

Assets of Scarborough & Whitby



Scarborough



The Rainbow Centre Scarborough

Website - <http://therainbowcentre.org/>

Telephone – 01723 500663



The Rainbow Centre was established in 1997 to offer practical support to vulnerable people in the local community. Since then, we have grown and offer an open door to anyone in need of help with any issues they are facing, offering compassion, support and hope.

Each year we make around 12,500 critical interventions, offering assistance to vulnerable people during their difficult circumstances and beyond.

We are a small team of dedicated staff and volunteers who believe in fairness and equality and we are very grateful for the support of the community in helping us to continue to provide our many services and facilities.

This support can provide assistance such as an emergency food parcel, a hot meal in our community cafe, access to shower and laundry facilities, clean clothing, bedding and other household essentials. We believe people should have access to the most basics of needs.

Scarborough

ScarboroughSurvivors

Mental Health Resource Centre



Website - <https://scarboroughsurvivors.org.uk/>
Telephone – 01723 500222

Scarborough Survivors has 25 years of experience representing and supporting people with poor mental health.

Our drop-in services for anyone aged 16 and over can be accessed 7 days a week and 7 nights a week.

We are a service-user led charity. Our members, with experience of mental health problems, either personally or as a carer, close relative or friend, have a direct say in how we are managed to ensure we best meet the needs of those accessing our services. We represent the voice of the service user in the mental health arena.

Weekly activities also run from the premises – please see website for further details!

Night Time Crisis Cafe

When normal services resume, we offer drop-in support to those who are suffering from a mental health crisis or distress or those who are seeking to prevent the onset of crisis. A safe sanctuary for people in times of distress in a homely and supportive environment.

Open For 5 Days a Week:

Tuesday, Wednesday, Friday & Saturday: 7:30pm – 1am

Sunday: 8pm – 1am

Please be aware this is for people in need of immediate attention and is not for drop-in socialising. The Crisis Cafe is ran by a Senior Support Worker and three support workers and is supported by volunteers.

Scarborough

Website - <https://www.scarborough.gov.uk/home/environment/choices-4-energy>

Telephone – 01723 232532

Choices4Energy is an energy efficiency advice centre set up to provide advice on how residents of the borough can save money on their energy bills.



What is Choices4Energy?

Our Choices4Energy service provides free and impartial advice to residents to help you save money on your energy bills. Our services include:

- Advise on your energy tariff and help to change supplier
- Identifying if you are eligible for funding for insulation/boilers
- Providing information on renewable technologies
- Oil buying cooperatives
- Collective switching scheme (in partnership with iChoosr)
- Information and advice on ways to reduce your energy/water consumption



Scarborough



Website - <https://www.scarboroughdag.co.uk/>

Telephone – 01723 480029

Scarborough Disability Action Group (DAG) is a registered charity and was formed in 1989 by local disabled people to provide information and advice on a wide range of key disability issues including welfare benefits, community care, transport, equipment and transport.

We are a user-led organisation that promotes the independence and empowerment of disabled people. Along with its information and advice service, the group offers volunteering opportunities, consultancy about environmental access, disability awareness training. It also runs the 'Treats' project which offers free leisure activities for local disabled and disadvantaged people.

The group is responsible for its own fundraising and welcomes donations. It has been awarded the Duke of York Community Initiative Award for its services in 2018 to local disabled people and their families.

Scarborough

Website - <http://www.scarboroughdialaride.org/>

Telephone – 01723 354434

Scarborough Dial A Ride provides fully accessible, affordable, door to door transport for anyone over the age of 60 or those of any age with some form of disability.

Our 8 minibuses and 2 MPV cars have either hydraulic lifts or ramps as well as low steps and grab rails for ease of boarding.

Seats are fitted with all age seat belts which, for your own safety, we insist must be worn on all journeys.

We rely on our volunteer drivers and passenger escorts to keep Dial A Ride 'on the road'. All our drivers receive training for driving minibuses and also receive training in first aid as well as many other areas of passenger safety, comfort and awareness. Our friendly and helpful staff will give you the appropriate support and assistance during your journey.



Scarborough

Website - <https://www.atiyorkshire.org/>
Telephone – 01423 795300

How Does Action Towards Inclusion Work..?

Action Towards Inclusion is based on a Keyworker and Intervention Partner model.

- **Keyworkers** will engage and sign eligible participants onto the project. They will be the main point of contact for participants throughout the Action Towards Inclusion project
- **Intervention Partners** will provide a range of specific support which will help to remove participants' barriers.

Who Is eligible to be take part in the project..?

Someone is eligible to receive support if:

They are legally resident in the UK and able to take paid employment in European Union member states, and they are **unemployed or economically inactive**.

How Do I Register a Participant..?

