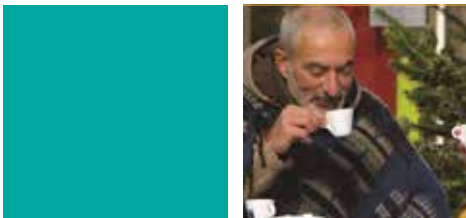


THE **Vital**Signs REPORT FOR THE **Harrogate District**



Your guide to local giving
across the Harrogate district

Inequality and hidden poverty

In-work poverty is an unseen and real issue within the Harrogate district and whilst paid work is the most important route out of poverty, a number of workers are still paid wages that are simply not enough to support them and their dependents in achieving an acceptable standard of living.

We believe that everyone deserves equal access to meaningful employment and services, as well as opportunities for social and educational attainment, and we are passionate about reducing poverty and inequality in the Harrogate district.

Case studies

The **White Rose Credit Union** launched in Harrogate in October 2015. Between October 2015 and April 2016 56 accounts were opened and 16 loans worth £29,150 were agreed. If these loans had been taken out with a door step lender the costs would have been over 4 times the Credit charges, saving residents over £22,000.



Imove Trust – TRCF Arts for Change grant £1,990 – creative writing activity for young homeless people.

Harrogate Homeless Project received a £500 grant from the Surviving Winter fund in winter 2016.

“ The individual payments have been really useful for staff to be able to respond quickly and appropriately to help individuals. This is something we normally have no funding for and so it made a real difference being able to provide individual assistance immediately. ”

- Harrogate Homeless Project

Visual Conversations

is a project involving Ripon mums who have been out of work for three years or more and older local women.



The **Ripon Salvation Army** do not deliver food parcels directly however they have made links with a number of organisations in rural areas which collect food for people in need in rural areas.

The Ripon Salvation Army also allow organisations and support workers to collect a food parcel on behalf of a service-user who cannot reach the Centre for reasons of mental health or disability. The Salvation Army is therefore able to reach people in the rural areas of the Harrogate District, including Masham, Pateley Bridge and Boroughbridge, as well as people with disabilities and people with mental health issues.

Source: www.harcvs.org.uk/sites/default/files/NY_Emergency_Food_Provision_Report.pdf 2013



Facts & figures

Against a backdrop of relative affluence across the district there are pockets of deprivation.

There are **8% or 2,100 children living in poverty** in the Harrogate district.

Up to 25% of families in some areas of the Harrogate district are **struggling financially**

1 in 4 neighbourhoods in the Harrogate district are **within the most deprived 20% in England** in terms of living in houses of poor condition or without central heating.

Approximately **5,900 households are living in fuel poverty** and in some parts the rate is significantly higher - parts of the High Harrogate, Low Harrogate and Mashamshire wards.

Affordable housing to rent or buy is in short supply in the Harrogate district and this is felt most by young people and young families who struggle to find affordable housing.

The **average house price in Harrogate is 10.6 times the average salary**, which is 10% above the national average.

There were **46 families registered with the council as homeless and in priority need** in autumn 2016. This was the highest quarterly figure since recording began for this purpose and in contrast, the 2013/14 quarterly average was 12.

155 people not eligible for council assistance were referred to the Harrogate Homeless Project (HHP) in 2016/17 and 100 received the offer of a hostel bedroom and the others were provided with assistance. In 2016/17 the hostel occupancy was over 90%. In May 2017 32 people on average attended each day and 400 lunches were served at HHP's Springboard Day Centre in May 2017.

Mental Health and Wellbeing

Generally, the health of most of the residents of Harrogate district is good, however there are some sections of the community who are relatively disadvantaged and have poorer health. We believe that being healthy is an important part of our sense of vitality and wellbeing. We support projects to improve both physical and mental health as well as healthy lifestyle choices and opportunities.

Where you live in Harrogate district has an impact on your life expectancy: men in Harrogate district living in the most deprived areas have a life expectancy gap of 5.1 years compared with men in the most affluent areas of Harrogate district. The life expectancy gap for women is lower at 2.8 years.

Case Studies



Young Carers Boxing Club

HBC funded a weekly boxing club for young carers to meet and socialise with other young people in a similar situation to themselves.

