



What's On in Harrogate District



Age UK Ripon
Community House
Allhallowgate
Ripon HG4 1LE
T: 01765 606872

Open:
Mon-Thurs 10am to 1pm
email ripon@ageuknorthyorkshire.org.uk

Age UK Harrogate
Community House
46-50 East Parade
Harrogate HG1 5RR
T: 01423 530628

Open:
Mon-Fri 10am to 1pm

Charity Number 1124567
Company Number 6456185

Jan 2017

Our SERVICES are FREE and CONFIDENTIAL

Information & Advice (Ripon & Harrogate)

We offer this service either face to face or over the phone.

There is an extensive list of Factsheets and Information Guides available in the office, from the Age UK National Office on 0800 169 6565, or to download www.ageuk.org.uk

Information & Advice is available at the **Harrogate** Office, Mon-Thurs 10:00am to 1:00pm.

An advice worker is available by appointment at Community House, **Ripon** on Fridays, 8.30am-1pm.

Insurance

Insurance Services are available Monday-Friday at the **Harrogate** office 10am – 1pm.

Free leaflets are available on a range of Age UK Products and Services.

Home Secretary (Ripon & Harrogate)

We can help you: read your mail; complete forms; write letters; sort out papers and file them; sort out problems over the phone; help with queries on your utility bills.

Telephone Befriending (Ripon & Harrogate)

A tailored phone call, at a time to suit you and your volunteer, for a friendly chat.

VOLUNTEERS are vital to our work. Current opportunities include the *Home Secretary & Telephone Befriending* Projects in Harrogate & Ripon, and the new *Walking For Health Strollers* Groups in Harrogate & Ripon.

Walking for Health in Harrogate, Ripon & Knaresborough

Gentle walks designed for those returning to exercise.

Activities - Ripon

Book Club

Second Wednesday bi-monthly - Ripon Library 10.30 – 12noon. £20 annual subscription to cover room, books & refreshments.

Exercise Class - Zumba Gold

Mondays 2pm – 3pm
Allhallowgate Church Hall. £4.

Lunch Clubs

Ripon - various venues in town most Thursdays
Bishop Monkton – Chapel Hall alternate Mondays
Dishforth – Black Swan alternate Thursdays.

Calling Older Men

Regular lunch get together at different town centre venues.
Occasional outings.

Activities - Harrogate

Write Away Group

Every Tuesday 2 - 4pm - Green Hut, Harlow Ave.
Cost £39 per term for block of 13 sessions.

Book Club

First Monday in each month- Yorkshire Hotel,
1.30pm - 3pm. Annual fee, £5. Refreshments.

Exercise/Social Activity

Every Tuesday- Montpellier Court, Cold Bath Rd. Exercise
10am -11am, Social Activities 11am - 12noon.
Cost £4. Refreshments.

Touchstones 2

Social support for bereaved older people. Every Friday -
Montpellier Court, Cold Bath Road, 10.30am - 12noon. Cost
£2.50. Occasional lunch outings.