good causes they care about the most. It's free for good causes to join and money raised will make an important contribution towards our local voluntary and community sector.

There are no set up costs or admin fees for good causes, just a simple online form to set up your own lottery page to send to your supporters to buy tickets. They have the chance to win up to £25,000 and know that proceeds stay in their district to benefit their community.

Good causes can sign up now. THE LOCAL LOTTO tickets have been on sale since 17th July and the first prize draw takes place on 8th September. Tickets cost £1 each and there will be a weekly draw, held on a Saturday.

THE LOCAL LOTTO ticket types

1. 60% goes to the THE LOCAL FUND for the Harrogate District and will be distributed to local voluntary and community organisations through a grant process. This option helps organisations that may have fewer supporters and/or less ability to generate funding support due to the nature and/or size of their services.
2. 50% goes to the resident's chosen local cause and the other 10% to THE LOCAL FUND.



Find out more....

For information about THE LOCAL LOTTO

Website: www.thelocalotto.co.uk

Email: support@thelocalotto.co.uk

Tel: 01423 206777

Twitter: @thelocalotto

Facebook: /thelocalotto

Protecting Our Future



What do you think Harrogate District will look like in 5, 10 or 15 years' time?

Zero Carbon Harrogate believes that becoming a low carbon economy by 2035 will bring a wealth of benefits across the district: improved air quality, warmer homes with lower fuel bills, healthier diets and lifestyles, and job creation from locally generated electricity.



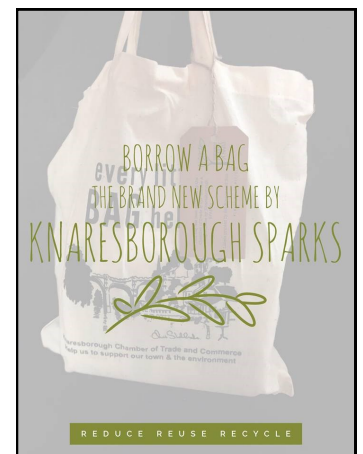
This group of volunteers are dedicated to bringing together local businesses, community groups, individuals and our politicians to work collaboratively in order to transform our district and become one of the first low carbon economies in the UK.

Since the group started over two years ago, members have run a number of awareness-raising events to show what can be done to reduce our local carbon emissions. There are five working groups each taking action: Communications, Food, Buildings, Transport and Carbon Capture (the process of capturing carbon with tree planting and in peatlands).

On the group's website you will find a series of "Postcards from the Future" which imagine what the district might be like in 2035. You can also find out about events and activities and how you can get involved. Zero Carbon Harrogate would love to hear your ideas or questions. The next Zero Carbon Harrogate event is on Thursday 13th September, 7.30 - 9.30pm at Friends Meeting House in Harrogate. There will be an update on activities and news from over the last year and also a guest speaker from Harrogate Borough Council talking about the recycling programmes in the District.

Other new groups of volunteers across our District are dedicated to raising awareness of the need to protect our planet and to recycle in our Harrogate District.

You can find Plastic Free Ripon, Plastic Free Harrogate and Knaresborough SPARKs on Facebook. Plastic Free Harrogate are holding a Get Together on 14 August at 7pm at NJs on Station Parade if you would like to find out more. Knaresborough Sparks have launched a BORROW A BAG scheme with participating shops able to offer a cotton bag for shoppers to borrow. Bags are identified using a tag, so that they can either be returned to the shop when you are next passing, or dropped off at the collection point in Knaresborough library.



Find out more....

For information about Zero Carbon Harrogate

Website: www.zerocarbonharrogate.org.uk

Email: zerocharrogate@gmail.com

Facebook: [/zerocarbonharrogate](https://www.facebook.com/zerocarbonharrogate)

Supporting People who are Homeless

There are local organisations and services to support homeless people or those at risk of homelessness in Harrogate District.

Harrogate Homeless Project

operate a number of services to support people off the street including:



- Day centre called Springboard which provides food, assistance, washing facilities
- Rough sleeper resettlement scheme called No Second Night Out, providing emergency shelter.
- Short term secure accommodation, expertise and planning to identify long term accommodation.
- SAFE project supporting entrenched rough sleepers.

Contact: 01423 566900

www.harrogate-homeless-project.org.uk

The Housing Options team at Harrogate Borough Council

have a duty to support all homeless people, or those who may become homeless within 56 days, with support and guidance. 16 to 25 years olds can visit or call the HUB team who work with a range of partners to identify solutions for young people who are at risk of homelessness or who are vulnerable.

