



Nidderdale Health and Wellbeing Fair 2024 Attendees

1. Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who can help anyone who has a desire to stop drinking, the A.A. Program, set forth in our 12 steps, offers people suffering from alcoholism a way to develop a satisfying life without the use of alcohol.

Contact: harrogate.aa.publicinformation@gmail.com

Website: <https://harrogate-recovery.org>

2. Befriending at Nidderdale Plus

At Nidderdale Plus, we are running a befriending service, where we aim to match people who experience loneliness with volunteers for weekly visits and assist in getting them more involved with other community projects that promote physical health and improve mental wellbeing.

Contact: Zoe@nidderdaleplus.org.uk

Mobile: 07354 236042

Website: <https://www.nidderdaleplus.org.uk/befriending/>

3. Bloom Creative Wellbeing CIC

Bloom is a kind and creative not-for-profit social enterprise based in Pateley Bridge. We support and empower people and communities to bloom through creativity and the arts! We provide creative wellbeing workshops, arts for wellbeing projects and arts psychotherapies.

Contact: info@louisebloomfield.co.uk

Social Media: <https://www.facebook.com/bloomcreativewellbeing>

4. Christ Church Community Centre Darley

A small community centre where there is a range of activities available for all ages to enjoy. We have a warm, inviting space that is available for hire at a reasonable cost. We welcome new groups to extend our range of activities and opportunities for learning new skills and interests.

Contact: cccdarley17@gmail.com

Website: www.darleyvillage.info

5. Community First Yorkshire

We are an influential, regional body that works with the VCSE sector and rural communities across North Yorkshire. We provide an important rural advocacy role, encouraging partners to deliver equitable services and facilities for rural communities and help them to develop solutions that meet those needs.

Contact: Dena.dalton@communityfirstyorkshire.org.uk

Website: <https://www.communityfirstyorkshire.org.uk/>

6. Corn Close Care Farm

We provide opportunities for working with different kinds of animals and to learn about farming and nature whilst benefiting from the powerful and positive effects of spending quality time outdoors. Building confidence and developing a connection with the natural environment. Improving mental and physical well-being and developing skills and knowledge.

Contact: [Cath Wilson](mailto:Cath.Wilson@cornclosecarefarm.com)

Email: cornclosecarefarm@btinternet.com

Website: <https://www.cornclosecarefram.com>

7. Dancing for Well-Being

You can dance sitting or standing and move at your own level, you don't need a partner, and you don't need a good memory either. The music will get your toes tapping and the dances are very accessible and great fun!

Contact: Jackie.norton@dancingforwellbeing.org

Website: <https://dancingforwellbeing.org>

8. Digital Champions at Nidderdale Plus

The Digital Champions service at Nidderdale plus is here to help people to get online, increase their level of digital skills and to ensure that people stay safe whilst they are online. Jo Hayes is our Digital Champion Coordinator. She and her team of volunteers can help improve people's digital skills.

Contact: Jo@nidderdaleplus.org.uk

Telephone: 01423 714953

Website: <https://www.nidderdaleplus.org.uk/digital-champions/>

9. Farming Community Network

The Farming Community Network (FCN) is a national charity supporting farmers, their families and those in rural communities. We are mainly a volunteer organisation offering pastoral support, signposting and practical support. We understand farming and the challenges it can bring.

Contact: Lisacardy.fcn@gmail.com

Telephone: Helpline: 03000 111 999

General Enquiries 01788 510866

Website: <https://fcn.org.uk/>

10. Healthwatch North Yorkshire

We're here to listen to the issues that really matter to local communities and to hear about your experiences of using health and social care services. We make sure NHS and social care decision-makers hear your voice and use your feedback to improve care.

Contact: Helen Littler – community engagement officer

Email: hello@hwny.co.uk

Website: <https://www.healthwatchnorthyorkshire.co.uk>

11. Home Instead

At Home instead, we help people to remain independent and to live well within their own homes. We are passionate about enabling older people to continue to live safely at home. We can help with mobility, exercise, falls prevention, diet, nutrition and provide companionship and engaging activities to support with living well in later years.

Contact: office@harrogate.homeinstead.co.uk

Telephone: 01423 774490

Website: www.homeinstead.co.uk/harrogate

12. **Louise Bloomfield Wellbeing – For times of Change, Loss and Grief**

I provide compassionate and down-to-earth support for life's losses and transitions. I specialise in helping clients navigate change, loss and grief including all types of bereavement. I offer support for non-death losses and change too, such as divorce, family, menopause, infertility, and career transitions. I also host grief retreats locally.

Contact: info@louisebloomfield.co.uk

Website: www.louisebloomfield.co.uk

13. **Make it Wild**

Make it Wild exists to support biodiversity by protecting, restoring and creating habitats in our ten sites across North Yorkshire. We also work to reconnect people with nature, through nature-connected activities, which may be educational, wellbeing or craft focused. These include day-retreats, foraging, nature talks and Natural mindfulness wellbeing walks.

Contact: Helen Neave

Email: helen@makeitwild.co.uk

Website: www.makeitwild.co.uk

14. **Mind in Harrogate District**

Mind in Harrogate provides a quality community-based service accessible to those who need support with their mental health and wellbeing.

Contact: Lucy@mindinharrogate.org.uk

Mobile: 07788 593974

Website: <https://mindinharrogate.org.uk>

15. **Nidderdale and Pateley Bridge Men's Shed CIO (Pateley Shed)**

The Pateley Shed is run by volunteers to reduce loneliness and improve their own well-being, by providing and managing workshop facilities enabling members to make and repair various items, often using equipment that would be too expensive for an individual. We also work with other groups to support the local community.

