*Local services and organisations that you may find helpful.*

| **Who** | **Types of services provided** | **Contact details** |
| --- | --- | --- |
| ***Non-service charities and organisations*** | | |
| Age UK North Yorkshire and Darlington | Provides a range of services for those over 55 including social groups, benefits checks and advice. | Tel: 01423 530628 |
| Citizens Advice | Provides free, confidential and impartial advice on issues affecting people’s lives. Advice can include energy switching, consumer affairs, housing matters, benefits advice and debt management. | Tel: 03444 111 444 |
| Carers Resource | Provides a range of services to support carers. | Tel: 01423 500555 (H’gate)  Tel: 01765 690222 (Ripon) |
| Dementia Forward | Provides support and advice to those living with dementia and their families. Services include singing groups and wellbeing cafes. | Tel: 03300 578592 |
| Harrogate Easier Living Project | Support anyone with conditions related to health or old age which prevents them from doing things they want/need to. Services include transport, groups and activities. | Tel: 01423 813090 (H’gate)  Tel: 01765 645915 (Ripon) |
| Supporting Older People | Provides a range of service to older people including groups, activities and befriending. | Tel: 01423 531 490 |
| Where to Turn (Online) Directory | An online directory provided by Harrogate and Ripon CVS to search for activities and services going on across the whole of the Harrogate district.  (www.harcvs.org.uk/WheretoTurn) | Tel: 01423 504074 |
| ***Service charities and specialist services*** | | |
| Combat Stress | Provides mental health support to those who have been in the armed forces. | Tel: 0800 138 1619 |
| First Light Trust | Provides a range of support to veterans and their families with things like housing, benefits, getting the right medical treatment and volunteering.. | Tel: 0207 730 7545 |
| Royal British Legion | Provides lifelong support to serving and ex-serving personnel and their families. Includes expert advice and guidance, to recovery and rehabilitation from injuries and support in later life. | Tel: 0808 802 8080 |
| SSAFA | Provides advice and financial support to those who have been in the armed forces | Tel: 0800 731 4880 |
| Tees, Esk and Ware Valleys NHS Foundation Trust | Veteran Transition Intervention and Liaison Service (TILS) is a service for current serving military personnel and ex-armed forces persons who may have mental health, social and welfare issues. | Tel: 0303 123 1145 |
| Veterans Gateway | Puts veterans and their families in touch with the organisations best placed to help with the advice and support they need.  (www.veteransgateway.org.uk/) | Tel: 08‍08 80‍2 12‍12 |