Contact: Housing Options is at the Civic Centre, St Lukes Ave, Harrogate, HG1 2AE

Harrogate Borough Council switchboard 01423 500600

Shelter provide housing advice and support. 8am to 8pm

Contact: Free help line call 0808 8004444

Citizens Advice can advise on a variety of issues including benefits, housing and debt.



Contact: There are a number of ways to contact Citizen's Advice and these are listed at www.cachd.org.uk

Stonham Homestay provide free housing related support and advice at regular drop-in centres in Harrogate, Ripon and Knaresborough

Contact: 01423 704109

Sometimes people are fully aware of their rights and support services available, but they choose not to engage.



St Peter's Church in Harrogate distributes food parcels to anyone in need, daily between 4.45pm and 5pm (at 5.45pm on Sundays). Citizen's Advice and other agencies are able to provide vouchers for the Harrogate District Foodbank or, in Ripon, for the 'Bread of Life' Foodbank.

Other charity services in Harrogate District which can help are listed in our Where To Turn Directory at www.harcvs.org.uk/WhereToTurn



Most of the information on this page has been taken from the useful new leaflet produced by Ripon YMCA. The most up to date leaflet is available at www.riponymca/housing Ripon YMCA provides supported housing to young people aged 16 - 35 years.

Ripon Together for positive change



This summer is a busy and exciting time for Ripon community.

As well as co-ordinating the Connecting Ripon network of local charities, our HARCVS team supports Ripon Together which aims to strengthen community connections.

Ripon Together was formed to improve the vitality and prosperity of the city, bringing residents and people from all sectors together to achieve positive change.

Anyone who lives or works in and around the city, cares about its future and wants to make a positive difference is welcome to get involved and to go along to events, such as the Summer Get Together in July at Ripon Town Hall. If you decide to become a Member, you can join at any Ripon Together events. Membership only costs £1! By working together we can achieve wonderful things.



Celebrations for Yorkshire Day on Wednesday 1st August are centred in Ripon this year. The day is

a fantastic opportunity to showcase all Ripon has to offer and the city's great community spirit. The Market Place will be filled with activities during the day and there will be an evening programme of entertainment.

There will be amusements and activities for children; storytelling and re-enactments; market stalls showcasing Yorkshire businesses, produce and charities. The HARCVS team will be on The Market Place promoting local charity services, volunteering, THE LOCAL FUND and THE LOCAL LOTTO. In the evening from 6-8pm, Ripon Cathedral is hosting Picnic int' Park - Celebrating Yorkshire Day in Ripon, a family event with live music.

Find out more at www.discoverripon.org

End of World War 1 commemorations

Ripon Together is also supporting events and activities to commemorate the centenary of the end of World War One. Ripon Library is collecting information on soldiers who returned to Ripon from the war, any family stories and photos with a view to putting together an exhibition.



A planning group has been meeting regularly and the aim is to compile and publish a comprehensive list of everything planned from now onwards for the remainder of 2018, so that events are co-ordinated and well supported and everyone can be involved. For more information contact Ripon Together by email at info@riponttogether.com



@RiponTogether



/RiponTogether

'A friendly and supportive local service'



In the first few pages of this issue of 'Care in Action' you can read about the vital role played by smaller local charities. We see the difference made every day across Harrogate District and we work hard to promote and support local charity services, community activities and groups.

We were encouraged that, in our most recent annual survey, local charities found us to be 'A friendly and supportive local service' and 'A place to share ideas and be supported'.

Following changes to funding and staffing last year, we have continued to build on over 50 years of history; working to support charities, volunteers and communities, strengthening relationships with partners in Harrogate District and joining new partnership initiatives to help address local need, such as THE LOCAL FUND for the Harrogate District.



Thanks to being locally rooted and our strong relationships and broad networks, we have built knowledge of what's needed and what works best.

The HARCVS team always welcomes feedback and suggestions as to how we can connect people who want to help to those who need help. You don't need to wait until our next survey to let us know! And if you're after a 'challenging, enjoyable and thought provoking' role, see below for a trustee opportunity!

Date For Your Diary HARCVS AGM Event Thursday 11 October



Join us for an informal network lunch from 12.30pm and celebrate local voluntary and community action as we face opportunities and challenges together. More details will be shared on our website during the summer.

HARCVS exists to serve its member charities and our Board of trustees is largely made up of representatives from our members who steer the overall direction of HARCVS. It is important to ensure that what we are doing reflects the needs of our local voluntary and community sector. As we work across the Harrogate district, we are keen to reflect this on our Board and particularly welcome new trustees from Ripon and rural areas in our district. Please get in touch if you are interested and would like to know more.