If you are aware of a person who might benefit from being part of the Action Towards Inclusion project then please either:

Get in touch with a Keyworker organisation in your area. Details of all the organisations, locations and their roles are available at:

www.yourconsortium.org/projects/grants/ati/orgs

or call Your Consortium on **01423 795300**
or email us at:

ati@yourconsortium.org



Action Towards Inclusion has a number of fundamental aims:

- **Help the most disadvantaged**
- **Tackle social exclusion**
- **Be focused on the capabilities of each individual**
- **Lead to better coordinated services**
- **Create new opportunities for work**

Whitby

Website - <https://www.newsite.hopewhitby.co.uk/>

Telephone – 07736 958758 (Bec)

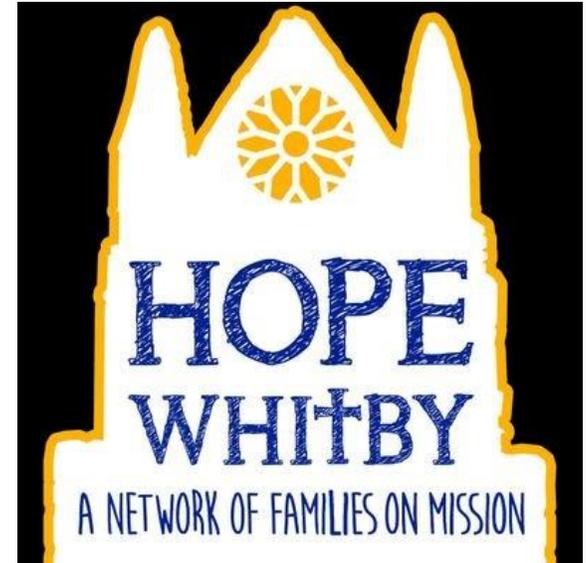
Do you like baking? Eating? Having a chat? If so then this is the place for you! On the second Sunday of each month, we meet at Airy Hill School 1-2pm. We eat together, share our food, show off our baking skills and meet new people. Children are catered for with activity packs and plenty to do! We call this **Hope Eats**.

Hope has fun - Do you like going for a stroll? Eating? Having fun and meeting new people in a safe and loving place? If so then check this out!

Each last Sunday of the month 'Hope Has Fun!' We meet at 12pm for various activities.

We might go to a park and have a picnic, go for a walk together, enjoy an afternoon at the beach or just have tea and scones at someone's house.

Malachi Storehouse is our Food Bank that supports the people of Whitby and the surrounding area. Jesus told his disciples to feed the hungry and we do this by providing food and supplies to those in need. Additionally, we also supply sanitary products to ensure that no-one suffers because of period poverty. The food that we provide is supplied by the generosity of the people of Whitby, Sainsbury's supermarket, various businesses in the area and funding provided by various organisations. If you are in need of a food package and live in Whitby or the surrounding area, you can email Jane@hopewhitby.co.uk or phone Bec on 07736958758



Whitby

Website - <https://www.foodbank4whitby.org.uk>

Telephone - Chris 07789 765696 or Barry 07810 205014

Foodbank4Whitby and District is an independent charity which opened in January 2014 to meet an identified need in the community. It was established with guidance and support from Yorkshire Coast Homes, Citizens Advice Bureau and North Yorkshire Council Children's Centre and other interested parties. We were given space at the back of Whitby Evangelical Church and local businesses helped with donations of freezers, carpeting and shelving, as well as the essential food items. Since then we have grown in size, with warehouse storage in the church basement and a wide list of partners from professional and voluntary agencies.

Food donations come in from so many in the area – individuals may give an item from their weekly shop, schools and churches regularly collect food or donate from harvest festivals, organisations have major collections or events; it is a community helping each other.

Nearly 2000 food parcels have gone out to individuals and families in Whitby and the surrounding area. The foodbank is run entirely by volunteers who maintain the warehouse, organise food collections, liaise with partner agencies, pack up bags, welcome clients and, importantly, make cups of tea and coffee!



Whitby

Website – <https://www.whitbysheds.co.uk>

Telephone –

A Shed? What and why? Sheds are not gimmicks. They really do help men at a loss, demotivated and isolated. The negative impact on wellbeing is often depression – but we are all good at hiding it from others and even ourselves. When you have a purpose for getting out of bed in the morning, it's far more easy to do! Those over 65 are significantly more likely than younger men to go to the shed for social reasons. While not having access to a private shed where they live is one factor affecting some men, a need for the friendship of other men in a place that affirms positive aspects about being men would appear to be the most important factor that leads men to participate. Men enjoy and benefit from the lack of compulsion, opportunities for mentoring and sociability associated with the shed as well as a strong sense of belonging and improving their health and wellbeing. Men enjoy the opportunity to 'get out of the house', and almost all 'feel at home' in the Shed. Men experience a range of very positive benefits as a result of participating; feeling better about themselves, being happier at home, having a strong sense of belonging and enjoyment. Men greatly appreciate the opportunity to be accepted by, and give back to, the community through what they make or do.

We believe that the findings for men in Sheds apply to women too. Most men and women benefit from being connected with others beyond the four walls of home, to belong and to matter, to share skills, to gain new ones and to be involved in something engrossing that distracts from the everyday.

Sheds run from 10am till about 1.30pm.

- Monday: Staithes Men's Shed rear of Staithes Sports & Social Club
- Tuesday: BayThorpe Shed in Robin Hood's Bay behind Fylingdales Village Hall
- Tuesday: Whitby Shed at Eskmouth Scout Hall off Spring Hill
- Wednesday: Whitby Shed at Eskmouth Scout Hall off Spring Hill
- Thursday: Staithes Shed rear of Staithes Sports & Social Club
- Thursday: BayThorpe Shed in Robin Hood's Bay behind Fylingdales Village Hall

We are not purists. A Men's Shed may have some women and a Women's Shed may have some men. It's called life!