“ They pushed themselves physically and mentally and increased their overall health and wellbeing. ”



TRCF Grassroots grant £1,500 to **Harrogate Rethink Mental Health Support Group** - funding for activities and social events

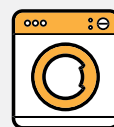


TRCF Arts for Change grant £2,000 **Orb Community Enterprise** for Get Creative project

Yorkshire Yoga and Therapy Centre in Knaresborough, North Yorkshire. Research carried out here has shown yoga is an effective way for physically-inactive people aged over 60 years to become more mobile, while also improving their mental and social well-being.



Facts & figures



16,188 people (10% of people) provide unpaid care in Harrogate district and 2,824 people provided 50 hours or more.

There are estimated to be around **180 young carers** in Harrogate town.

Many carers report being at breaking point because they feel **lonely, isolated, depressed and are struggling with debt** from long hours of unpaid work.



Young carers in North Yorkshire reported higher incidences of **bullying, worrying about money** and having **more sexual experiences** than their peers.

26% of adults in Harrogate district are binge drinkers compared with national average of 20%.



8.7% of patients aged 18 and over in Harrogate and Rural District have **depression**. This percentage is higher than the national average, although overall prevalence of common mental health problems is significantly lower at 13.4% than the national average of 15.6%.

Over **1,900 people** have been **diagnosed as living with dementia** in Harrogate district. Dementia prevalence is set to rise by 130% by 2020.

Loneliness and social Isolation

In the 2014 Minding the Gaps research loneliness and isolation was evidenced as a prime theme in Harrogate, particularly for elderly and disabled people.

The associated mental and physical health issues were determined to be key unmet needs in the Harrogate district.

Case Studies



Harrogate Easier Living Project (HELP) provides a range of preventative services to assist local older or vulnerable people. In 2016/17 demand for HELP's services has been unprecedented.



Opening Doors – (part of HELP) found that 59% of clients say they feel lonely "all or most of the time and 19% get out just once a month or less.



TRCF Arts for Change grant £2,000 **Dancing for Wellbeing** to support more dancing classes for elderly and disabled people in Knaresborough.



Facts & figures



Over 1 in 4 (27%) of the Harrogate district's population is 65 years and older, this is 5% higher than the national average and by 2035 1 in 3 residents in the Harrogate district will be aged 65+.

By 2020 the **number of residents over 85 will increase by 9.3%** from the current 5,400 to nearly 6,000 in 2020.

There are **19,340 people living on their own** and 13.8% or 9,261 are aged 65+. This is higher than the national average of 12.4%

7% or 6,581 people aged 18-64 will have experienced **social isolation**.

According to Age UK research, Clothholme Park area in Ripon has the **highest risk of loneliness** in North Yorkshire for people 65 and over and in the highest risk 2% of neighbourhoods nationally.

The **British Red Cross Loneliness Project** has continued to identify vulnerable and socially isolated people in the Nidderdale area, ensuring that those who are socially isolated are able to access the services they require. The project also offers clients new opportunities and provides support to aid them to attend activities within their community. During 2015/2016 the project exceeded the quota for self-referrals and referrals required from GPs. (My Neighbourhood Pateley Bridge/ upper Nidderdale)

Introduction

“ Two Ridings Community Foundation has been working in North Yorkshire for nearly 20 years – helping people and local organisations to give back to their local communities.

With the support of generous donations from local individuals, families, companies, other charitable organisations and public organisations, Two Ridings distributed £1.5m in grants in 2016/17 to meet a variety of community needs. We have also been able to plan for the future and built £2.7m in endowment funds supporting our communities in perpetuity.

I welcome the Vital Signs Report for the Harrogate District and THE LOCAL FUND developed in partnership with Harrogate & Ripon CVS and Harrogate Borough Council.

The LOCAL FUND for the Harrogate District will create a lasting legacy for Harrogate district community organisations. This Vital Signs report makes the case for personal or corporate philanthropy to support THE LOCAL FUND and how it can play its part in improving the quality of life for all in the Harrogate district, but especially for those that face disadvantage or are more vulnerable.