Van-tastic fundraising for Help at Home



After months of fundraising, Help at Home has now taken delivery of its new van. This larger van replaces 'Stan The Van', its ageing workhorse who was no longer fit for purpose.

This purchase was made possible by generous grants from the the Freemasons' Province of Yorkshire West Riding, The Knaresborough Lions' Centennial Fund, Starbeck and Wayside Co-op, The Beatrice Laing Trust and North Yorkshire County Councillor, Jim Clark.

The van's increased storage space has already made a huge difference to the team's efficiency: Not only can the team transport bulkier items, including beds and sofas, they can also carry more items, such as bags of garden waste, in one go resulting in fewer tips runs. Thanks to an in-built racking system, Andy from the Help at Home team can also access his work tools better.

Andy said: *"The increased efficiency our van has brought about will directly benefit our clients: Since we purchased the van, we have already saved time and money with fewer tip runs needed. We can now work through our waiting list quicker and assist more people across the area with our practical support around the home."*

To engage more people in the launch of the van, HELP took to social media to decide on its new name. Suggestions included Van HELPsing and Vanessa, but after a Twitter and Facebook poll the winning name was chosen and the new van was christened Van Dabi Dozi.

The new van can be seen out and about locally, transporting equipment, staff and volunteers to some of the 350 plus jobs the team carries out locally each year.

The Help at Home gardening, decorating, basic repair and odd job service covers the whole of the Harrogate District. Priority is given to older people, those who are vulnerable and people with disabilities who can no longer manage to carry out the tasks themselves, have no family help and cannot afford a professional service.



Andy Storr, Help at Home support worker, with David Pratt, Provincial Grand Master of the Freemasons Province of Yorkshire West Riding, and Pam and Bob Godsell from Knaresborough Lions.



/HELP.Harrogate



@HELP_Harrogate

M&S volunteers make their 'mark' on local gardens



Green fingered volunteers from Marks and Spencers Harrogate store recently volunteered their time to help transform two overgrown local gardens.

11 employees from the central Harrogate store lent a hand with the Help at Home service, which offers practical support to older and vulnerable residents across the district. The staff assisted with weeding, pruning and cutting back overgrown hedges in two local gardens, whose residents had been struggling with their upkeep. The team also found time to repaint a garage door and re-stock one of the gardens with some new plants.

The volunteering was part of the national Marks and Spencer 'Making Every Moment Special in the Community' initiative, under which employees are encouraged to give back a working day each year to their local community.



Further information about support offered by the Help at Home service is available at www.helpharrogate.org.uk 01423 813096 or help@harcvs.org.uk

The company additionally donated £500 to the project for materials, which has paid for a telescopic ladder, enabling the team to paint high ceilings.

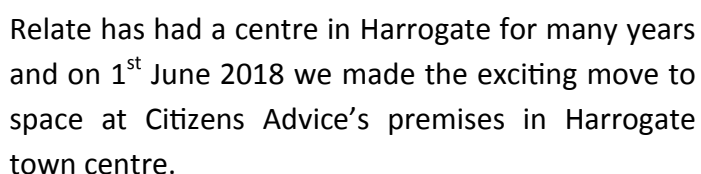
M&S employee, George Sunderland, who co-ordinated the volunteering day, commented: *"We had an amazing day and are really keen to come back and do some more volunteering with this much-needed local service. It was astonishing to see how just a few hours made such a difference to these gardens and their residents."*

Christine Turner, Help at Home Service Co-ordinator, added: *"We are extremely grateful to all the M&S volunteers. They worked really hard, and with a smile on their faces, to make such a difference to our grateful clients. Their efforts have saved our small team several days work, freeing up their time to help other local residents on our waiting list."*



Help at Home is one of the charity services provided by HELP, alongside a voluntary car driving service and befriending service to assist local people, who are older, vulnerable or living with long-term health conditions, to remain living independently.

So what is counselling?



Some people still think that Relate is an organisation that only helps married couples, but our relationship counselling is available to anyone aged 5 upwards. We support individuals, couples, whether they are married, cohabiting, or thinking about making a long term commitment to one another, children aged 5 – 18, and family groups. We help people of all ages make their relationships with the people close to them work better. Our counselling is available to anyone regardless of gender, sexuality, belief, ethnicity or disability.