Contact: alancottrill@aol.com

Website: www.pateleyshed.org.uk

16. **Nidderdale Messiah**

This event was founded over 20 years ago to bring the wonderful music of Handel's Messiah to Nidderdale and raise money for the small charities which support it. Since then, we have raised thousands of pounds and in 2024 we are proud to support Nidderdale Plus, in particular its new befriending service.

Contact: jdburniston@gmail.com

Website: www.nidderdalemessiah.org.uk

17. **Northeast and Yorkshire Net Zero Hub – Community Energy Programme**

The Northeast and Yorkshire (NEY) Net Zero Hub works with the public sector organisations, their stakeholders and communities to develop fundable net zero projects and deliver the local energy strategy. We exist to accelerate the region's ambitious efforts to drive a low carbon, clean growth future. Funded by the department for energy security and net zero, the Hub is one of our five across the country, all focusing on helping the UK reach Net-Zero Carbon emissions by 2050. We do this by delivering programmes of support, sharing knowledge and

learning and adding capacity at a local level. The Hubs small community energy team runs a program of support for the development of community energy which includes capacity building, funding programmes, support and sign posting for community energy projects and groups.

Contact: Enquirie@NEYnetzerohub.com

Website: www.neynetzerohub.com/community-energy-support/

18. **North Yorkshire Council, Nidderdale Plus Library**

The Library and Nidderdale Plus have a wide range of free health resources. Claire from the library will be on hand to answer your questions and demonstrate what is available to borrow from the library and their digital collection using your free library card.

Contact: claire.thompson@northyorks.gov.uk

Phone: 01609 536623

19. **Northern PowerGrid**

Have you heard about our Priority Services membership?

By providing details of the people who live in your home in Northern PowerGrid, you may be entitled to extra support.

It's a free service for customers who are medically dependent on electrically powered equipment, have chronic or serious illness, or mental health need or poor mobility.

Contact: nigel.keys@northernpowergrid.com

Website: <https://northernpowergrid.com>

20. **Open Country Yorkshire**

Open Country Yorkshire support people with disabilities to access and enjoy the countryside, to improve physical and emotional wellbeing of our disabled community and creating opportunities to access and enjoy our local and national landscapes.

Email: info@opencountry.org.uk; community@opencountry.org.uk

Website: www.opencountry.org.uk

21. **Prostate Cancer UK**

Giving every man the power to navigate Prostate cancer. 1 in 8 men get prostate cancer. Together supporting men and their families by raising awareness by funding life changing research, campaigning for change and providing much needed support.

Contact: John Dodds

Email: Yappaboomerang@hotmail.com

Website: www.prostatecanceruk.org

22. **Radfield Homecare**

Radfield home care for Harrogate, Wetherby and North Yorkshire, provides expert care services that can support individuals affected by medical conditions such as dementia, Parkinsons disease, stroke cancer and respiratory failure. Our team can also help people to get out and about with our adult day care centre or trips into the community. We are also equipped to offer flexible post hospital discharge care, respite for family carers, and live in care packages. We deliver bespoke care packages – from weekly companionship visits to extensive multiple

care visits during the day and night – tailored to suit your unique needs. We also have the provision for end-of-life care for those preferring to spend their final days at home.

Email: Harrogate@radfeildhomecare.co.uk

Website: <https://www.radfieldhomecare.co.uk>

23. Sir Robert Ogden Macmillan Centre Information and Support Service

Located within the Sir Robert Ogden Macmillan Centre, we provide support and information to people with cancer and their families. We have benefits advisors, complementary therapists, clinical psychologists, dieticians and we signpost people to great community support as well. We provide a sympathetic ear for all kinds of problems.

Contact: jacqueline.rowbottom1@nhs.net

Website: <https://harrogatecancerservices.nhs.uk>

25. Saint Michael's Hospice

Saint Michael's is the local hospice care charity supporting people affected by terminal illness across the Harrogate district. No-one should have to face terminal illness alone – and we're here alongside local people and their families when they need us most.

Saint Michael's is part of independent charity North Yorkshire Hospice Care, a family of services which includes Herriot Hospice Homecare and Just 'B'.

Contact: 01423 879 687

Website: <https://saintmichaelshospice.org/>

26. Vision Support Harrogate district

To support people in the Harrogate district area who are new to sight loss and also for those who need continued support, advice, information and friendship.

Contact: Sue Richards – Outreach Vision Support Advisor

Email: enquiries@vshd.org.uk

Website: <https://www.vshd.org.uk>

27. Whitewoods Wellbeing

Restoring woodlands and restoring wellbeing through a range of creative and therapeutic activities for all ages in a sheltered, outdoor setting. Offering one to one reiki and hypnotherapy, with a group forest bathing. Promoting six ways to wellbeing: being active, being connected, being mindful, keep learning, being creative and being giving.

Contact: Peter and Michelle Brambley

Email: michelle@whitewoodstherapy.co.uk

Website: www.whitewoodswellbeing.co.uk

28. Yorkshire Cancer Community

We are there to support and provide information networks for people affected by cancer, their carers and people who work within cancer services. We aim to enable the views and experiences of cancer patients and carers to be heard and used to improve the quality of cancer care in our region.

Email: jill@yorkshirecancercommunity.co.uk

Website: www.yorkshirecancercommunity.co.uk