I hope that having read the report and considered the issues raised, you will want to consider how you might wish to support THE LOCAL FUND for the Harrogate District. ”



Barry Dodd, CBE
Lord Lieutenant of North Yorkshire



Harrogate Volunteer Oscars 2016

Photo: Harrogate Advertiser

The Harrogate district

Most people in the Harrogate district are employed, are well educated, live in good quality housing and report being in good health. The Harrogate district also has a vibrant community and civil society sector with a good community spirit and lots of great volunteer effort.

Yet, there are some people in the district who do not share this experience and their experiences and lives are often hidden and unseen by the majority.

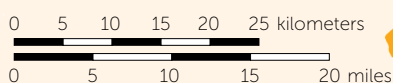
“ Harrogate has a reputation for being a place of prosperity and where people thrive. However, if you are not coping financially, if you are not succeeding academically or fitting in at school, if you are lonely or if you have physical or mental health issues, the issues can seem much worse because there is the perception that others are leading perfect lives. ”
- Mind the Gaps 2014, a snapshot of unmet needs in Harrogate

The Harrogate district covers a large and geographically diverse area:

In the west, nearly half of the district comprises the relatively sparsely populated Nidderdale Area of Outstanding Natural Beauty (AONB) with its upland farming and internationally important wildlife. In the east, nearly a third of the District is low lying flat arable farmland in the Vale of York;

The district's three main settlements are centrally located: the Victorian spa and modern conference town of Harrogate, the nearby medieval market town of Knaresborough and the cathedral City of Ripon.

Over 120 smaller settlements are scattered across the district, including the market towns of Boroughbridge and Masham, and in the centre of the Nidderdale AONB, Pateley Bridge.



Population	
District:	157,016 (at 2017)
Harrogate:	75,260 (at 2015)
Knaresborough:	15,300 (at 2015)
Ripon:	16,430 (at 2015)
Area:	505 square miles





THE LOCAL FUND for the Harrogate District

This fund will accept contributions from individuals and companies wanting to support the district in which they live and/or work, and will become synonymous with local giving in the Harrogate district.

It will provide financial support, in the form of grants, to eligible charitable organisations from across the Harrogate district.

These organisations help ensure people from across the Harrogate district benefit from leading fulfilling and active lives, addressing the issues identified in this report and others that affect local people.

The fund will help these organisations meet the needs of the local people they support.

The fund is a tax-efficient vehicle for local giving, offering a variety of innovative solutions so that private and public sector organisations and individuals can support local charities to make a difference in the community efficiently and with real impact.

To find out more visit:
www.trcf.org.uk/tlfHarrogate

What is this report?

Launched in autumn 2017, the Vital Signs for the Harrogate District is a consolidated snapshot of the trends and issues affecting the quality of life in our district.

Our inspiration came from the 1000 voluntary and community organisations in Harrogate district of which 700 are registered charities, yet only 26% of all charitable donations go to local causes. With this report and THE LOCAL FUND for the Harrogate District we aim to change that and make local giving the norm.

This report aims to encourage you, and people like you, to give right now in the Harrogate district. You can choose to give a charitable donation, a grant, your time as a volunteer, share your expertise, and provide a gift in-kind or pro-bono work to support existing or new activities for immediate or long term impact.

Why give through Two Ridings Community Foundation?

With around 1000 community groups and charities in the Harrogate district it is not easy knowing where to start. Our expert, local knowledge means that we can provide you with all the information you need, whether it be about local needs, what groups are tackling which themes or working in specific areas of the district. We help ensure that your giving is targeted and effective.

- **We make giving to your community simple.**
- **We help you make a bigger difference.**
- **Every penny helps local communities**
- **You can choose to give to an area of personal interest to you**

Make your donations go further

- **The Government operates a scheme called Gift Aid that allows charities to claim the basic rate of tax on every pound donated.**
- **If you are a tax payer, reclaiming gift aid is a simple process and giving under Gift Aid means so much more money can be raised at no extra cost to our donors.**

How Two Ridings Community Foundation can help donors make a difference locally:

We're local. Two Ridings Community Foundation distributes vital funds to local people.

We help personalise giving and manage the process in a way that ensures donors' money is used effectively and reaches the people best able to make a difference.

Contact details

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