Counselling is a 'talking therapy' where someone struggling with their emotions and feelings about what's happening in their life talks to a trained counsellor. The counsellor listens without judgement or criticism, giving an individual, couple or family group the time and space to think more clearly and talk about what's happening.

[illegible]

Adults may come to us because of issues such the pressures of family life, affairs, separation or divorce, starting new relationships or preparing for later life.

HARCVS Members in the Spotlight

Making relationships work better for all ages

Continued from page 18

Children may come to us because of problems at home or at school, difficulties coping with peer pressures, family break up or adapting to new family groups.



As individuals, people come to us to seek support with their relationships with others, anxiety, depression or loneliness.

In addition to relationship counselling, we also provide a specialist psycho sexual therapy service for adults experiencing problems with their intimate relationships. This is a service not widely available in the Yorkshire area, and requires commitment from participants over a longer period of time. Both adult couples and individuals can use this service.

Whilst we charge for some of our services, we also have a range of grants which mean that some clients, if eligible, can receive a set number of counselling sessions free of charge or at a reduced rate.

Anyone can contact us to find out more about how we can help and to arrange an appointment. We offer counselling face to face at any of our centres, or via Webcam if someone is unable to come to one of our centres.

Appointments are available at various times Monday to Saturday each week.

We also run courses suitable for people at different life stages and provide training for front line workers who are supporting other people. Locally we are well known for our popular 'Riding the Storm' course which helps the parents or carers of teenagers cope with this sometimes challenging period of family life.

We're always happy to hear from other organisations about how we could work together and we've developed some great partnerships through our involvement with HARCVS forums, including our move to Citizens Advice and in bringing 'Riding the Storm' to Harrogate, Knaresborough and Ripon.

relate
MID-YORKSHIRE

Audrey Burton House
Queensway
Harrogate
HG1 5LX

T: 01904 625971

E: harrogateadmin@relatamid-yorkshire.org.uk

W: www.relatamid-yorkshire.org.uk



[@Relate_MidYorks](https://twitter.com/Relate_MidYorks)

Take Your Turn in the Spotlight!

If you would like to feature in a future edition of Care in Action and on our HARCVS website, please let us have your news at www.harcvs.org.uk/Submit-News or email cvs@harcvs.org.uk

H&RCVSHarrogate and Ripon Centres
for Voluntary Service

Where to Turn

Free Online Community Directory for
the Harrogate District

Search the HARCVS Where to Turn Directory to access up to date information about hundreds of community activities, charities and services in the Harrogate District.

www.harcvs.org.uk/Wheretoturn

@HARCVS

Tel. 01423 504074 cvs@harcvs.org.uk

Harrogate & Area Council for Voluntary Service Limited
Company Limited by Guarantee Registered in England & Wales
Company No. 7760477 Charity No. 1144758

H&RCVSHarrogate and Ripon Centres
for Voluntary Service

HARCVS Volunteering Directory



The new online directory of volunteering opportunities can be searched by activity, cause, age, availability, wheelchair access and location. Browse hundreds of different opportunities to volunteer and find your ideal role.

www.harcvs.org.uk/Volunteer

@VolunteerHARCVS

Tel. 01423 504074 volunteer@harcvs.org.uk

Harrogate & Area Council for Voluntary Service Limited
Company Limited by Guarantee Registered in England & Wales
Company No. 7760477 Charity No. 1144758

Our HARCVS free online resource for people looking for charity services, support groups and community activities for themselves, someone they care for or support.

Our HARCVS free online resource matching local people with volunteer roles that suit their interests, skills, availability, location and needs.

How to Contact HARCVS

Tel: 01423 504074 **E-mail:** cvs@harcvs.org.uk
www.harcvs.org.uk

Community House, 46 - 50 East Parade
Harrogate HG1 5RR

Community House, Sharow View
Allhallowgate, Ripon HG4 1LE

HARCVS sends you 'Care in Action' because you have signed up to this information service we provide or you receive it as a representative of one of our partner organisations. We record your name and address to enable us to provide this service. If you no longer wish to receive your paper copy of 'Care in Action', please let us know by using the contact details above.



@HARCVS



www.facebook.com/HARCVS



**NAVCA
Quality
Award**

Affiliated to the National
Association for Voluntary and
Community Action (NAVCA)

Harrogate Borough Council and Ripon City Council financially contribute to the provision of support to charities and volunteers in Harrogate District.

Harrogate & Area Council for Voluntary Service Limited
Company limited by guarantee Registered in England and Wales
Registered Charity No. 1144758 Company No. 7760477