

Thirsk Community Care is a registered charity which provides community based services to individuals and communities in the Hambleton and Richmondshire districts of North Yorkshire.

Our mission is to support and enrich the lives of those in need, by working in partnership with volunteers from the local community.

Our vision is for local people to live independent, active and fulfilled lives.

Thirsk Community Care provides an information and guidance service, so that even if we can't help you, we can point you to support elsewhere.

☎ 01845 523115

@ info@thirskcommunitycare.org.uk

🌐 thirskcommunitiycare.org.uk

✉ Thirsk Community Care,  
14a Market Place,  
Thirsk,  
North Yorkshire,  
YO7 1LB

f Thirskcommunitycare

🐦 ThirskCCA

Funded by North Yorkshire County Council, Broadacres Housing Association Community Development Fund, The Comic Relief Local Communities Programme and Co-op Membership.



Registered charity number: 1172464

## Support for older people



thirsk  
community



care

**Thirsk Community Care provides support to older people in Thirsk and the surrounding area through the following services:**

**Befriending:** We help people who are rurally and/or socially isolated, living on their own or who have no close family in the area. You will be matched with a volunteer who will spend time with you on a regular or adhoc basis. The volunteer can make home visits or take you out for a cup of tea or a visit to the shops.

**Lunch Club:** You will have the opportunity to meet weekly for lunch and enjoy activities and games. The Club meets every Monday and the first Thursday of each month.

**Social car scheme:** If you do not have access to transport you can get support from a volunteer driver who can take you to health appointments, social events, or the shops when required. The service is available every day of the week throughout the day, depending on volunteers' availability.



**The following services are available in Thirsk only:**

**Meals on wheels:** You can get a two-course hot meal delivered to your door by a volunteer. This service gives you a healthy and nutritious meal as well as regular contact with a volunteer. The service costs £5 for a two-course meal.

**Supported Shopping:** The shopping scheme can help you visit the local shops. Our minibus will pick you up from your home and volunteers will join you to help read labels, reach the shelves and carry your shopping.

**If you know anyone who would like to benefit from, or volunteer for, Thirsk Community Care please contact the office on 01845 523115 or email [info@thirskcommunitycare.org.uk](mailto:info@thirskcommunitycare.org.uk)**