

## Harrogate District Local Information

### Wed 10 March is No Smoking Day

Smoking can affect health in many ways – for example, there's an increased risk of heart or lung disease, complications following surgery or during pregnancy.

Help is available from your GP or:

### North Yorkshire Stop Smoking Service

0845 877 0025

### NHS Smoking Helpline

0800 169 0169

### NHS Pregnancy Smoking Line

0800 169 9169

[www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

### Looking for care or mobility equipment?

The Carers' Resource (Harrogate) Information Team has contact details, catalogues and information on local care equipment stores and can advise on finding and buying equipment

### Yorkshire Care Equipment

has moved to

Linkside House, Forest Lane Head,  
Harrogate, HG2 7TE

New phone no: 01423 799960

### Harrogate Theatre

#### Assisted Performances

Audio description, BSL interpretation and captioned performances. "Touch Tours" of sets and costumes at assisted performances.

Tickets half-price

Concession tickets and a free companion ticket available for people with disabilities

Call the Box Office on 01423 502116



### Authentic Victorian Fashion Show

Wed 12 May 6.30pm

Community House, Sharow View,

Allhallowgate, Ripon

Tickets £7.50 include a glass of wine. Raffle.

Tickets available from

Harrogate 01423 500555 or Ripon 01765 690222

### Golf Day at Oakdale Golf Club

Thurs 20 May

Organised by the Rotary Club of Harrogate Briganties to raise funds for young carers

To donate raffle/tombola prizes or enquire about sponsorship opportunities, please call

Anne Wells on 01423 500555

### Knarborough Bed Race – Sat 12 June

Darren Warner and the Harrogate Racers are in training to raise funds for young carers.

The team were the Fastest Newcomers last year, so come and cheer them on. Sponsor the team at

[justgiving.com/bedrace2010](http://justgiving.com/bedrace2010)

or call Anne Wells on 01423 500555

### Yorkshire Yoga Centre

#### Free Hatha Yoga sessions

for stressed out adult carers who are unemployed or work 16 hrs a week or less.

Fri 12 noon – 1.45 pm (*note new time*)

9-10 Halfpenny Close, Knarborough

Tel: 01423 864343

### Harrogate Women's Aid (IDAS) (Formerly Women's Aid, Harrogate & District)

Temporary, safe, supported accommodation for women and their children escaping domestic abuse.

Helpline 01423 530078

Mon – Fri 10.00 am – 4.00 pm

### Making Safe - Harrogate (IDAS)

(Formerly Women's Aid Outreach Project) Advocacy services and practical and emotional support to anyone living with or recovering from domestic abuse

01423 858335 Mon – Fri 9.00 am – 5.00 pm



### Do you look after someone?

Join our free group sessions.

Caring With Confidence

Build on your skills and knowledge to help your caring role - and share ideas and tips with other carers in a similar situation to yourself.

Sessions planned across Harrogate & district.

Further information from Clare Hardman or

Anne Abbott at Carers' Resource

01423 500555 or [cwc@carersresource.org](mailto:cwc@carersresource.org)

### Jennyruth Workshops

Items from the workshops will be on sale at a coffee morning organised and run by

Ripon Community Link

at the Town Hall, Ripon

Thurs 25 March 10 am to 12 noon