



## 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](mailto:ripon@ageuknorthyorkshire.org.uk)

**Charity Number 1124567**  
**Company Number 6456185**

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

Open:  
Mon-Fri 10am to 1pm

**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](http://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.